THE

IRIS ORACLE

Observe. Understand. Reconnect.

One SMALL STEP

A 7-DAY FOUNDATIONAL WELLNESS WORKBOOK

Simple, intentional steps to
support your body, mind, and daily life
— at your own pace.

FOUNDATIONAL WELLNESS • HERBAL WISDOM
HOLISTIC IRIDOLOGY • NATURAL LIVING

Welcome to One Small Step

A GENTLE PLACE TO BEGIN

A garden doesn't grow because we demand everything from it in one afternoon. We prepare the soil, offer what we can, and pay attention to what happens next. Everyday wellness can work much the same way.

This workbook is not a reset, a rigid challenge, or a shopping list. It is a place to observe your routines, explore small changes, and discover what feels sustainable in your real life.

Small steps still move you forward.

HOW TO USE THIS WORKBOOK

- ☐ Read one short lesson each day.
- ☐ Try the practice, or adapt it to your needs.
- ☐ Write down what you notice without judgment.
- ☐ Keep what helps. Let the rest go.

Small steps still move you forward. You do not have to do everything to begin.

BEFORE YOU BEGIN, PLANT AN INTENTION

This week, I want to make more room for...

One thing I give myself permission to do is...

Every garden begins with a single seed.

DAY 1

Start Where You Are

A GENTLE BEGINNING

Wellness doesn't have to be complicated. It starts with awareness— noticing where you are right now without judgment. This week isn't about changing everything, it's about slowing down, observing, and taking one small step. You're not trying to be perfect, just getting a clear picture of your current season so you can move forward with intention.

Small steps still move you forward.

TODAY'S FOCUS

- Notice where you are in your health journey right now.
- Become more aware of your body, energy, and mindset.
- Identify one area you'd like to gently support this week.
- Practice letting go of perfection.

CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

How is my energy today?

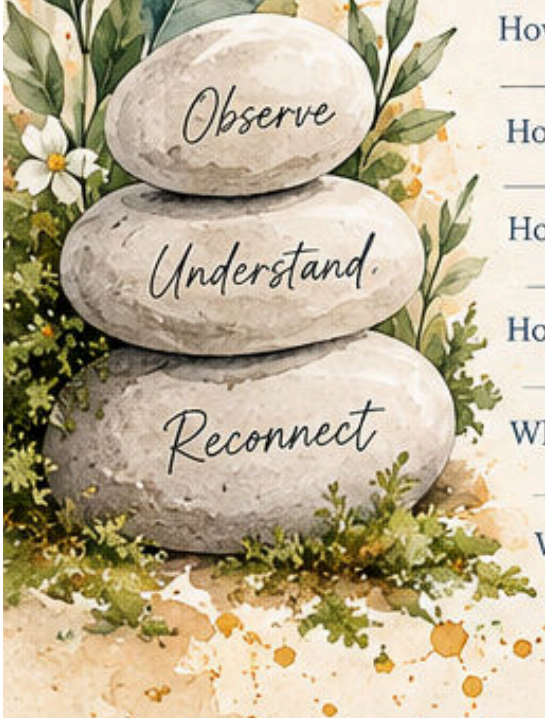
How is my mood?

How is my sleep?

How is my digestion?

What is one thing I'm proud of lately?

What feels most supportive for me right now?



DAILY PRACTICE

- [ ] Drink a glass of water first thing in the morning.
- [ ] Take 3 slow, deep breaths (don't rush it).
- [ ] Spend a few minutes outside if possible.
- [ ] Notice one thing I'm grateful for today.
- [ ] Choose one small area to focus on this week (e.g., sleep, hydration, movement, mindset, food).
- [ ] Be kind to myself and my current season.

OPTIONAL EXTRA SUPPORT

- ♥ Do a 5-minute stretch or gentle movement.
- ♥ Remove one thing today that adds unnecessary stress.
- ♥ Choose nourishing, simple foods.
- ♥ Create a calming evening wind-down routine.

NOTES & REFLECTIONS

What did I notice today about how I feel?

_____

_____

_____

What small step am I taking this week?

