

30 DAYS TO COMPOSED LIVING



Creating a life you love is about more than just your home. Your home is an outward reflection of who you are on the inside. Composed Living is about your emotional well being, physical health, financial security, relationships with others - it's a holistic approach to composing the life of your dreams.



WELCOME!

I'm so glad you're here!

Several years ago, I decided I no longer wanted to write down traditional New Year's resolutions. They started to feel like an extension of my daily To-Do list, and not particularly meaningful. I began to journal about what a well-rounded, meaningful life would look like for me and that's how I came up with these categories. You can choose your own areas to focus on, or pick and choose the ones that resonate with you. The goal is to visualize what your happiest life would look like, and begin to focus your energy there. The tips I've included for each category below are the simple tricks that I use regularly to add some organization, simplicity, and joy to my life.

For each category, before writing down tasks to do, I thought about how I wanted to feel. When thinking about health, the first word that came to my mind was strong. Not a specific weight or pant size, but a feeling of strength. This helps me to create my yearly goals in a way that feels in line with my values.

As you go through this guide, I'd love to hear what resonates with you, what new categories you may have created for yourself, or any other comments!

Thank you for following along on this journey! I'm so honored to share a part of my life with you, as we all work toward composing the life of our dreams.

Xx

Elsa



HOME

Create a household calendar

- Ensuring that all household members know what is happening helps the household to run smoothly, which frees up time to do fun things!
- I recommend for couples to use a shared digital calendar. We use an iCloud shared cal for everything (such as dentist appointments, kids practices) which makes it a lot easier for us to schedule from wherever we are
- A command station with a huge calendar (paper, dry erase, chalkboard, anything you want!) is a great visual reminder, especially if you have kids, a nanny, or other people walking through your home who may need to know your schedule!
- Personally, I use a giant paper calendar. Everyone in the house really enjoys having an awareness of what's going on in the future and it gives us things to look forward to.

Shared Notes

- I have shared notes with my husband, my assistant, and other members of my family.
- Shared notes makes it easy to add things to our to-do list or even ask questions
- Example: A grocery list that is updated in real time. If you have an Alexa or Google Home, you can also tell it to add items to a list, which can then be accessed from your phone
- Shared notes also work great for coordinating holiday present ideas - just add everyone to the note who you need to buy a gift for, and then everyone can collaborate on ideas!



HOME

Sage and Palo Santo

- I regularly burn both Sage and Palo Santo throughout our home. It's a wonderful ritual for clearing out old energy and welcoming a fresh start.
- First, start with the sage. Light the bundle, and then let the smoke waft into every corner of your home. This helps to clear out old or negative energy.
- Next, I light the palo santo and walk through the whole home again. This sweeter, woody smell helps to seal in positive vibes. (You can also just use palo santo anytime you want to bring in some more positivity!)

Plants + fresh flowers!

- Adding plants and flowers throughout your home is an inexpensive way to add warmth, a pop of color, and to bring a natural element indoors.
- Styling a bookshelf with a candle and plant brings in the element of fire and adds to the earthiness of the books
- When we style with natural elements, we are reminded of being in nature, and it creates a grounded, calming vibe

Declutter + Simplify

- You can find our [30 Days to Clutter-Free Living](#) challenge on the website - it helps to break down decluttering your whole home in small, manageable chunks of time.
- Eliminating what no longer serves us creates space for new energy, new belongings, new memories - things that are in line with our current values and desires



30 DAYS TO COMPOSED LIVING

HOME

Automating + Delegating

- Unsubscribing from emails - unroll.me is a great resource for automatically unsubscribing, or you can set aside a few minutes each morning to manually unsubscribe
- Set up automatic bill payments whenever possible
- Always choose Electronic statements over paper
- Delegate chores to kids' - Pinterest has some great chore charts by age!

