The UNWIND BLUEPRINT

BREATHE. RELEASE. RECONNECT.

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3-Day Free Before Getting Out of Bed

A gentle morning experience

ARRIVE • BREATHE • RELEASE • RECONNECT • RESTORE

POTENTIAL BENEFITS

A gentler start • Body awareness • Less morning pressure • Kind daily intentions

Three unique daily practices • Reflections • Affirmations • Check-ins

Fillable + printable • No perfection. No pressure.

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YOUR PROGRAM GUIDE

Welcome

Practice while comfortably supported in bed before getting up. Each day has an intention, body-awareness note, five guided steps, a sensory pause, reflection, affirmation, and check-in.

Benefits you may notice

A gentler transition to the day, awareness of comfort and breathing, opportunities to soften tension, and a small repeatable morning routine. Individual experiences vary.

The Unwind Blueprint Method

Arrive: notice the moment. Breathe: breathe naturally. Release: soften what you can. Reconnect: notice your needs. Restore: rest and carry a kind intention forward.

How to use this PDF

Type into the fillable boxes and save a copy, or print and write by hand. Mood, tension, and energy ratings are optional, from 1 (low) to 5 (high). You may skip or repeat any day.

PERSONAL USE, SAFETY & SUPPORT

General wellness education only, not medical treatment. Stay supported; move within a comfortable range, never force a stretch or breathing, and stop for pain, dizziness, numbness, or feeling unwell. Consult a healthcare professional about medical concerns; seek urgent care for severe symptoms. Rise from bed gradually. Copyright © 2026 The Unwind Blueprint. Personal use only; no redistribution or resale.

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DAY 1 | Wake with Awareness

Today's Unwind Intention

Notice your body without rushing to change anything.

Understand Your Body

Rest can leave temporary stiffness. A gentle pause helps you notice where you feel supported.

Your Unwind Practice

Arrive: Notice the mattress supporting your body.
Breathe: Follow three easy, natural breaths.
Release: Slowly open and close your hands.
Reconnect: Gently point and relax your toes if comfortable.
Restore: Rest your hands and notice one comfortable sensation.

Your Sensory Pause

Listen for a quiet morning sound or imagine soft daylight.

Your Personal Reflection

What feels comfortable or relaxed in my body this morning?

What small comfort can I carry into today?

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Your Daily Affirmation

“I can begin slowly. This moment is enough.”

Your Unwind Check-in

What Do You Need Today?

Mood (1–5) Tension (1–5) Energy (1–5)

Personal observations:

Short option: Three natural breaths and a gentle hand stretch.

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DAY 2 | Invite Gentle Movement

Today's Unwind Intention

Explore small, comfortable movements before starting your day.

Understand Your Body

After resting, muscles may feel tight. Gentle movement can help you notice your comfortable range.

Your Unwind Practice

Arrive: Notice how the bed supports you.
Breathe: Take three unhurried natural breaths.
Release: Lift your shoulders slightly and let them settle.
Reconnect: Slide one heel along the bed and return; alternate if comfortable.
Restore: Rest quietly and notice how you feel.

Your Sensory Pause

Feel your blanket or imagine a warm, peaceful breeze.

Your Personal Reflection

Which movement felt easiest?

Where could I allow more gentleness?

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Your Daily Affirmation

“I honor my body by moving at my own pace.”

Your Unwind Check-in

What Do You Need Today?

Mood (1–5) Tension (1–5) Energy (1–5)

Personal observations:

Short option: One easy shoulder release and one thing to set aside.

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DAY 3 | Begin with Intention

Today's Unwind Intention

Make room for one kind thought before getting up.

Understand Your Body

Morning mood and energy can vary. Recognizing your needs without judgment may ease pressure.

Your Unwind Practice

Arrive: Notice your mood without judging it.
Breathe: Rest a hand comfortably and breathe naturally.
Release: Spread your fingers gently, then soften.
Reconnect: Circle your ankles slightly or wiggle your toes if comfortable.
Restore: Choose one kind intention and sit up gradually when ready.

Your Sensory Pause

Imagine a gentle morning color or hear a familiar sound.

Your Personal Reflection

What do I need most today?

What kind intention feels realistic?

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Your Daily Affirmation

“I can meet today with kindness, not perfection.”

Your Unwind Check-in

What Do You Need Today?

Mood (1–5) Tension (1–5) Energy (1–5)

Personal observations:

Short option: One natural breath and one kind intention.

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YOUR 3-DAY BREATHE & STRETCH COMPANION

DAY 1 · WAKE WITH AWARENESS

Breathe: Notice three comfortable, natural breaths.

Stretch: Wiggle your toes and open your hands gently while supported in bed.

DAY 2 · GENTLE RELEASE

Breathe: Let each exhale finish softly, without pushing.

Stretch: Make three small shoulder rolls, staying comfortable.

DAY 3 · CARRY CALM FORWARD

Breathe: Breathe naturally as you notice the support beneath you.

Stretch: Bend and straighten your ankles slowly, one at a time.

Move gently. Stop for discomfort, dizziness, or unusual shortness of breath.

No perfection. No pressure. Your pace is enough.

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3-DAY UNWIND MOMENT CARDS

Before Getting Out of Bed | BREATHE. RELEASE. RECONNECT.

DAY 1 | WAKE WITH AWARENESS

ARRIVE Feel the support of your mattress. Notice where your body rests.

BREATHE Take 3 easy breaths. Notice the inhale and exhale without changing them.

RELEASE If comfortable, slowly open and close your hands 3 times.

RECONNECT Ask: What feels comfortable in my body this morning?

RESTORE I can begin this day gently.

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DAY 2 | MAKE ROOM FOR EASE

ARRIVE Notice the sounds around you while remaining comfortably supported.

BREATHE Inhale softly through your nose if comfortable; exhale naturally 4 times.

RELEASE Gently point and relax your toes 3 times, only if pain-free.

RECONNECT Ask: Where could I invite a little more ease today?

RESTORE A small moment of care is enough.

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DAY 3 | CARRY CALM FORWARD

ARRIVE Rest your hands comfortably and notice your surroundings.

BREATHE Take 4 unhurried breaths, letting each exhale finish on its own.

RELEASE Slowly turn your palms upward and back 3 times, if comfortable.

RECONNECT Ask: Which gentle practice would I like to remember?

RESTORE I can return to a peaceful pause whenever I need one.

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Optional and gentle: never force breathing or movement. Stop if uncomfortable.