_____

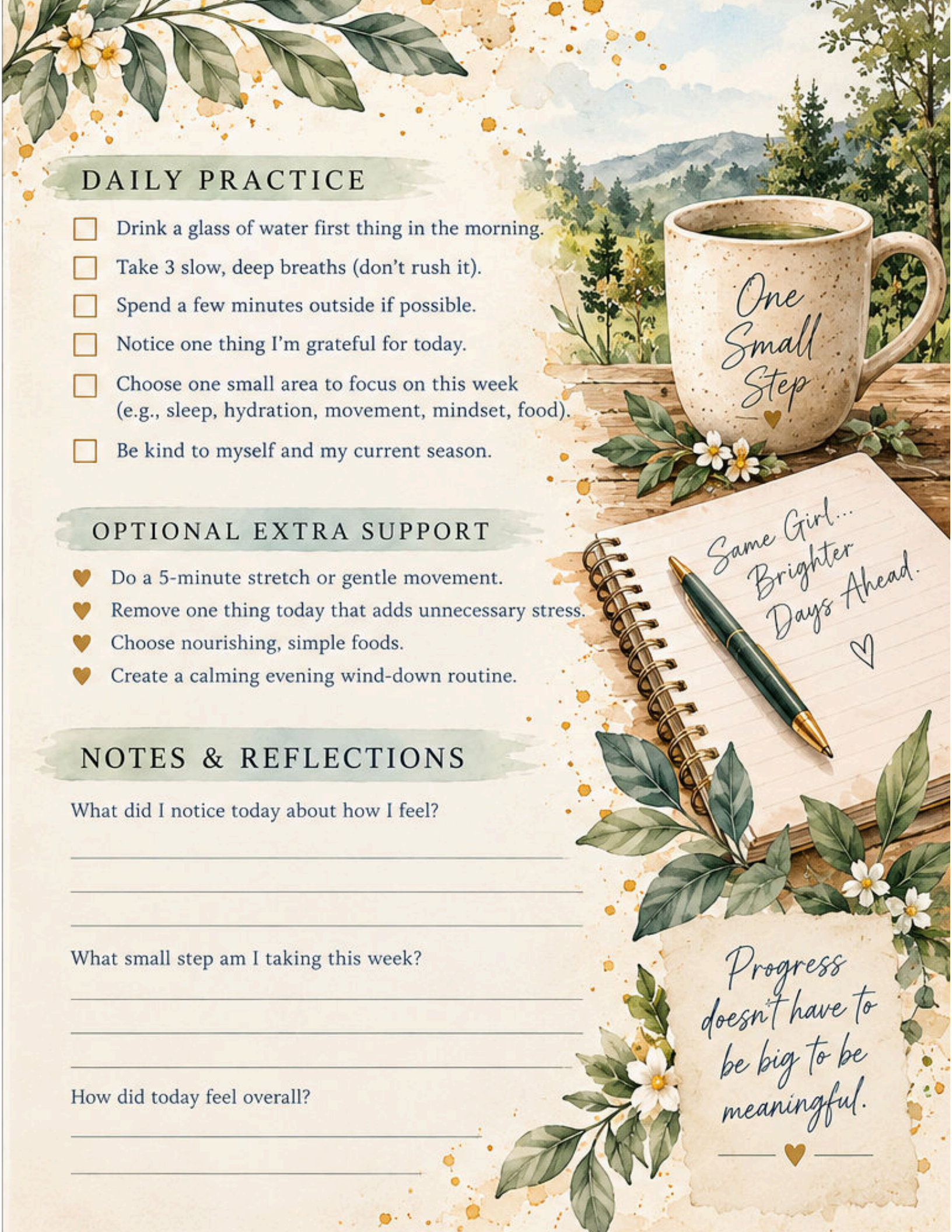
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How did today feel overall?

_____

_____



DAY 2

Make Hydration Easier

SIMPLE HABITS FOR A BIGGER IMPACT

Water is one of the simplest and most powerful ways to support your body. It helps with digestion, nutrient absorption, energy, clearer thinking, and healthy circulation. Yet, it's often one of the first things we neglect. Today is about making hydration easier and more enjoyable with realistic, sustainable habits — not perfection.

You don't have to drink a gallon today. You just have to drink a little more than yesterday.

TODAY'S FOCUS

- Understand why hydration matters
- Notice your current habits without judgment
- Explore simple ways to increase your water intake
- Choose one small change to support your day

CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

How much water do I usually drink in a day?

How do I feel when I'm well hydrated?

What makes it hard for me to drink enough water?

What could make hydration easier for me?

What's one small step I can take today?

How do I want to feel by the end of this week?

DAY 2 _____

Practical Ways to Hydrate

SMALL CHOICES • BIG BENEFITS

Hydration fuels a brighter, clearer you.