Daily + Weekly Planning

- Start each week with a clear outline of the items you definitely must do, as well as the tasks you'd like to do
- I like to write out my to-do list for the week first thing Monday morning
- Each day I try to incorporate something for work, health, fun, and miscellaneous.



EDUCATION

Learn a new language

- Duolingo is a great free app - I'm currently studying Spanish and French
- This year my goal is to expand my vocabulary and practice conversational Spanish as often as I can - it can be intimidating so I often avoid it, but I'll never improve if I don't try!

Read at least one book a month

- Personally, I love physical books, but you do you!
- One book a month feels reasonable to me. I rotate through categories, typically between self-help, psychology, and fun fiction!
- Check online to see if there are any free Little Libraries in your neighborhood! They're so cute, and they operate on a give one/take one idea



FAMILY + FRIENDS

Keep in touch regularly

- Make sure you are carving out time to spend with the people you love
- I encourage you to be very clear about the people you want to spend more time with in your life, and then make it happen!
- Close relationships with friends and family is what helps keep us happy and grounded in our community
- The moment you think of someone, add them to your to-do list! People often pop into my mind as I'm running errands or doing something that prevents me from reaching out to them right then and there. So I add their name to my to-do list (on the Notes app on my phone) and then I have a reminder to reach out when I have time

Send handwritten notes for no reason

- I love finding cards that remind me of someone and sending them a little thank you or gratitude for our friendship
- This small act always puts such a big smile on the recipient's face! It's a very quick and easy way to show your love

Put birthdays on your phone calendar and set them to recur yearly

- Tip: immediately enter birthdays into your calendar and set them to recur every year → this helps NEVER forgetting anyone's birthday!
- I will do this the moment someone tells me their birthday - it can be in the middle of a dinner, while we're on a hike - as soon as I have the info, I add it to my calendar! (People ALWAYS ask me how I remember so many of them- this is how! haha)



MARRIAGE/PARTNERSHIP

Choose 3 words to describe your ideal partnership

- I chose fun, sexy, supportive.
- Having three words that you and your partner share helps to bring things back into balance when things get a little hectic. If you're falling into a pattern of bickering or even just a bit of a dull routine, remind yourself of your words and then make a change!

Love notes

- Chad and I love texting throughout the day and making sure the other person knows we're thinking of them.
- Leave little love notes throughout the house (drawing on the shower door or a sweet message on a post-it). It takes no time at all but it means so much!
- I love leaving post-it notes where I KNOW he will find them throughout the day - his sock drawer, on the mirror, and even in his car!
- Keep a love journal
 - Get a small journal, and you each take turns writing whatever you want. I like to hide it under Chad's pillow so it's a surprise. There is no expectation of how often you write, just add an entry when the feeling strikes!
 - We use it anytime we want to say something special or just want to say "I love you"... Sometimes I'll be on a run and hear a lyric to a song and come home and write it down because it made me think of him. You never know when it will come back to you, so it makes it really fun
 - The best part - looking back in the journal once it is full



MARRIAGE/PARTNERSHIP

Date nights

- Tip: always schedule date nights ahead of time! Having something to look forward to on the calendar is a game changer.
- Try taking turns surprising each other with a fun plan for the day
- A few of my favorites are: going to a restaurant we've never tried; cooking a new recipe together at home; learning something new like pottery or painting; an outdoor activity like a new hike or horseback riding!



FINANCES

Saving for Something Meaningful to You

- Tip: Think about where it is you want your money to go and picture it flowing right to that space
 - Money is energy (everything is, really). All energy loves having freedom of movement and direction. When you focus your money intentions on one specific thing, it's more likely to flow in that direction!
- Mindset: Align your spending with your values. I love hosting friends and family, so I try to align my spending with items in line with that value (a gorgeous outdoor dining table for entertaining, luxurious guest room linens, etc.)

Quality over Quantity

- Step one - get clear on what you want to buy, and why.
- Step two - research, research, research. Try not to give in to impulse buys
- Step three - only buy the exact thing that you want, and do not get distracted by the "sort of similar but not as cool cheaper option" that you find.



