



Interactive Workbook

# Finally rested

A 4-week workbook for better sleep

*liven*

# Intro

Most of us were never taught how sleep actually works. So when it starts to break down—when we lie in bed late at night still awake, drag through mornings, or feel tired no matter how many hours we get—we blame ourselves. We try harder. We set earlier bedtimes and feel guilty when nothing changes.



Verified

**We developed this workbook in collaboration with Kathryn Remati**

Co-created by Liven and Kathryn Remati, Certified Meditation Instructor



This workbook is designed to offer you a different viewpoint: curiosity instead of pressure. It will help you befriend your sleep rather than fight with it.

We built a four-week journey into the mental and physical foundations of sleep.

What's waiting for you inside:

- Discover your chronotype and understand your own biology
- Explore how light, temperature, movement, and food shape your nights
- Work with the emotional and psychological side of sleep, including sleep anxiety
- Design a personal sleep system in Week 4, built entirely around you

Four weeks. One question at a time. Let's begin.

# Table of Contents

1/4

## Part I: Intro

- **My commitment**
- **Sleep baseline**

## Part II: Awareness

- **Exercise 1. What is your chronotype?**
- **Exercise 2. Sleep diary**
- **Exercise 3. Weekly reflection**



# Table of Contents

2/4

## Part III: The physical foundations of sleep

- Exercise 1. Light audit
- Exercise 2. Temperature and your bedroom
- Exercise 3. Movement and sleep
- Exercise 4. Food, caffeine, and alcohol

## Part IV: The psychological side of sleep

- Exercise 1. Mapping your mental sleep landscape

# Table of Contents

3/4

- Exercise 2. The evening unload
- Exercise 3. Your nervous system before bed
- Exercise 4. Working with sleep anxiety

## Part V: Building a sleep life that actually belongs to you

- Exercise 1. Your sleep non-negotiables
- Exercise 2. Designing your chronotype-aligned day

# Table of Contents

4/4

- **Exercise 3. Social jetlag check**

## Part VI: Final

- **My sleep commitments (Final)**
- **Continue your self-discovery journey with Liven**



Part I

Before we begin

*liven*

# My commitment

By starting this workbook, you are choosing to pay attention to a third of your life that most people ignore. That already matters.



**I am starting this workbook  
because...**

Type here...

Type here...

**The one thing I want to change the  
most about my sleep is...**

Type here...

Type here...

**What I am willing to try, even if it  
feels uncomfortable, is...**

Type here...

Type here...

# Sleep baseline: Where are you starting?

Before changing anything, capture an honest picture of your sleep right now.

**On a typical night, I go to bed around:**

Type here...

Type here...



**I usually fall asleep after about:**

Type here...

Type here...

**I wake up at:**

Type here...

Type here...

**I wake up during the night:**

**How often? For how long? Do you know why?**

Type here...

Type here...

**Rate your sleep quality over the past two weeks with 10 being the best (circle or mark):**

# Quality

[illegible]

## How rested I feel in the morning

[illegible]

## How tired I am during the day

[illegible]

**Three words that describe my  
relationship with sleep right now:**

Type here...

Type here...

**Three words that describe the sleep  
I want:**

Type here...

Type here...

**This is your starting point. Keep it. You'll want  
to look back at it in four weeks to appreciate  
your transformation!**

Part II

# Awareness

Before changing your sleep, you first need to understand it. This week is about observing your natural rhythms without judgment: when your body wants to sleep, when your energy rises and when it falls, and how your habits may influence your rest.

*liven*

# Understanding your sleep rhythm

Your sleep is regulated by an internal biological timing system. Every cell in your body contains a clock that follows a roughly 24-hour cycle, influencing sleepiness, alertness, hormone release, body temperature, and overnight recovery. These rhythms are coordinated by the brain's "master clock," which responds primarily to light and darkness.

Your chronotype, i.e., your natural tendency toward mornings or evenings, is largely biological and changes throughout life.

This week is about paying attention to your own patterns: when you naturally feel tired, when your energy is highest, and how your body responds to rest.



# Exercise 1. What is your chronotype?

Answer these questions based on what your body naturally wants during a completely free holiday week.