DAILY PRACTICE

- ☐ Start your day with a glass of water (add lemon if you like)
- ☐ Keep a water bottle nearby and sip throughout the day
- ☐ Add natural flavor (lemon, lime, cucumber, berries, or mint)
- ☐ Set a reminder to pause and drink
- ☐ Choose water over sugary drinks
- ☐ Include hydrating foods (cucumbers, watermelon, berries, oranges)
- ☐ Notice how you feel after drinking water
- ☐ Be mindful of electrolyte support if needed (especially in heat or with increased activity)



HYDRATION IDEAS TO TRY

- ☐ Lemon water in the morning
- ☐ Cucumber + mint infused water
- ☐ Herbal iced tea (unsweetened)
- ☐ Add a pinch of mineral-rich sea salt or trace minerals
- ☐ Keep a water bottle in the car, at work, or by your chair
- ☐ Set a phone reminder (every 1–2 hours)
- ☐ Eat water-rich foods (cucumbers, watermelon, celery, berries)
- ☐ Make it fun with a special bottle or favorite cup
- ☐ Other: _____

WATER TRACKER



Goal for today: _____

Actual: _____

NOTES & REFLECTIONS

How did I do with my hydration today?

What made it easier or more challenging?

How do I feel compared to yesterday?

What's one thing I'm proud of?

What will I try or adjust tomorrow?

DAY 3

Nourish with Real Food

FUEL YOUR BODY, SUPPORT YOUR ENERGY

Food is more than fuel — it's information for your body. Choosing whole, nourishing foods can help support steady energy, a calmer gut, clearer thinking, and overall well-being. Today is about simple, realistic choices, not perfection.

Nourishment doesn't have to be perfect. It just has to be real.

TODAY'S FOCUS

- Choose whole, nutrient-dense foods when possible
- Include protein, healthy fats, and colorful plants
- Notice how different foods make you feel
- Practice progress over perfection

CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

What did I eat yesterday that made me feel good?

What foods tend to drain my energy?

How do I feel after meals?

What's one small food choice I can improve today?

What does nourishment mean to me right now?

DAILY PRACTICE

- [ ] Start your day with a nourishing breakfast (with protein if possible)
- [ ] Include a serving of colorful fruits or vegetables
- [ ] Choose whole, minimally processed foods
- [ ] Be mindful of added sugars and ultra-processed foods
- [ ] Stay hydrated (water supports digestion and nutrient absorption)
- [ ] Listen to your body's hunger and fullness cues
- [ ] Plan or prep one meal or snack to set yourself up for success
- [ ] Notice how your energy, mood, and digestion feel throughout the day

NOTES & REFLECTIONS

What did I notice today about how food makes me feel?



Healthy choices today create a brighter tomorrow.

DAY 4

Rest to Restore

BETTER REST • CALMER MIND • BRIGHTER DAYS

Rest is not a luxury — it's a foundational part of your health. Quality sleep and intentional rest help your body repair, support your immune system, balance hormones, improve mood, and give you the energy to show up for the life you want. Today is about creating simple, realistic habits that help you rest more deeply, even if life feels busy.

A rested mind and body create a stronger, happier you.



TODAY'S FOCUS

- Understand why rest matters for your overall health
- Notice what helps or disrupts your sleep
- Explore small ways to create a calmer evening routine
- Give yourself permission to slow down and recharge

CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

How did I sleep last night?

What helps me feel more rested?

What tends to keep me up or affect my sleep?

How do I feel when I get enough rest?

What's one small change I can make tonight?

How can I give myself more grace around rest this week?

DAY 4

Practical Ways to Rest Better

SIMPLE HABITS • REAL RESULTS

Resting today fuels a brighter tomorrow.

DAILY PRACTICE

- [ ] Set a consistent bedtime (even if it's just a goal)
- [ ] Create a calming evening routine (10–30 minutes)
- [ ] Turn off screens at least 30 minutes before bed if possible
- [ ] Keep your bedroom cool, dark, and clutter-free
- [ ] Try a relaxing activity (reading, gentle stretching, deep breathing)
- [ ] Limit caffeine in the afternoon and evening
- [ ] Notice how different you feel after a better night's rest
- [ ] Take a short rest or mindful break during the day if needed

EVENING ROUTINE IDEAS

- [ ] Warm herbal tea (chamomile, lavender, or VitaliTea)
- [ ] Gentle stretching or yoga
- [ ] Deep breathing (4–7–8 or box breathing)
- [ ] Journaling or gratitude practice
- [ ] Epsom salt bath or shower
- [ ] Dim the lights and use calming scents (lavender, cedarwood, etc.)
- [ ] Other: _____
- [ ] Read a book (paper, not a screen)
- [ ] Listen to calming music or nature sounds
- [ ] Use red light or low lighting in the evening
- [ ] Keep pets, kids, and daily stress off your bed if possible
- [ ] Make your sleep space cozy and inviting
- [ ] Try a magnesium oil or foot rub
- [ ] Set out anything you need for the next day to reduce stress

NOTES & REFLECTIONS

What did I do today to support better rest?

