Cosmic Atman

FREE RESOURCES · 2026

A year of care

Six small practices, ticked day by day.

You don't need to do them all every day. Choose one or two to start with, colour a box for each day you did it, and watch the year fill up. Empty days aren't failures: they're just days.

Water	Eight glasses through the day, more when it's hot or you move.
Movement	At least 20 minutes: walking, stretching, dancing, anything that gets you moving.
Sleep	Seven hours or more, at roughly the same times.
Quiet	Five minutes of breathing, meditation or simply being without a screen.
Outside	Time in daylight, in nature or on a tree-lined street.
Connection	A message, a call or a meeting with someone dear.

HOW TO USE THESE PAGES

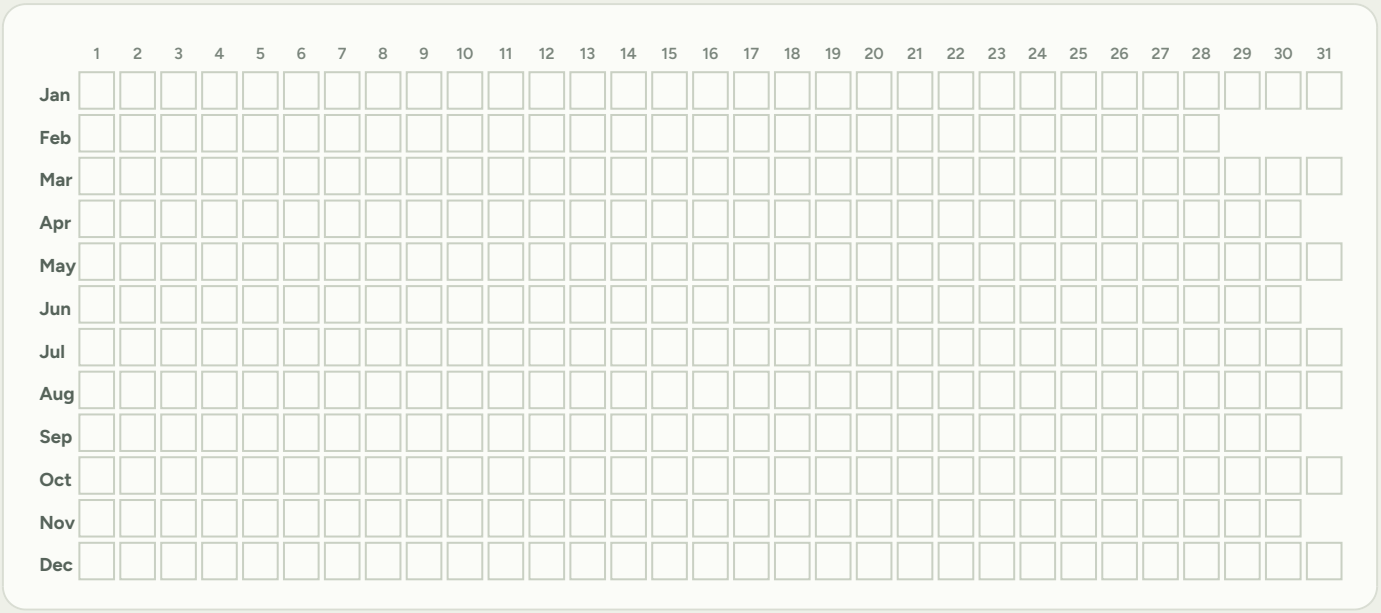
- Keep the sheets close, on the fridge or by your bed.
- Colour the day's box in the evening; it takes two seconds.
- At the end of each month, look at the patterns: which days were easier, and what did they have in common?
- In the Cosmic Atman app, your daily check-in shows how these habits connect with how you feel.

General wellbeing guidance, not medical advice. If you're going through a hard time, talk to a professional. In an emergency, call 112.

A YEAR OF CARE · 2026

The year in colour

Each evening, colour the day by how you felt.



