

THE Wildflower STARTER KIT

6 GENTLE WAYS TO COME BACK TO YOURSELF
— 15 MINUTES AT A TIME —



CALM • CREATE • CONNECT

*Find your
15
♥*

*A kinder,
more creative
you is already
here
♥*

SLOWER
BRAVER
KINDER
CALMER
HAPPIER
YOU
♥

JOURNAL ♥ CREATE ♥ DREAM ♥ BE YOU

*Good
Things
Take Time
♥*



THE
Wildflower Method ♥

CALM • CREATE • CONNECT

A more you, on purpose

THE WILDFLOWER METHOD

Welcome

I'M SO GLAD YOU'RE HERE

Welcome to your Wildflower Starter Kit.

This little collection is my gift to you — a gentle invitation to slow down, breathe and come back to yourself.

The Wildflower Method is all about finding small pockets of time in your everyday life to reconnect with what truly matters. It's not about doing more or being perfect. It's about choosing you — just 15 minutes at a time.

Inside this kit, you'll find simple practices, gentle prompts and creative ideas to help you explore the six doors of The Wildflower Method. Each page is a little seed — plant the ones that resonate, and let the rest wait for another season.

You don't need any special skills, just a willingness to be curious, to play and to give yourself permission to slow down.

Whether you're here for more creativity, more calm, a deeper connection with nature or simply a moment of stillness — you are in the right place.

*With love,
Jodie *

*A softer, more creative
you is already here.*

KIND PEOPLE ♥ KIND THOUGHTS ♥ KIND DAYS ♥

A CALMER YOU

A BRIGHTER TOMORROW

IT STARTS WITH YOU 

*You
are
enough*


A LITTLE REMINDER...

-  You don't have to do it all.
-  Small steps create big change.
-  Creativity is for everyone.
-  Rest is productive.
-  Nature has a way of healing.
-  You are enough, just as you are.
-  Your story matters.

*Let's begin
this beautiful journey
together *

CALM  CREATE  CONNECT

Small
Moments
Big
Change
♡

THE WILDFLOWER METHOD

Find Your 15[♡]

A SIMPLE PRACTICE FOR A KINDER,
CALMER YOU

Find Your 15 is at the heart of The Wildflower Method. It's a gentle reminder that you don't need hours of free time or a perfect plan — you just need 15 minutes.

Fifteen minutes to pause, breathe, create, move, connect, reflect or simply be. These small pockets of time add up, helping you feel more grounded, more present and more you.

*It's not about doing more...
it's about making space for what matters. ♡*

HOW IT WORKS

1

PAUSE

Take a breath. Notice how you're feeling right now.

2

CHOOSE

Pick one of the six doors — whatever calls to you today.

3

GIVE YOURSELF 15 MINUTES

Set a timer and say yes to this time for you.

4

BE PRESENT

Let go of perfection. There's no right or wrong way — just your way.

5

NOTICE THE SHIFT

After 15 minutes, check in with yourself. How do you feel? A little lighter? A little calmer? A little more you?



*A softer,
slower
kinder
way of
living
♡*



REMEMBER...



15 minutes is enough.



Progress over perfection.



This is for you.



Every door is a good door.



Small steps create big change.



You can start again tomorrow.



*Choose
your 15
Today
♡*

*Little moments.
Brighter days.
♡*

CALM



CREATE



CONNECT

Different
paths
Same
you
♡

The Six Doors

SIX GENTLE PATHWAYS BACK TO YOU

Each door offers a different way to slow down, reconnect and fill your cup.
Explore, play and choose what you need today.

All
parts
of you
belong
here
♡



CREATE

Make something just because
it feels good. Journals, art,
nature crafts, simple beauty.

*I can create a life
I love ♡*



MOVE

Come back into your body
with gentle movement. Walk,
stretch, yoga, Tai Chi, Qigong
or simply breathe outside.

*My body carries me
through beautiful days ♡*



CONNECT

Spend time with animals,
nature and the world around
you. Notice, be present and
feel that you belong.

*I am connected
to something bigger ♡*



ENERGY

Shift what you're carrying
with simple energy practices,
Reiki, breath, crystals or
quiet intention.

*I choose what
energy I carry ♡*



BE STILL

Pause. Breathe. Rest.
Give yourself permission
to do less and simply be
in this moment.

*Stillness is a place
of strength ♡*



REFLECT

Journal, ask the big (and
small) questions, use cards
and explore what's true for
you. Check in, reset and
dream again.

