

HEALTHY HABITS FOR WEALTHY MINDS

DAILY PLANNER

LINDEN THORP

Healthy Habits for Wealthy Minds

*A 7-Day Energy and Wealth Alignment
Planner*

By Linden Thorp

Mentor • Guide • Author

Visit: lindenthorp.com

Welcome to Your Transformation

True wealth begins with well-being. As you walk the path of digital independence and soul-aligned legacy, your energy becomes your most precious asset. This planner is your toolkit to regulate your nervous system, activate clarity, and cultivate millionaire-level habits that fuel your mission.

This is not just about self-care. It's about strategic care—for your body, mind, and legacy.

How to Use This Planner:

- Start each day with your named theme: a focus, an affirmation, and a quote.
- Complete the habit checklist to keep your energy high.
- Use the reflection prompts to build daily awareness.
- At week's end, complete the energy check-in.
- Return to this planner often. Repetition creates transformation.
-



Daily Habit Reminders & How-Tos:

- **Hydration:** Begin your day with a large glass of room-temperature water. Aim for 6–8 glasses daily. Add lemon, herbs, or trace minerals to boost absorption. Dehydration leads to fatigue, brain fog, and sluggish digestion.
- **Nutrition:** Consider adopting a 2-meal-a-day routine to support digestion and mental clarity. Eat your last meal at least 3 hours before bedtime. Prioritize high-protein foods and plenty of greens—especially dark leafy vegetables rich in lutein and zeaxanthin, which support brain and eye health. Reduce sugar and refined carbs to stabilize energy and mood.
- **Movement:** Gentle stretches, a short walk, yoga, or dancing will activate circulation and improve mood. Move your body within the first hour of waking.
- **Deep Work Block:** Reserve 1–2 hours daily for focused, distraction-free work. Turn off notifications. This is where your highest-value actions live.
- **Breathwork + Nose-Breathing:** Practice deep breathing (inhale 4, hold 4, exhale 8) through the **nose** to regulate your nervous system, increase oxygen efficiency, and calm your brain. Mouth breathing can trigger stress and fatigue, while nasal breathing promotes balance and vitality.
- **Tech-Free Evening:** Shut down all screens at least 30–60 minutes before bed. Use this time for journaling, reflection, or mindful silence to enhance sleep quality.



Focus Monday

Quote:

"Where your attention goes, energy flows."

Affirmation:

"I focus with calm determination."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening

☒ Reflection Prompt:

What did I prioritize today? Did it align with my mission?



Quote:

"Flow is the secret to effortless creation."

Affirmation:

"I move with ease and allow inspiration."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening ☒

Reflection Prompt:

Where did I feel flow? Where did I resist it?



Power Wednesday

Quote:

"Health is the foundation of strength."

Affirmation:

"I am grounded, focused, and powerful."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening ☒

Reflection Prompt:

What did I do today that strengthened me?



Balance Thursday

Quote:

"Balance is not something you find.
It's something you create."

Affirmation:

"I hold space for stillness and motion."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening ☒

Reflection Prompt:

Did I make time for both action and rest?

Abundance Friday

Quote:

"Gratitude is the gateway to abundance."

Affirmation:

"I am wealthy in mind, body, and soul."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening ☒

Reflection Prompt:

What am I grateful for that money cannot buy?



Restore Saturday

Quote:

"Rest is not idle. It is sacred."

Affirmation:

"I allow myself to heal and recharge."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening ☒

Reflection Prompt:

What does restoration look like for me?

Legacy Sunday

Quote:

"Your energy is your legacy."

Affirmation:

"I invest in myself to serve others."

Checklist:

Hydration ☒

Movement ☒

Deep Work ☒

Breathwork ☒

Tech-Free Evening ☒

Reflection Prompt:

What kind of energetic legacy am I creating?

Weekly Energy Check-In

- How consistent was I in protecting my energy?
- Which habit made the biggest impact?
- What challenged me most this week?
- What do I commit to adjusting next week?

Quick Reset Rituals

5-Minute Resets:

- Deep belly breathing (inhale 4, hold 4, exhale 8)
- Step outside + feel your feet on the earth
- One tech-free hour before bed
-

Next Steps on Your Journey

- Explore the **Millionaire Commitment Path** for full alignment: lindenthorp.com/millionaire-commitment-landing-page
- Step into your **Legacy Partnership**: lindenthorp.com/legacy-partnership-landing-page


**This planner is your beginning. Let your habits
speak your future into being**

GROW through what you GO through

Linden Thorp is a Buddhist priest, author, mentor, and digital freedom guide who transitioned from university education to legacy entrepreneurship in her seventies. She now helps aspiring change-makers build aligned wealth and resilient well-being through mindful mentorship.

Explore more trainings, events, and resources at:

 lindenthorp.com

 Join the newsletter: [LinkedIn Newsletters](#)

You are not here to hustle. You are here to flourish.