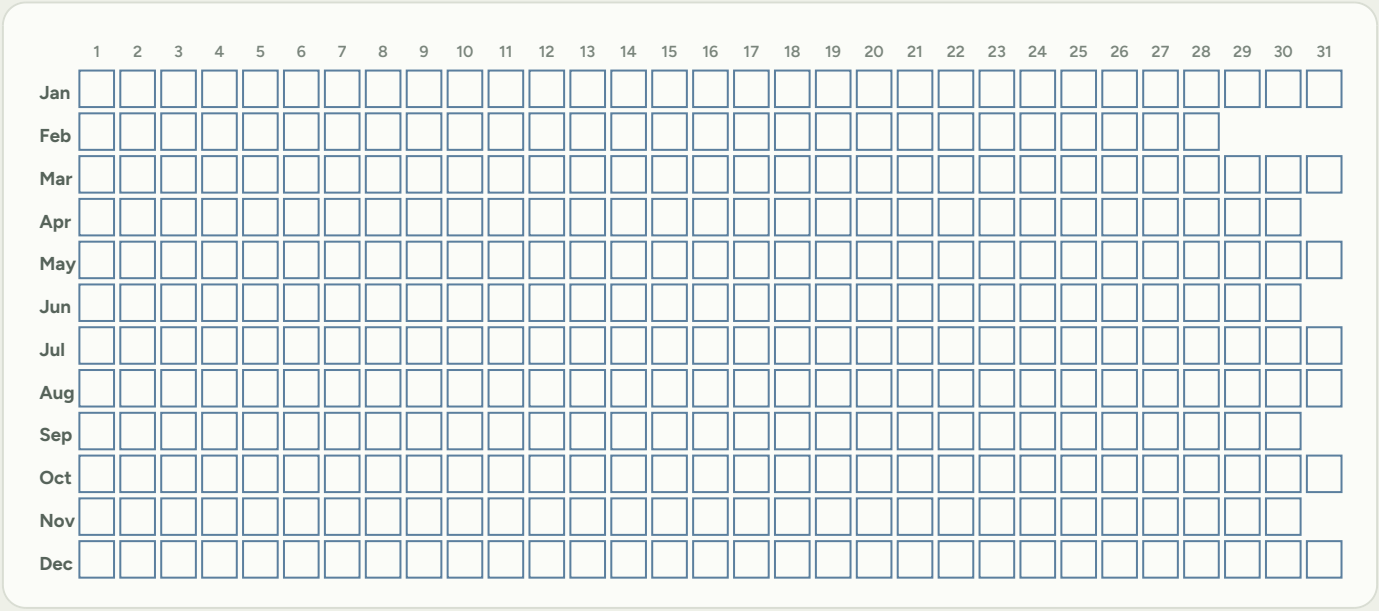
Radiant Steady Gentle Recovery

WHAT I NOTICE

A YEAR OF CARE · DAILY PRACTICE · 2026

Water

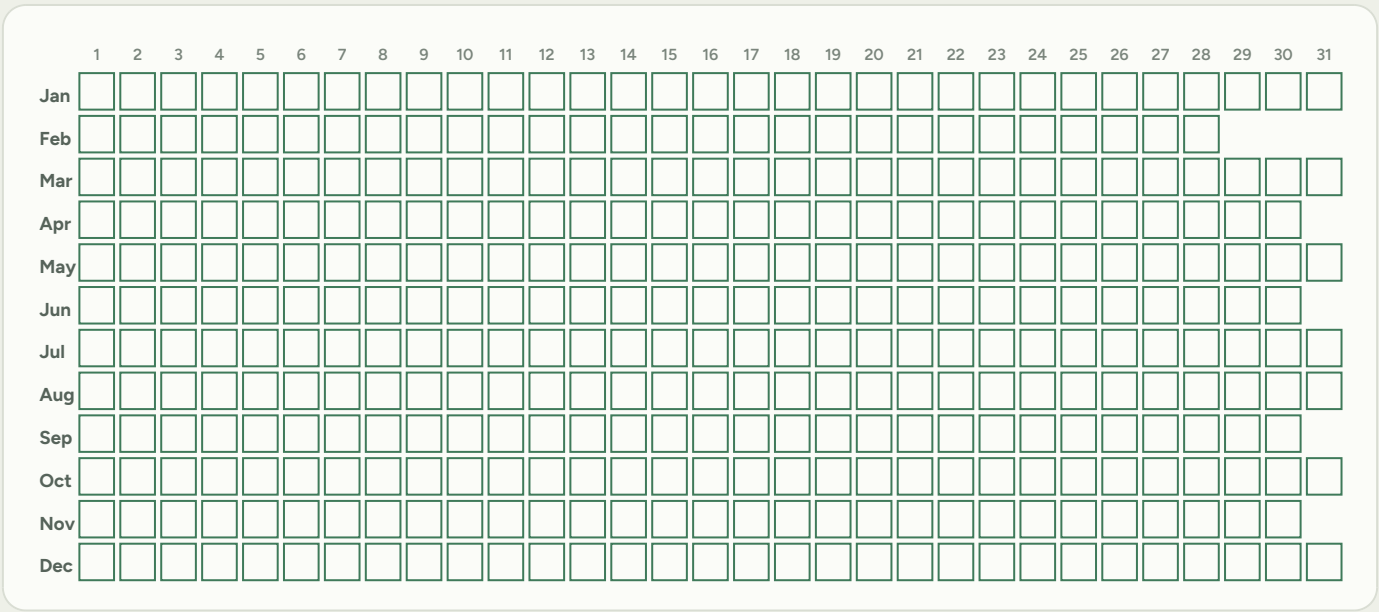
Eight glasses through the day, more when it's hot or you move.