*I am enough,
just as I am ♡*

You don't have to do all the things.

JUST CHOOSE A DOOR AND BEGIN.



CALM ♡ CREATE ♡ CONNECT

Small
steps
Still
bloom
♡

Creativity
doesn't have
to be perfect
it just has
to be yours
♡

THE WILDFLOWER METHOD

CREATE



EXPLORE
PLAY
EXPERIMENT
ENJOY
BE YOU
♡

MAKE SOMETHING JUST BECAUSE
IT FEELS GOOD
♡

Creating gives you the chance to slow down, be present and express what's in your heart. It's not about skill — it's about the joy of making something with your own hands. A few simple materials, a little time and an open heart are all you need.

There is beauty in the process ♡

YOUR 15-MINUTE CREATIVE PRACTICE

- 1 Gather a few materials — journal, paper, pens, paints, magazine clippings, flowers or whatever you have on hand.
- 2 Set a timer for 15 minutes.
- 3 Use the 3-3-1-1 method or simply let your intuition guide you.
- 4 Create without judging. There are no mistakes in your Wildflower practice.
- 5 Notice how you feel when the timer goes off.
- 6 Give yourself a little moment to appreciate what you've made.

*Small
creations
make a
big
difference*
♡

THE 3-3-1-1 METHOD A SIMPLE WAY TO BEGIN

When you're not sure where to start, use the 3-3-1-1 method. It takes the pressure off and gives you a gentle structure to play with.

3

COLOURS

Choose three colours that feel good to you.

3

TEXTURES

Find three different textures (e.g. paper, fabric, lace, leaf).

1

WORD

Choose one word that feels true right now.

1

FOCAL IMAGE

Use one main image or element to bring it together (e.g. a flower, butterfly, quote).

*Let it be simple.
Let it be fun.
Let it be yours.* ♡



IDEAS TO TRY

- ♡ Watercolour a flower
- ♡ Make a collage
- ♡ Decorate a journal page
- ♡ Use pressed flowers
- ♡ Write a favourite quote
- ♡ Doodle or draw
- ♡ Try a new medium
- ♡ Create a gratitude page

*Progress
over
perfection*
♡

CALM



CREATE



CONNECT

Movement
is a form
of self care



Move

COME BACK INTO YOUR BODY
GENTLE MOVEMENT FOR A KINDER,
CALMER YOU

Movement doesn't have to be a workout
or a big plan. It can be as simple as a stretch,
a walk in nature, a few deep breaths or
dancing in your kitchen. When you move your
body, you shift your energy, lift your mood
and create more space in your mind.

*A gentle body creates
a calmer mind*



Move
a little
every day
for a
brighter
you

*Stronger
Calmer
Happier
You*

YOUR 15-MINUTE MOVEMENT PRACTICE



- 1 Choose a gentle movement that feels good today.
- 2 Set a timer for 15 minutes.
- 3 Notice how your body feels before you start.
- 4 Move with kindness — no pressure, no judgment.
- 5 Take a deep breath at the end and notice how you feel now.

*It's not about how far you go,
but that you show up*

*Movement
creates space
for what matters*



IDEAS TO GET YOU STARTED



STRETCH

Gentle stretches to release tension and feel good in your body.



WALK

A slow walk in nature or around your home. Notice what you see, hear and feel.



YOGA

A few simple poses to open your body and calm your mind.



TAI CHI / QIGONG

Slow, flowing movements to bring balance and ease.



OUTDOORS

Move amongst the flowers, breathe the fresh air and feel the difference.



DANCE

Put on a favourite song and move however feels good. Joy is movement too!

A LITTLE REFLECTION...

- How does moving my body make me feel?
- What kind of movement do I enjoy most?
- Where can I invite a little more movement into my day?
- What would 15 minutes of movement look like tomorrow?

*Your body is your home.
Treat it with love.*

Connection
brings us
back to what
really
matters

Connect

NOTICE • BELONG • BE PRESENT

Connection is a beautiful reminder that you are part of something bigger. Whether it's time with animals, being in nature, sharing a cuppa with a friend or simply noticing the little things around you — connection helps you feel more grounded, supported and alive.

You are never alone in nature

Horses, animals, the natural world and genuine human connection all have a way of softening our busy minds and bringing us back to what truly matters.



Horses
have a way
of helping
us find
ourselves
again

YOUR 15-MINUTE CONNECTION PRACTICE

- 1 Choose a way to connect today (see ideas on the right).
- 2 Set a timer for 15 minutes.
- 3 Be fully present. Notice what you see, hear, feel and sense around you.
- 4 Take a few deep breaths and let yourself slow down.
- 5 Jot down one thing you noticed, felt or appreciated.