FINANCES

Pay attention to where and how you spend

- Building financial health and knowledge is very important to me.
 - Tip: Make sure you have a holistic way of understanding your finances - you should be able to see all your accounts in one place
 - I use Mint - it's user-friendly and tracks all of our accounts (bank accounts, credit cards, mortgage, retirement, etc) in one snapshot so we have a clear idea of where our money is coming from, and where it is going
 - Set budgets for your major categories of spending to ensure you stay on track! When Chad and I first started dating, we went out to eat almost every night - until we looked at our bank statements and realized we probably could have taken a luxury vacation instead! We both agreed that while eating out is fun, it is not one of our core values - providing a safe, beautiful home for our family is...so we started eating in more often, and put that money toward our first home!



HEALTH + WELLNESS

Nighttime routines

- We often focus on our morning routines and miss out on the opportunity to reset each evening.
- Tip: Find something that grounds you and end the day on a mindful and thoughtful note
 - Be intentional while going to bed: try journaling, sipping a hot tea, or listening to a guided meditation. Find ways to wind down that are internal and connect with yourself on how your day went
 - Set intentions before falling asleep about what you want to have dreams about (my personal favorite) and how you want to wake up feeling the next day

Breathwork

- Breathwork is the practice of intentionally changing your breathing patterns, which is believed to improve your mental, physical, and spiritual well-being
- I tried breathwork for the first time in 2020, ([Gwen Dittmar](#) offers in person and virtual sessions -check her out!) and it was one of the most transformational experiences of my life.
- If you're looking for a new way to recharge, release, or connect with yourself, I highly recommend trying a breathwork session!

Healthy eating / Sustainable food

- Food is medicine. I try to eat in a way that prevents illness and disease and supports how I want to feel in my body.
- Choosing food that is organic and grown locally is one way we can help keep our planet healthy while keeping our bodies healthy, too. I encourage you to read labels, see where your food has travelled to you from, and when you can, choose local! (Or grow your own!)



HEALTH + WELLNESS

Journaling and Afternoon Reflections

- Try carving out a few moments in the afternoon to check in with yourself - this can be a few minutes outside, a short walk, journaling - anything that feels stress-relieving to you
- It's very easy to become overwhelmed toward the end of the day - taking a moment to reset (especially in the transition between work and home) is a lovely way to reset your emotions and end the day on a calm, happy note

Move your body!

- Yoga, running, or a morning walk with coffee and a podcast are some of my go-to's.
- I have to move my body first thing in the morning or it won't happen for me. Find your best time to exercise and commit to it daily!
- Movement doesn't need to be strenuous. Listen to your body and find a way of moving that feels restorative and healing to you. Our bodies go through cycles and seasons - sometimes we need to run as fast as we can, and sometimes we just need to do a few cat/cow stretches.
- Any form of movement is better than none!

Meditation & Mantra

- I have a difficult time quieting my mind sometimes (it's like a never ending to-do list in my head!). Having a mantra to chant in the mornings really helps me to clear my thoughts and prepare for a meditation.
- I'm working with Tony Lupinacci, a yoga and meditation instructor - check him out on [Instagram](#), or schedule a private meditation class with him!



HEALTH + WELLNESS

Tips from Tony

- Meditation can feel a little bit daunting at first, but it doesn't have to!
- Meditation is it's not about silencing the mind - we are human. It is simply not possible... instead acknowledge your thoughts and be nice to them.
- Through the process of noticing our thoughts, we become more sensitive. Becoming more sensitive makes us more patient, able to be more kind to ourselves and those around us, better partners, parents etc.
- The most important thing is to do the practice with consistency every single day, first thing in the morning! Meditate everyday, even if it's a little wonky at first.
- Mantra based meditation is one of the best tools to get out of the thinking mind and into then feeling body. It's less about the meaning of the mantra and more the vibration of it. Tap into vibration and continuing to become more sensitive to your internal world so you can be more sensitive in your external world!