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Movement

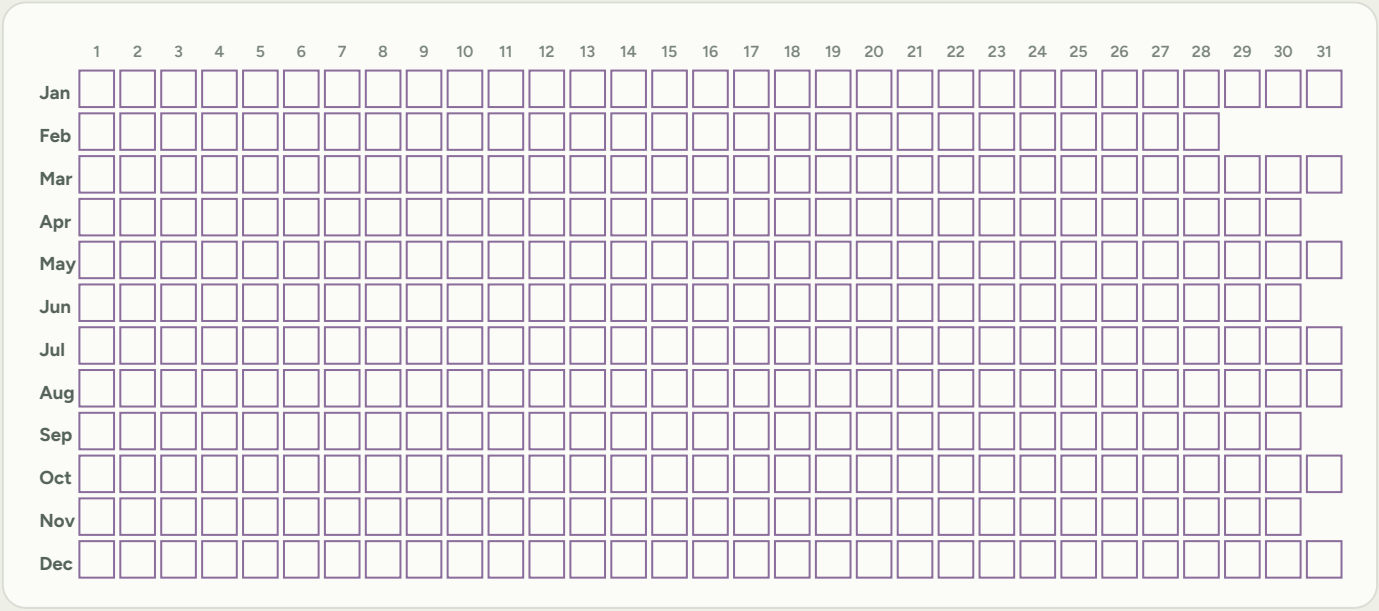
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Sleep