_____

How did I feel today compared to yesterday?

_____

What was most helpful?

_____

What felt challenging?

_____

What will I try or adjust tomorrow?

_____



DAY 5

Support Your Detox & Drainage

A CLEANER, LIGHTER, BRIGHTER YOU

Your body is designed to naturally release what it doesn't need. Your liver, lymphatic system, skin, respiratory system, and digestive system all work together every day to help you feel clear, energized, and balanced. When these systems are supported with simple daily habits, you may notice more energy, less bloating, clearer skin, and an overall lighter feeling.

A little support goes a long way. You don't have to do everything just do something.

TODAY'S FOCUS

- Understand how your body naturally detoxifies
- Explore gentle, supportive habits
- Notice what makes you feel lighter and clearer
- Choose one small step to support your detox and drainage today



CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

How is my energy today?

Do I feel bloated or puffy?

How is my skin feeling?

Do I feel clear-headed?

What might my body be asking for right now?

What's one small way I can support my body today?

What would help me feel lighter by the end of this week?

DAY 5 _____

Practical Ways to Support Your Detox & Drainage

SIMPLE HABITS • EVERYDAY SUPPORT • REAL RESULTS

A lighter body often leads to a brighter mood.

DAILY PRACTICE

- [ ] Drink a full glass of water first thing in the morning
- [ ] Include a mineral-rich drink or electrolyte if needed
- [ ] Add detox-supportive foods (leafy greens, lemon, garlic, beets, berries)
- [ ] Try dry brushing before your shower (toward the heart)
- [ ] Move your body (even a gentle walk or stretching)
- [ ] Take a few deep breaths to support lymphatic flow
- [ ] Support your liver with nourishing foods (cruciferous veggies, bitter greens)
- [ ] Keep your environment clean (reduce toxin exposure where possible)
- [ ] Get outside and enjoy fresh air
- [ ] Be kind and patient with your body's natural processes
- [ ] Choose one extra detox-supportive habit today: _____



DETOX IDEAS TO TRY

- [ ] Lemon water in the morning
- [ ] Leafy greens or a green smoothie
- [ ] Cruciferous veggies (broccoli, kale, cabbage)
- [ ] Beets or beet juice
- [ ] Garlic and onions
- [ ] Herbal tea (dandelion, nettle, or milk thistle)
- [ ] Castor oil pack (if desired)
- [ ] Dry brushing (3–5 minutes)
- [ ] Gentle movement or a walk
- [ ] Infrared sauna or sweat (if available)
- [ ] Support clean air and water at home
- [ ] Use clean personal and home products
- [ ] Other: _____

SIGNS OF SUPPORT

- [ ] More energy
- [ ] Less bloating
- [ ] Clearer skin
- [ ] Better digestion
- [ ] Feeling lighter
- [ ] Improved mood
- [ ] Better sleep
- [ ] Clearer thinking
- [ ] Reduced puffiness
- [ ] Feeling more like myself
- [ ] Other: _____

NOTES & REFLECTIONS

What did I do today to support my detox and drainage?

How did I feel afterward?

What changes do I notice (even small ones)?

What will I try again tomorrow?

DAY 6

Move Your Body, Your Way

MORE ENERGY • BETTER MOOD • A STRONGER YOU

Movement doesn't have to be intense, complicated, or time consuming to make a difference. Gentle, consistent movement supports your circulation, lymphatic flow, digestion, mood, and joint health. It helps your body do what it was designed to do — feel better, think clearer, and have more energy for the life you love.

Movement isn't about being perfect. It's about giving your body a little love every day.



TODAY'S FOCUS

- Understand the benefits of daily movement
- Notice how movement can support your mood and energy
- Explore options that fit your current season of life
- Choose one small way to move your body today

CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

How did I move my body yesterday?

How did it make me feel?

What types of movement do I enjoy?

What gets in the way of moving more often?

What's one small way I can move today?

How do I want to feel by the end of this week?

What would make movement easier or more enjoyable for me?

DAY 6

Practical Ways to Move Your Body

SIMPLE CHOICES • REAL BENEFITS

Movement fuels your body, calms your mind, and gives you more of what you love.

DAILY PRACTICE

- [ ] Choose one movement activity (even just 5–10 minutes)
- [ ] Move at a comfortable pace
- [ ] Focus on how it makes you feel, not how many calories you burn
- [ ] Take movement breaks throughout the day (stand, stretch, walk)
- [ ] Get outside if possible (fresh air is a bonus)
- [ ] Stay hydrated before and after movement
- [ ] Listen to your body and modify as needed
- [ ] Celebrate showing up — every step counts!