*Connection doesn't have to be big.
It just has to be real.*

*Good
Things
Happen
Outside*

IDEAS TO CONNECT



**SPEND TIME
WITH ANIMALS**
Horses, dogs or
simply watching
wildlife.



BE IN NATURE
Sit outside, walk
in the garden or
collect a flower.



REACH OUT
Have a cuppa
with a friend or
send a kind
message.



**EXPLORE
SOMEWHERE NEW**
Visit a local trail,
beach or a place
that makes you
feel good.



**NOTICE
THE BEAUTY**
Look for small
moments — a bird,
a wildflower, a sunset.



BE KIND
To others, to animals,
to the earth
and to yourself.

*Kind
people
are my
kind of
people*

A LITTLE REFLECTION...

- Who or what makes me feel most connected?
- Where do I feel most at home?
- What brings me joy in nature?
- How can I create more connection in my everyday life?
- What am I grateful for right now?

Connection changes everything

Movement
is a love
letter
to your
body

Move

GENTLE • NATURAL • JOYFUL • STRONG

You don't have to do intense workouts or push yourself to be healthy. Movement can be gentle, natural and joyful. A short walk, a stretch, a dance in the garden or time with the horses all count. It's about how it makes you feel — more alive, more present and more connected to you.

Move your body, lift your mood.

When you move, you release tension, boost your energy and create space for a calmer, happier mind.



Move
Breathe
Explore
Feel Good

A STRONGER YOU
A CALMER MIND
A HAPPIER LIFE
ALL STARTS
WITH A LITTLE
MOVEMENT

YOUR 15-MINUTE MOVE PRACTICE

- 1 Choose a gentle movement you enjoy (see ideas on the right).
- 2 Set a timer for 15 minutes.
- 3 Move at your own pace — stretch, walk, flow, dance or simply be in nature.
- 4 Notice how your body feels as you move.
- 5 Finish with a deep breath and a smile. Thank your body for all it does for you.

*A little movement
goes a long way.*

WAYS TO MOVE YOUR BODY



WALK IN NATURE
Explore a local trail, your garden or the beach. Let nature set the pace.



YOGA
Gentle stretches to release tension and feel good in your body.



TAI CHI & QIGONG
Slow, flowing movements to calm the mind and build energy.



HORSE TIME
Being with horses is movement for your mind, body and soul.



PLAY OUTSIDE
Garden, swim, ride, hike or try something new — movement can be fun!



DANCE IT OUT
Put on your favourite music and move in a way that feels good to you.

A LITTLE REFLECTION...

- How does my body feel today?
- What movement do I enjoy most?
- How can I bring more movement into my day?
- What would I love to try?
- How does movement support my mental wellbeing?

*Move more of what
makes you feel good.*

Stronger
Calmer
Kinder
Happier
You

Stillness
is where
you find
yourself
again
♡

Be Still ♡

PAUSE • BREATHE • REST • RECEIVE

In a world that always feels busy, stillness can feel uncomfortable at first — but it's in the quiet moments that we hear ourselves again. Being still doesn't mean doing nothing. It means giving yourself permission to pause, to breathe and to simply be.

Stillness is a place of strength ♡

You don't have to earn your rest. A few mindful minutes can help you feel calmer, clearer and more connected to what really matters.

YOUR 15-MINUTE STILLNESS PRACTICE ♡

- 1 Create a quiet space where you can be undisturbed.
- 2 Set a timer for 15 minutes.
- 3 Get comfortable — sit, lie down or find a cosy spot outside.
- 4 Close your eyes (or soften your gaze) and take a few deep breaths.
- 5 Notice what arises. There's no right or wrong — just be with what is.

*You don't have to do more.
You just have to be here. ♡*



A quiet mind
A kinder you
♡

WAYS TO INVITE MORE STILLNESS ♡



MEDITATION

Sit quietly, focus on your breath or try a simple guided meditation.



JOURNAL

Let your thoughts flow onto the page without judgement.



A QUIET CUPPA

Make a tea, sit in your favourite spot and simply enjoy the moment.



NATURE

Sit outside, listen to the birds, feel the breeze and notice what you see, hear and feel.



MINDFUL MOMENTS

Notice the little things — the warmth of the sun, the feel of the air, the beauty around you.



REST

Give yourself permission to do less. Rest is productive too.