**If I had no alarm and no commitments, I would naturally fall asleep around:**

Type here...

Type here...

**And I would naturally wake up around:**

Type here...

Type here...

**My energy tends to peak at:**

Type here...

Type here...

**I feel most creative or mentally sharp at:**

Type here...

Type here...

**My motivation to exercise is usually highest at:**

Type here...

Type here...

## Reading your answers

Natural sleep onset before midnight and spontaneous wake before 7 AM suggests a morning-leaning chronotype. Sleep onset after midnight and natural wake after 8–9 AM suggests an evening type. Most people fall somewhere in between—the intermediate type, which is most influenced by habits and environment.

**Based on this reflection, I think my chronotype is:**

Type here...

Type here...

# Common chronotype patterns

| Chronotype                 | Typical patterns                                                                                                                               |
|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Morning type ("lark")      | Gets sleepy earlier in the evening and wakes up naturally earlier. Energy and focus are often highest in the morning or first half of the day. |
| Evening type ("owl")       | Feels more awake later at night and prefers waking up later. Energy, creativity, and motivation often increase in the afternoon or evening.    |
| Intermediate type          | Falls somewhere between morning and evening types. Energy patterns are more flexible and often shaped by routine, work schedule, and habits.   |
| Irregular or mixed pattern | Sleep and energy rhythms change frequently depending on stress, lifestyle, workload, mental health, or social schedule.                        |

## Exercise 2. Sleep diary

For this week, observe and record your sleep as it is. Each morning, take a few minutes to reflect on the previous night and fill in the prompts below.

You may surprise yourself at how much or little sleep you get. Remember, the ideal amount of time in bed varies from person to person, since everyone has unique sleep requirements.

**Date:**

Type here...  
Type here...

**Bed time:**

Type here...  
Type here...



**Estimated time it took to fall asleep:**

Type here...  
Type here...

**Number of night wakes:**

Type here...  
Type here...

**Wake time:**

Type here...  
Type here...

**How I felt in the morning:**

Type here...  
Type here...

**Sleep quality (1–5)**

**1**

☐

**2**

☐

**3**

☐

**4**

☐

**5**

☐

**Anything that may have affected my sleep:**

caffeine, stress, screen time, exercise, emotions, late meal, etc.

Type here...

Type here...



### **Liven tip**

Use the Journaling feature in Liven each morning this week to capture how you slept and how you feel. Writing freely can reveal patterns that structured logs miss. It also helps you separate sleep anxiety from actual sleep problems.

# Exercise 3. Weekly reflection

After 7 days, look at your diary and answer:

**What patterns do I notice?**

Same wake time? Worse quality on certain nights?

Type here...

Type here...

**My best night was:**

Type here...

Type here...

**What was different about that day?**

Type here...

Type here...

**My worst night was... What might have contributed?**

Type here...

Type here...

**One thing that surprised me about my sleep this week:**

Type here...

Type here...

**You have spent one week just watching. That takes more courage than most people realize. Rest here for a moment before moving forward.**

Part III

# The physical foundations of sleep

Your sleep is influenced by physical rhythms and daily habits: light exposure, body temperature, movement, food, and timing. This week, you'll observe how these factors affect your energy, sleep onset, and overall rest.

*liven*



# What your body does while you sleep

Sleep happens in cycles made up of different stages, each supporting specific processes in the brain and body. Most people go through 4–6 sleep cycles per night, with each cycle lasting around 90 minutes.

## The sleep architecture:

- Light sleep (N1, N2): the body begins to slow down, muscles relax, and core temperature decreases.
- Deep sleep (N3 / slow-wave sleep): physical recovery becomes more active; tissue repair, immune support, and growth hormone release mainly happen here.
- REM sleep: brain activity increases, supporting memory consolidation, emotional processing, learning, and creativity. REM sleep becomes longer in the later part of the night.

Your internal clock also responds to physical signals throughout the day. Light exposure, temperature, movement, food timing, caffeine, and alcohol—all influence how alert or sleepy your body feels and how easily it moves through these sleep cycles.

Dim and warm light signals to your body that the day is winding down, supporting the natural rise of melatonin that prepares you for sleep. Screens and overhead lighting close to bedtime can delay this process, so shifting toward lamps, candles, or blue-light filters in the hour or two before bed can be rather helpful for a good rest.

