

July 2025 -

Vitality

A Monthly Workbook
from Serenity in Motion

My Love,

This month, we invite in something quietly radical: vitality. Not the kind that shouts or demands constant hustle — but the kind that lives in your skin, your breath, your presence.

Vitality is your birthright. It's not earned through output or exhaustion. It arrives when you soften into yourself and honour the rhythms of your body with gentle devotion.

Let this be your space to remember: the more you care for your energy, the more your energy carries you.

With warmth and radiance,

Lily

“Vitality doesn’t come from doing more. It comes from honouring what already lives within you.”

Vitality isn’t something you chase — it’s something you nourish.

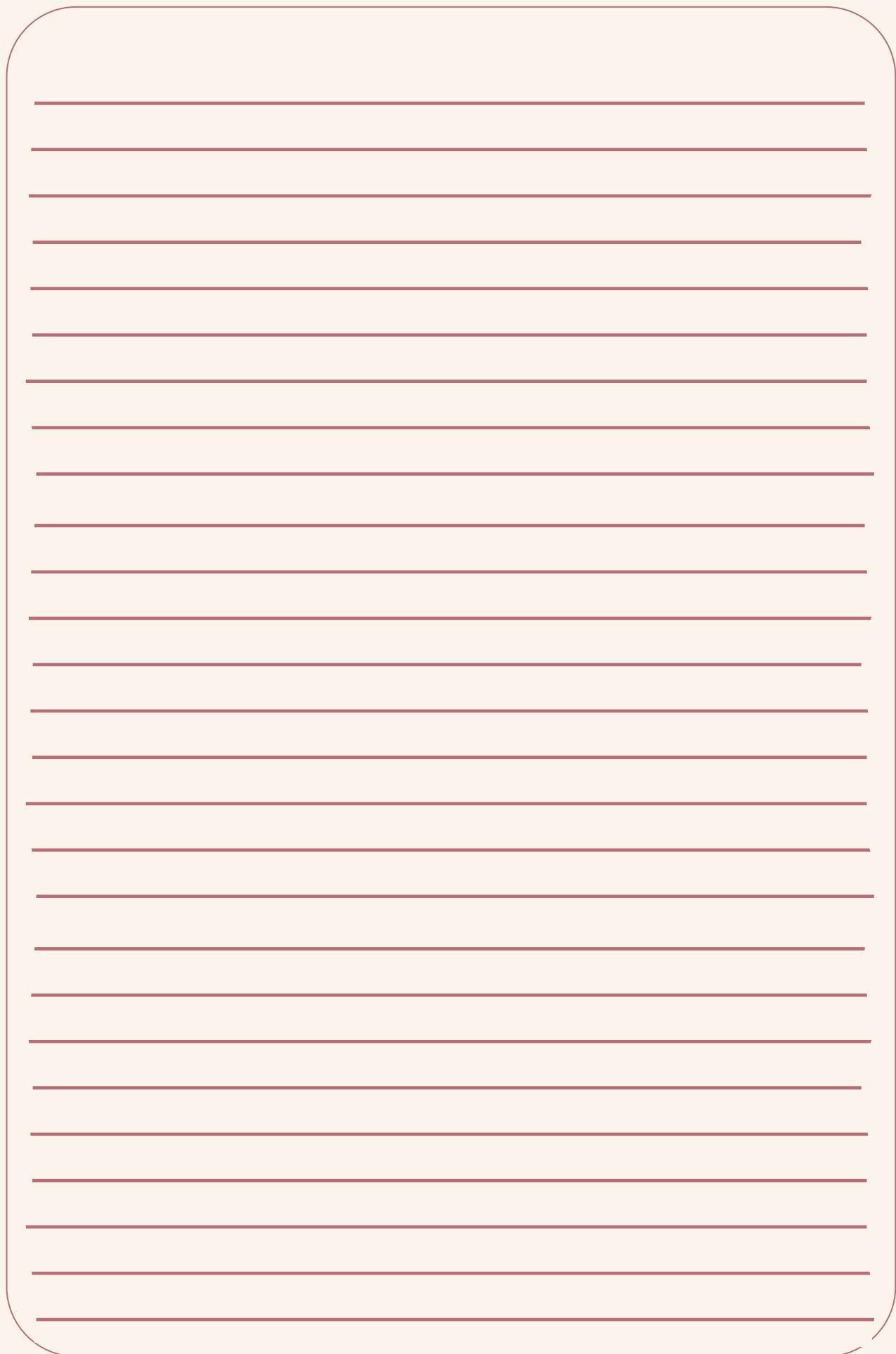
This month, we return to what fuels us softly and steadily: breath, rest, nourishment, movement, and pleasure.