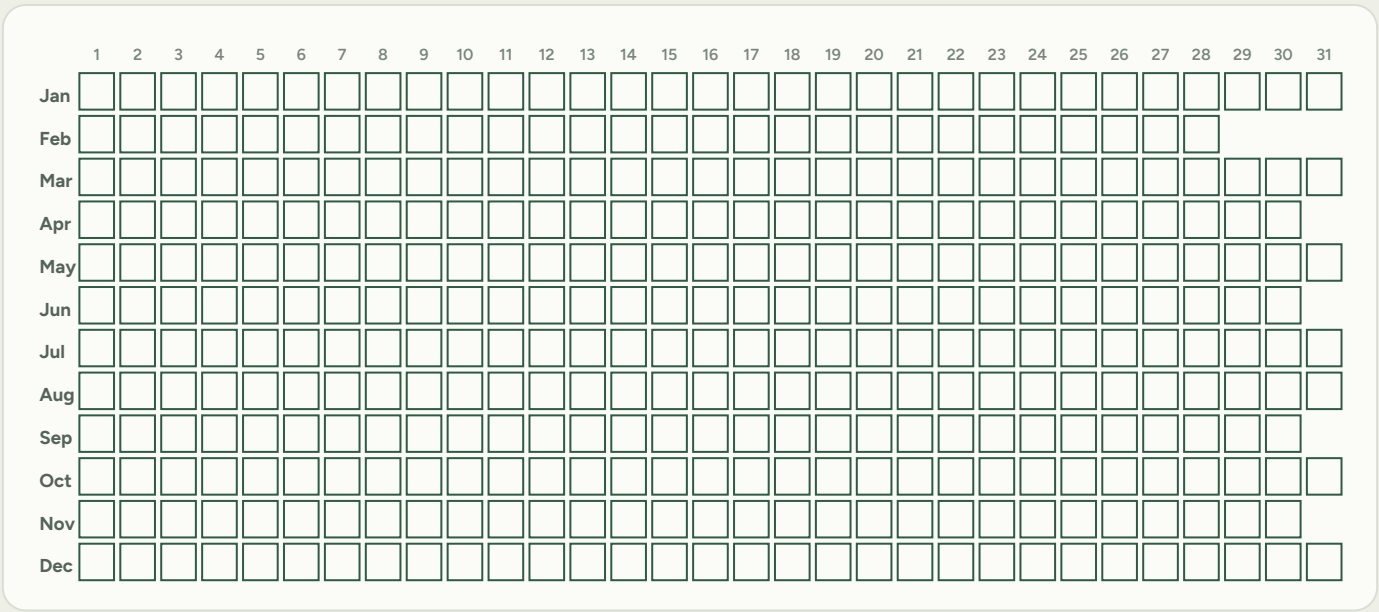
Seven hours or more, at roughly the same times.



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Quiet

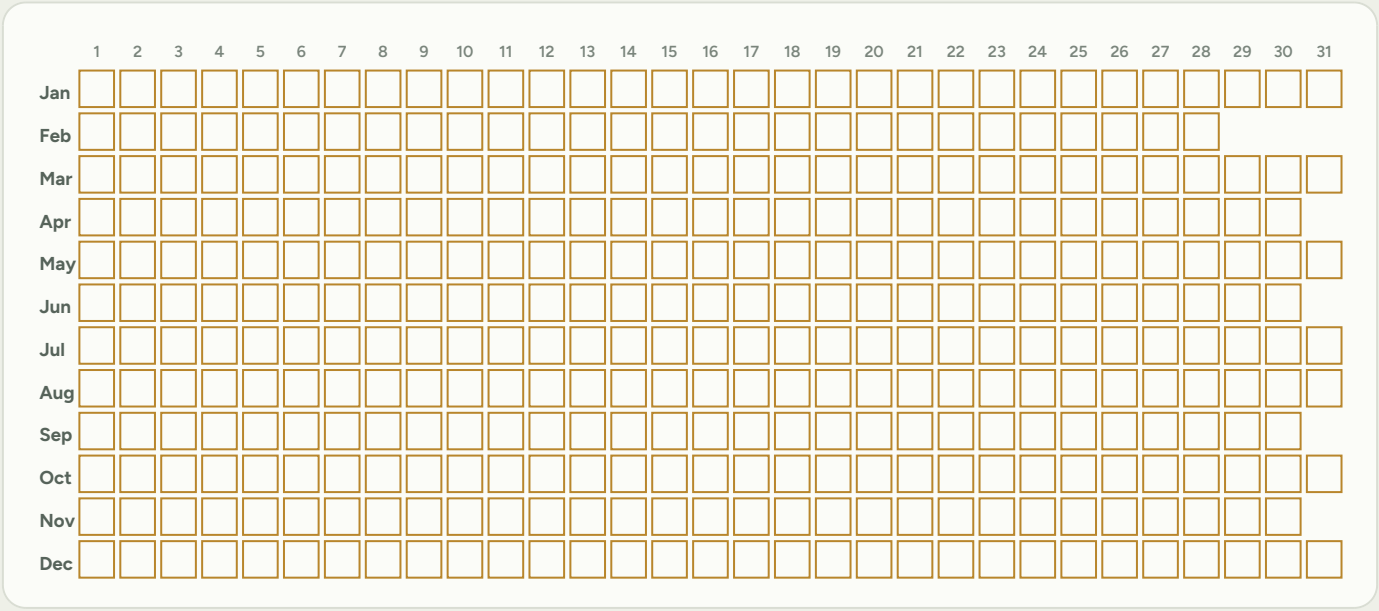
Five minutes of breathing, meditation or simply being without a screen.



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Outside

Time in daylight, in nature or on a tree-lined street.



A YEAR OF CARE · DAILY PRACTICE · 2026

Connection

A message, a call or a meeting with someone dear.