And your bedroom environment sends signals too. A cool, dark, and quiet room supports the conditions your body is already moving toward at night, making it easier to fall asleep and cycle through the deeper stages where most physical and mental recovery happens.

The following exercises will help you notice which signals your body is currently receiving and how they may be affecting your sleep, energy, and recovery.

# Exercise 1. Light audit

Light is the primary signal your brain uses to set its internal clock. Complete this audit for a typical day.

## Morning (within 60 minutes of waking)

Do you get outside or see bright natural light? How long? Or do you stay in a dim indoor environment?

Type here...

Type here...

## During the day

How much time do you spend near windows or outside? Do you work in a dim room?

Type here...

Type here...

## Evening (2–3 hours before bed)

What are your main light sources? Overhead lighting? Phone? TV? Do you dim lights?

Type here...

Type here...

## At night in bed

Is your room fully dark? Are there light sources—standby lights, street lights through curtains, phone notifications?

Type here...

Type here...

Based on this, one thing I can change about my light exposure this week:

Type here...

Type here...



## 🌟 Liven tip

The first interaction with your phone in the morning sets a tone. Try using the morning mood check-in in Liven before opening any other app. This keeps the first minutes of your day calm and directed inward rather than outward.





# Exercise 2. Temperature and your bedroom

Body temperature plays an important role in helping your body fall asleep and stay asleep. This exercise will help you notice whether your sleep environment supports that process.

**My bedroom temperature at night is roughly:**

e.g. Too hot / warm / comfortable / cool / cold

Type here...

Type here...

**My bedding and what I wear to sleep feel:**

**e.g. Too warm / just right / too cold**

Type here...

Type here...

**Do I use a hot shower or bath before bed?**

Type here...

Type here...

**One temperature-related change to try this week:**

**e.g. Open a window, try a warm shower 90 minutes before bed, switch to lighter duvet**

Type here...

Type here...

# Exercise 3. Movement and sleep

Regular moderate exercise consistently improves sleep quality and reduces the time it takes to fall asleep. The timing matters less than many people think—exercise even in the evening is fine for most people, as long as it ends at least 60 minutes before bed. High-intensity exercise very close to bedtime can raise cortisol and make it harder to wind down for some people.

The following prompts will help you notice how the timing and type of movement affect your body and sleep.

**My current movement pattern looks like:**

**How often, what type, what time of day?**

Type here...

Type here...

## **After exercise, I typically feel:**

**Energized? Exhausted? How does this relate to when you exercise?**

Type here...

Type here...

## **One movement experiment to try this week:**

**This could mean adding movement, changing the timing, or noticing the effect of different types.**

Type here...

Type here...

# Track your movement this week (type + time of day):

**Monday**

Type here...  
Type here...

**Tuesday**

Type here...  
Type here...

**Wednesday**

Type here...  
Type here...

**Thursday**

Type here...  
Type here...

**Friday**

Type here...  
Type here...

**Saturday**

Type here...  
Type here...

**Sunday**

Type here...  
Type here...



## Exercise 4. Food, caffeine, and alcohol

These three have direct, physiological effects on sleep:

### > Caffeine:

Blocks adenosine receptors—the same receptors that build sleep pressure. Its half-life is 5–7 hours, meaning half the caffeine from a 3 PM coffee is still in your system at 10 PM.

### > Alcohol:

Accelerates sleep onset but fragments sleep in the second half of the night, suppresses REM, and worsens snoring and breathing. It is not a sleep aid.

### > Eating close to sleep:

Digestion raises core body temperature and activates metabolic processes that disrupt the cooling and winding down your body needs to fall asleep. Aim to stop eating 3-4 hours before sleep.

This exercise will help you notice which habits may be supporting your sleep rhythm and which ones may be disrupting it.

**My last caffeine of the day is usually around:**

Type here...

Type here...

**I drink alcohol:**

**never / occasionally / regularly, specify the amount**

Type here...

Type here...

