



CALM BEGINS WITH ME

A SIMPLE GUIDE TO CREATING A SLOW HOME

WHEN YOU GIVE TIME TO A QUIETING EXPERIENCE, YOU HAVE
A DIFFERENT LIFE, BECAUSE YOU HAVE A DIFFERENT NERVOUS
SYSTEM



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S - SIMPLE

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THREE

L - LOVING

ATTENTION | ACCEPTANCE

FOUR

O - ORDINARY

SAMENESS | ROUTINE

FIVE

W - WHOLE

REST | PLAY

BEFORE YOU START

- CARVE OUT AN HOUR OR TWO JUST FOR YOU
- TAKE TIME TO RELAX INTO THIS EBOOK
- ARE YOU FULLY PRESENT? - PUT ANY DISTRACTIONS TO ONE SIDE
- POP THE KETTLE ON, LIGHT A CANDLE AND ENJOY AT A SLOW PACE...



HOME

...A FEELING OF COMFORT
REFUGE, & EASE. A PLACE TO
FEEL WELCOME, SAFE AND
LOVED.

WHAT MAKES A HOUSE A 'HOME'?

The answers to this question is deeply personal.

Individual preferences, cultural, and socio-economic factors all contributing to the answer. But there are certain commonalities tied to the feeling of home that I would like to share with you.

For me home is a place where I can retreat & close the door to the outside world. A place of solace, where tension subsides as I enter.

Home looks and sounds very different for me these days, especially since my children left home. I'm either travelling, living with families - Mary Poppins style, or I'm alone in quietude.

The one constant, however has been the dedication to create a slow, safe space for my children. A place to love, laugh and grow. I was in no way perfect, it was a thriving household with two lively children and an excited puppy. But the fundamentals, the foundations of home were embedded in simplicity. I kept schedules small, rhythms slow and created a nurturing space for my two children.

They are adults now, and my nest is empty, but the principles still apply in the work I do with children and families.

SLOW HOME -
AN INTRODUCTION



"THE ACHE FOR HOME LIVES IN ALL OF US, THE SAFE PLACE
WHERE WE CAN GO AS WE ARE, AND NOT BE
QUESTIONED" MAYA ANGELOU



We may feel at ease in a variety of places, but only a handful have the distinct feeling of home. No matter our experiences, whether positive or negative, our homes shape us.

Hopefully home envelopes you in love, and acceptance, gives you a sense of belonging, and the emotional security you need to flourish. If the opposite is true, maybe this is the time to create this for yourself & your family?

To unearth your own feeling of home you may need to dig deep and dream your way there.

Take a moment and ask 'What home means to me?' 'What do I want home to feel like for my children?'

The answer may vary with each chapter of your life, but at the very heart, home should be a safe nurturing space for all who occupy it...

HOPES AND DREAMS

“LET YOUR HOPES,
NOT YOUR HURTS,
SHAPE YOUR FUTURE.”

CLOSE YOUR EYES AND TAKE A MOMENT TO VISUALISE HOW YOU WOULD LIKE YOUR HOME TO FEEL - FOR EVERYONE - SETTLE INTO THIS FEELING FOR AS LONG AS YOU WISH.

IS THERE DISPARITY BETWEEN THIS VISION AND YOUR PRESENT REALITY?

LET THIS VISION MOTIVATE YOU THROUGH THE FOLLOWING PAGES
WRITE THOSE FEELINGS DOWN,

“IN ORDER TO SEEK
DIRECTION, SIMPLIFY THE
MECHANICS OF EVERYDAY
LIFE” PLATO

S L O W

S = SIMPLE SURROUNDINGS AND SCHEDULES

L = LOVING

CREATE AN ACCEPTING, NURTURING SPACE FOR ALL

O = ORDINARY

CREATE YOUR EVERY DAY ORDINARY ROUTINES

W = WHOLE

THE IMPORTANCE OF REST AND PLAY

WEEKLY CHALLENGE



SIMPLE SPACES CHECKLIST

WRITE DOWN YOUR 'WHY' - PUT IT SOMEWHERE YOU WILL SEE IT EVERYDAY

MINDSET - I AM 1% SLOWER THAN YESTERDAY, I AM LIVING A SIMPLIFIED LIFE, I AM CREATING A SAFE SANCTUARY. ONE SMALL STEP AT A TIME

MANAGE TIME - SCHEDULE A SPACE FOR SIMPLIFYING IN YOUR DIARY - HONOUR THAT SPACE MAKE IT YOUR NONE NEGOTIABLE

TAKE ACTION - START SMALL, A MESSY KITCHEN OR BEDROOM DRAW, SET A TIMER FOR 15 MINUTES. PUT ON YOUR FAVOURTIE MUSIC AND START TO SIMPLIFY

ACTION THE EDIT, BIN, DONTATE, KEEP

REWARD YOURSELF FOR YOUR TIME AND EFFORT - EMBARCE THE FEELING THE TIDY DRAW BRINGS

MY DAILY
REMINDER!!!

I WANT A SLOW HOME SO I CAN ...



CALM BEGINS WITH ME



The Calm Begins with Me Programme is a 4 week programme to help you implement more calm into your home.

I know how hard it is to make a shift or create a change, so I have designed this programme with simple, yet effective tools to help you create a SLOW home, where each member of the family has the time and space to be themselves.

WEEK ONE - SIMPLIFY SCHEDULES - HOW TO DECLUTTER YOUR SPACE AND TIME

WEEK TWO - LOVE IN THE HOME - OUR NEED FOR ATTENTION AND ACCEPTANCE

WEEK THREE - ORDINARY - THE IMPORTANCE OF SAMENESS AND ROUTINE

WEEK FOUR - WHOLE - WHY WE ALL NEED REST AND PLAY

FINAL WORDS

Included in the programme are 4, weekly zoom calls with myself - at a time that is convenient to you. You will also receive the programme digitally, so you can keep and refer back to as and when you need, plus a weekly challenge cheat sheet to help you take small simple steps to create a loving, nurturing home.

The total cost of the 1:1 programme is £240.00

There is an option to just buy the digital download £40.00

This will be sent out to you weekly, to avoid overwhelm, allowing you to take it one slow step at a time

If you have any further queries please do not hesitate to contact me Louise@thecalmfolk.co.uk

