

THE MINI RESET:

The Mini Guide to Living Well.



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WELCOME

Welcome

Life moves quickly.

It's easy to spend our days rushing from one thing to the next, always focused on what's coming rather than how we're feeling. At Minimondo, we believe wellbeing isn't about perfection or dramatic transformation.

It's built through small, intentional moments, how we move, rest, connect, nourish ourselves and create space for joy. This guide brings together ten simple ideas that have helped me, and many others, feel calmer, healthier and more connected.

They're not rules or routines to perfect, just gentle reminders that small, joyful shifts can make a lasting difference.

Take what resonates. Leave what doesn't.

Come back to it whenever you need a reset.

I know what it takes to make positive changes in my daily life to nurture my mind, body, and soul, grounding me with the strength and confidence to handle any change. Now, Let's embrace the journey together, because every season of motherhood is an opportunity to thrive.

Claudia Dumond



INTRODUCTION

What is a wellbeing lever?

Wellbeing isn't just a singular destination.

Wellbeing is a journey that encompasses the profound connection between your mind, body, and soul. And within these we hold within our grasp six powerful levers that can transform our lives in profound ways. These are not just abstract concepts but tangible tools, each designed to add vibrancy, fulfillment, and positivity to our journey to wellbeing.

MIND LEVERS

This is your mental realm, a space where thoughts, emotions, and self-awareness take center stage. To nurture your mind, we delve into levers like **Pause** and **Expand**, which promote mindfulness, self-discovery, and personal growth.

BODY LEVERS

Your physical vessel, the home to your vitality and energy. We focus on levers like **Food** and **Move**, which emphasize mindful nutrition and joyful movement. A nourished body is primed for an active, happy life.

SOUL LEVERS

The wellspring of your inner spirit, where connections and environments intertwine. Here, we explore the **Connect** and **Space** levers, encouraging soulful connections with yourself and others and the nurturing of inspiring spaces for your growth.

01



M I N D
L E V E R S

01

CHAPTER 1

Mind Levers.

Within the realm of our minds lie two invaluable levers that can help us transform, guiding us towards greater wellbeing.

PAUSE

It's the art of taking a conscious breath and living in the present moment. When you pause, you immerse yourself in the beauty of now, allowing life to unfold naturally. Find ways to bring your mind back to the present and to slow down and be more mindful. *Includes: being present & slowing down, practising mindfulness*



EXPAND

When you embrace the expand lever, you're on a journey of learning, exploration, and pushing beyond your comfort zone. Your potential is limitless, and expansion propels you towards uncovering the best version of yourself. Creativity and curiosity supports continuous growth and enables you to tap back into your spark. *Includes: Continuous learning, finance, career, hobbies, expression...*



02



B O D Y
L E V E R S

02

CHAPTER 2

Body Levers.

Your body is the vessel that carries you through life's adventures.

MOVE

Exercise is about more than just aesthetics. It's a celebration of what your body can do. Delve into the art of joyful movement—activities that make you feel vibrant and alive, connecting your physical and emotional wellness.

Includes: Being active, joyful exercise, rest & sleep...

FOOD

Nutrition isn't just about fuel; it's about nourishment. Explore the profound impact of mindful eating, savouring the delicious connection between what you consume and how it influences your vitality. *Includes: Type of food, amount of water & home cooking...*



03



**S O U L
L E V E R S**

03

CHAPTER 3

Soul Levers.

Our soul is the essence of who we are, and it yearns for nurturing and expression.

SPACE

The environments we create can deeply affect our well-being. Embark on a journey to cultivate inspirational spaces, both inner and outer, that foster growth, creativity, and peace. *Includes: Space Design (home/office), being in nature and bringing nature inside...*

CONNECT

Life is all about relationships, starting with the one you have with yourself. Uncover the power of self-compassion, self-awareness, and forming connections with others to uplift your spirit. *Includes: joy and deep connection with oneself & others and finding opportunities for giving...*



CONCLUSION

Where can you start?

We all have these tools at our disposal, any time, any day.
Which Mini Edits could you start to introduce into your day?





THIS IS JUST THE BEGINNING.

AT MINIMONDO, WE'RE EXPLORING WHAT IT
MEANS TO LIVE WELL, THROUGH MOVEMENT,
CONVERSATIONS, BOOKS, TRAVEL, BEAUTIFUL
EXPERIENCES AND THE SMALL RITUALS THAT
BRING MORE JOY TO EVERYDAY LIFE.

STAY CONNECTED WITH US



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