MOVEMENT IDEAS TO TRY

- [ ] Walking (indoors or outside)
- [ ] Gentle stretching
- [ ] Yoga (restorative, gentle, or chair)
- [ ] Tai Chi or Qigong
- [ ] Dancing around the house
- [ ] Light hand weights or resistance bands
- [ ] Household chores (they count!)
- [ ] Gardening
- [ ] Playing with your kids or pets
- [ ] JoyFit walking pad
- [ ] Standing exercises at work
- [ ] Deep breathing with movement
- [ ] Rebounding (mini trampoline)
- [ ] Hiking or nature walks
- [ ] Gentle strength training
- [ ] Mobility or flexibility exercises
- [ ] Swimming or water movement
- [ ] Biking
- [ ] Horseback riding
- [ ] Chair exercises
- [ ] Take the stairs
- [ ] Park farther away
- [ ] Try a new class or video
- [ ] Other: _____



NOTES & REFLECTIONS

What did I do today to move my body?

How did I feel during and after?

What was most enjoyable?

What felt challenging?

What will I try or adjust tomorrow?

What's one thing I'm proud of?

DAY 7

Reflect, Reconnect & Keep Growing

SAME SMALL STEPS • LASTING CHANGE

You made it! This week was never about perfection — it was about progress. Each small choice you made supports a healthier, more balanced you. Take time to reflect on what you learned, what felt good, and how you want to keep going. Wellness isn't a finish line; it's a lifelong journey of noticing, adjusting, and growing into the life you love.

You don't have to do everything. Just keep showing up in small ways. That's how great change grows.

TODAY'S FOCUS

- Celebrate your progress (no step is too small)
- Notice positive changes in how you feel
- Explore which habits you want to continue
- Set simple, realistic goals for the next week (and beyond)
- Give yourself credit for showing up



CHECK IN WITH YOURSELF

Take a few quiet moments to reflect.
There are no right or wrong answers.

What felt the best this week?

What was the most challenging?

What surprised me?

How do I feel compared to last week?

What changes (even small ones) have I noticed?

What am I proud of?

What do I want to carry forward?

DAY 7

Practical Ways to Keep Growing

BUILD ON PROGRESS • CHOOSE WHAT WORKS FOR YOU

CONTINUE WHAT FEELS GOOD

- [ ] Keep one or more habits from this week
- [ ] Choose 1–3 small, realistic goals for next week
- [ ] Make a simple plan (write it below)
- [ ] Remember progress over perfection
- [ ] Be flexible and adjust as needed
- [ ] Celebrate your wins (big or small)
- [ ] Keep listening to your body

Progress not perfection is where real change grows.

IDEAS TO BUILD ON THIS WEEK

- [ ] Keep a water habit you enjoyed
- [ ] Continue a bedtime or rest routine
- [ ] Choose a favorite movement activity
- [ ] Add more whole, nourishing foods
- [ ] Keep one detox and drainage support
- [ ] Try a new recipe or healthy swap
- [ ] Spend time outside in nature
- [ ] Journal, breathe, or practice gratitude
- [ ] Make time for something you love
- [ ] Remove or reduce one thing that doesn't serve you
- [ ] Other: _____

MY NEXT STEPS

One habit I want to continue:

_____

One new habit I want to try:

_____

Why this is important to me:

_____

How I will make it happen:

_____

When will I start:

_____

How I will know it's working:

_____

FINAL REFLECTIONS

What did I learn about myself this week?

_____

What will I do differently moving forward?

_____

What support do I need?

_____

A positive affirmation for my next chapter:

_____



ONE SMALL STEP

This Is Only the Beginning

ONE SMALL STEP • ONE DAY AT A TIME

If you've made it this far, I hope you've discovered something important: taking care of yourself doesn't have to mean changing everything about your life.

Maybe you drank a little more water. Maybe you paid closer attention to how your body feels. Maybe you finally gave yourself permission to rest without feeling guilty.

Or maybe this week simply reminded you that you're worth making time for.

Whatever your experience looked like, I hope you'll carry one thing forward: progress doesn't have to be perfect to be meaningful.

Wellness isn't a seven-day challenge you complete and leave behind. It's an ongoing process of observing, understanding, and reconnecting with yourself.

Some days you'll take big steps. Other days, the smallest step will be enough.
Both count.

Thank you for allowing The Iris Oracle to be a small part of your journey.
Keep growing, at your own pace.

With warmth,
Kylie Woomer
The Iris Oracle



OBSERVE. UNDERSTAND. RECONNECT.
theirisoracle.com