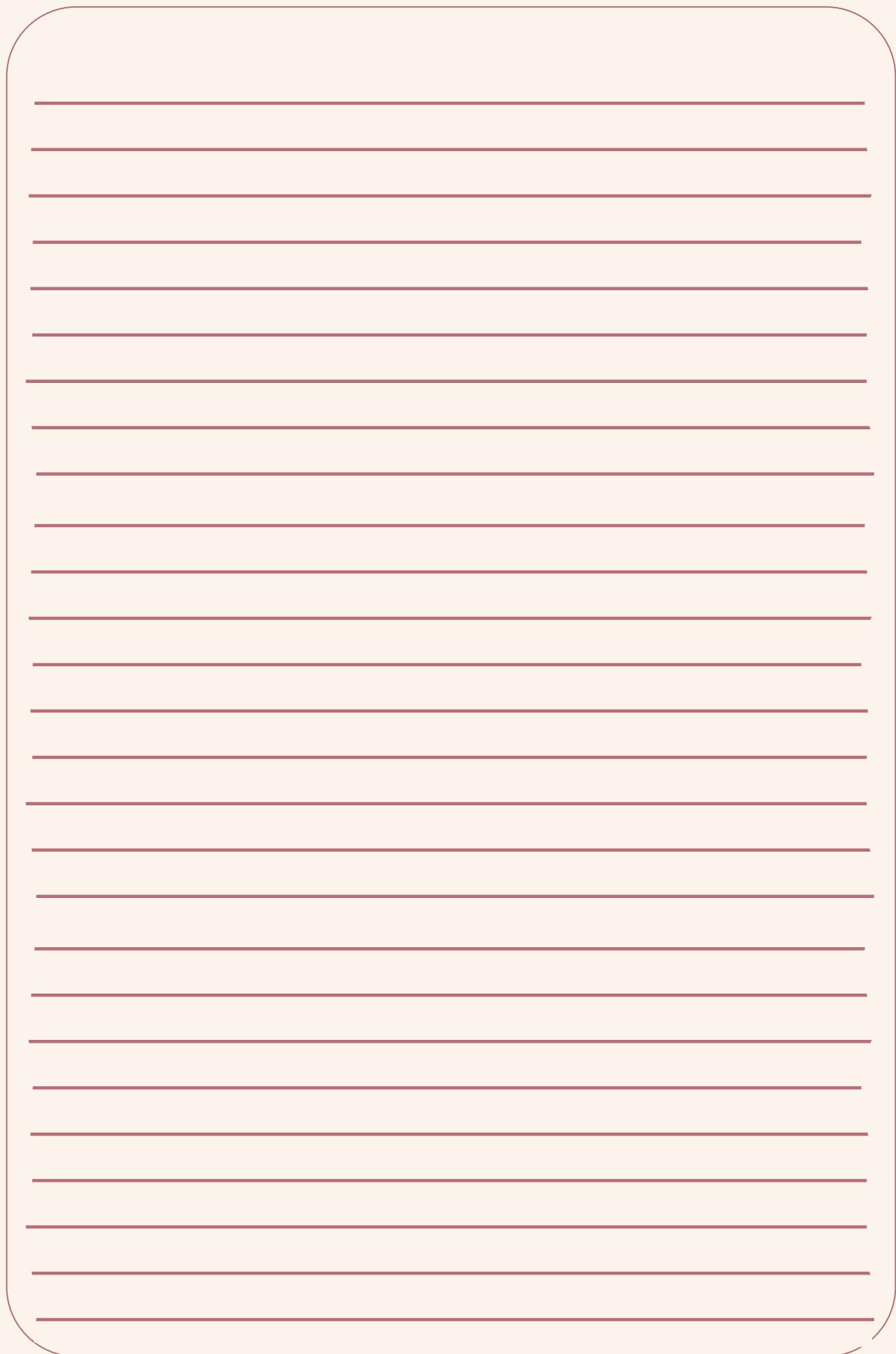
Vitality isn’t loud or forceful. It’s the quiet hum of energy that arises when we honour our body’s needs, move with intention, and let go of what drains us.

Let July be your invitation to replenish — not by doing more, but by coming home to what already lives within you.

Journal Prompts

1. What does *true* vitality feel like in my body?
2. When do I feel most energized, soft, and alive?
3. What daily habits support my energy — and which quietly deplete it?
4. How can I honour my body's natural rhythm this month?
5. What does it mean to be a radiant woman in my own life?





Affirmations

My energy is sacred, and I treat it with devotion.

- Vitality flows through me when I move gently and live intentionally.
- I nourish my body, not out of pressure — but out of love.
- Radiance is my resting state.
- Every breath I take fills me with calm, power, and clarity.

The Practice: The Morning Glow

Begin your day with a simple vitality reset. As you wake:

1. Scrape your tongue, brush your body (or stretch gently) — one loving action to signal, I am caring for myself.
2. Wash your face slowly. Apply oils or moisturiser with intention.
3. Whisper:

“I begin again. This day belongs to my energy.”

Return to this anytime your body feels flat or frazzled. One gentle ritual can restore everything.

Challenge: 7 Days of Soft Energy Reset

For seven days, choose one simple action to support your energy each day. Not because you have to — but because you get to.

Ideas include:

- A walk without your phone
- Preparing a colourful, nourishing meal
- Saying no to something that drains you
- Journaling for 5 minutes before bed
- Lying on the floor and doing absolutely nothing
- Breathing in for four counts, out for six

Let your vitality be felt, not forced.

Closing Reflection

As the month comes to a close, honour the moments where you felt deeply you — glowing, grounded, and softly alive.

Vitality is not about doing it all — it's about choosing what fuels you. Trust that each time you care for your energy, you are creating a life that doesn't just function... but flourishes.

You are radiant. And it shows.