COMMUNITY

Find a community that supports you

- Community fosters a sense of belonging, of shared humanity, and allows us to feel safe and loved.
- Figure out what kind of people you'd like to be surrounded by, or what kind of support you may need, and then do some research!
- My kids are older, so joining a mom's group isn't really that helpful for me. However, as a female business owner, finding support within a community of other women struggling with similar issues has been invaluable to me. (HeyMama is one of my favorite groups which combines motherhood and entrepreneurship.)

Volunteer

- Giving back to your community or a charity that is important to you is very fulfilling. You can donate money, goods, your expertise on a subject, or physical work!
- Volunteering is a wonderful way to make new friends
- We partner with many local charities to bring our clients' donations directly to those in need; I also volunteer my time doing things like working in a community garden, providing mentorship to foster youth, and event planning for Alliance of Moms!



CAREER

Find a Career Coach or Mentor

- Being able to bounce ideas off other people who you look up to or have gone through something similar is amazing. There is just no replacement for that!
- Joining a coaching group not only up-levels your business, it also increases accountability and helps you to stretch beyond your current mindset and limitations
- I have worked with two mentors for a combination of personal growth and business guidance. Finding a coach that is multi-faceted provides even more for your business.

What Are Your Goals? Be Clear on What You Want and Work Toward That

- Tip: As you think about your career, be very clear on what it is you want to do and why you want to do it
- “Having an end in mind is no guarantee you'll reach it, but not having an end in mind is a guarantee that you won't” - Daily Stoic
- Example: I love helping clients through the moving process because it allows me to be of service during one of the most stressful periods of their life. So I've been focusing a lot of my energy and intentions towards working with clients that are moving out, moving in, or need to do some decluttering before their big move!



SPIRITUALITY

Gratitude

- Expressing gratitude for something raises your vibration, boosts your mood and is the easiest way to foster happiness. Like attracts like, so when you are grateful, the universe wants to send you more things to be grateful about!
- Before opening your eyes in the morning, think about three things you're truly thankful for ("I'm so thankful for a peaceful night of sleep, I'm grateful for my coffee date with a friend today, and I'm thankful that my husband is making me breakfast.")
- When you can't think of anything, express gratitude for silly things! Walk around your neighborhood and tell each thing you see why you're grateful for it. ("I'm grateful for you being the most crooked tree on the street; I'm grateful to you for being the ugliest mailbox!") It's goofy, but it works! It's the gratitude version of *fake it till you make it*.

Be Present in the Moment: Slow Down + Allow Your Heart to Hear What You're Being Called to Do

- I think of meditation as a way of clearing my thoughts so that I can hear what the universe is trying to tell me. When we are so busy living our lives, it can be difficult to see the signs all around us, or hear the messages that are intended for us.
- Have you ever felt a sudden ping of intuition? Take a different route to work, call a friend, double check that you turned the oven off, etc. We also receive bigger intuitive hits (quit a job, start a business, go back to school) but without creating space to allow these messages to be heard, they often go ignored.
- Create space to hear what your heart is calling you to do so that you can take action on it and live your life in alignment with your purpose.



SPIRITUALITY

Spend time in nature

- For me, there is no better way to feel connected to spirit / God / universe than to spend time in nature.
- Being in awe of the world around me puts things in perspective and helps me feel grounded, connected, and grateful.
- Take off your shoes and walk through the grass or on the dirt and feel the Earth under your feet. Walking barefoot has been proved to help you feel grounded and improve your mood.
- I love gardening, sitting on the beach, hiking forest trails, and camping. If those things don't sound interesting or accessible to you, try sitting on your patio and watching the clouds pass, or turn on your fireplace and feel mesmerized by the dancing flames. There are opportunities all around us to feel connected to the universe if we look for them!