A LITTLE REFLECTION... ♡

- ♡ How do I feel when I allow myself to be still?
- ♡ What does stillness bring me?
- ♡ Where can I invite more quiet into my day?
- ♡ What am I ready to release?
- ♡ What do I want to hear more clearly?

*In the quiet,
you can hear your own magic. ♡*

*Rest
Reset
Return
to you
♡*

Reflection
turns everyday
moments into
a more
meaningful
life ♡

Reflect ♡

LOOK WITH KINDNESS • LEARN • GROW • REALIGN

Taking time to reflect helps you notice how far you've come, what you've learned and what matters most. It gives you the chance to celebrate the good, release what no longer fits and gently set intentions for what's next.

A softer you, a brighter tomorrow. ♡

Reflection isn't about overthinking — it's about checking in with yourself, with kindness, and creating a life that feels good on the inside.

YOUR 15-MINUTE REFLECTION PRACTICE ♡

- 1 Find a quiet space with your journal or a sheet of paper.
- 2 Set a timer for 15 minutes.
- 3 Use the gentle prompts (or your own) to guide your reflection.
- 4 Write, doodle, collage or simply let your thoughts flow.
- 5 Finish with one kind thought or intention for the days ahead.

*Small reflections
make big changes. ♡*

REFLECTION IDEAS TO EXPLORE ♡



GRATITUDE

Write or draw three things you're grateful for today.



LESSONS

What have you learned recently — big or small?



RELEASE

Is there anything you're ready to let go of?



CELEBRATE

What are you proud of, no matter how small?



REALIGN

What do you want to invite more of into your life?



DREAM

Where do you see yourself in 3 months, 6 months or a year?

A LITTLE REFLECTION... ♡

- ♡ What made me smile today?
- ♡ What do I need more of in my life?
- ♡ What can I let go of?
- ♡ What am I proud of?
- ♡ How do I want to feel in the coming weeks?
- ♡ What's one small step I can take?

Reflect. Realign. Keep blooming. ♡

Your story matters ♡

Creativity
isn't about
perfection
it's about
expression

Create

PLAY • EXPLORE • EXPRESS • ENJOY

Creativity gives you space to be you. It's not about being "good" at art — it's about the joy of making something with your hands, the freedom to play, and the magic that happens when you allow yourself to explore without judgement.

Create a kinder, happier you

When you create, you quiet the noise, connect with your intuition and remind yourself that you are capable of beautiful things — just as you are.

YOUR 15-MINUTE CREATE PRACTICE

- 1 Choose a simple creative activity that feels good today (paint, collage, journal, doodle, photograph, craft, bake).
- 2 Set a timer for 15 minutes.
- 3 Gather a few supplies and create a cosy space.
- 4 Let go of perfection — just enjoy the process.
- 5 Notice how you feel after — usually calmer, lighter and more like you.

Progress over perfection
always

Small
Creative
Steps
Big
Happy
Changes

GOOD IDEAS

WILD CREATIVE DAYS

HAPPIER THINGS

BEAUTIFUL YOU

Make
Create
Repeat



IDEAS TO SPARK YOUR CREATIVITY



JOURNAL

Use paint, collage or words to express how you feel.



PLAY

Try a new medium or use what you have on hand.



NATURE INSPIRED

Collect flowers, leaves or natural treasures and create with them.



COLOUR

Use colours that make you feel good and notice how they lift your mood.



REPURPOSE

Turn old papers, fabric or materials into something new.



MAKE & KEEP

Create something just for you — a page, a card, a bookmark or a small gift.

A LITTLE REFLECTION...

- What do I love to create?
- How does creativity make me feel?
- When did I last make something just for fun?
- What would I like to try next?
- How can I invite more creativity into my week?

A creative life
is a beautiful life.

You
already
create
magic
just by
being you

THE WILDFLOWER METHOD

calm ♥ create ♥ connect

Your Next Step ♥

You've already planted the seeds...

Now it's time to keep growing.
Join the Wildflower Garden Collective
and continue your journey with more
creativity, connection, inspiration
and beautiful resources.

*A kinder
calmer
more creative
you is
always possible*
♥

CONTINUE YOUR WILDFLOWER JOURNEY

Join the Wildflower Garden Collective ♥ →



And watch your inbox for your Wildflower Letter. ♥

*Same you...
Brighter days
Bigger possibilities*
♥



*More
Quiet Moments
Brighter Days
A Kinder You*
♥

CALM ♥ CREATE ♥ CONNECT