**My last meal or snack is typically at:**

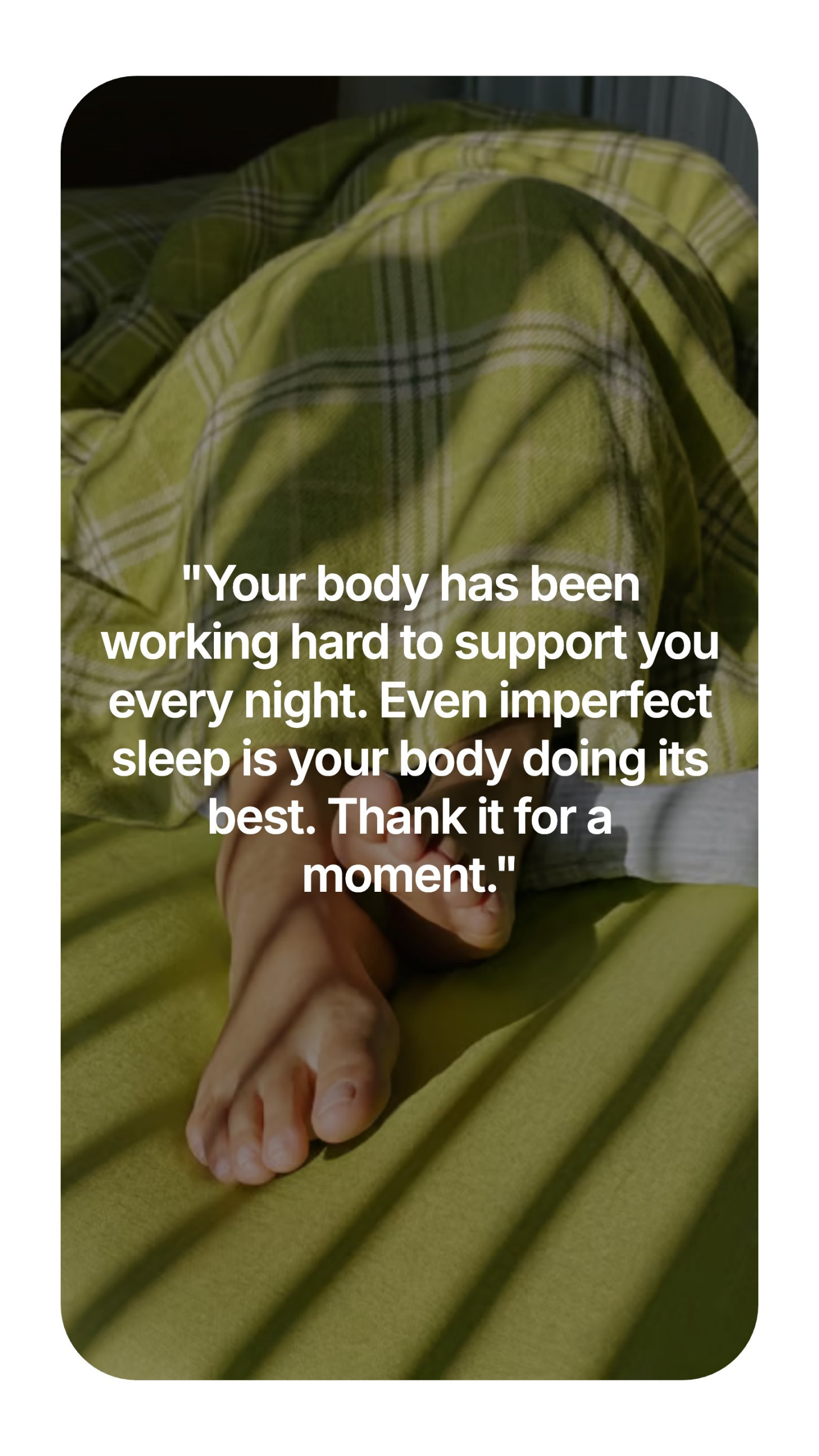
Type here...

Type here...

**One food or drink habit I want to  
experiment with changing:**

Type here...

Type here...



**"Your body has been  
working hard to support you  
every night. Even imperfect  
sleep is your body doing its  
best. Thank it for a  
moment."**



Part III

# The psychological side of sleep

Your thoughts, emotions, stress levels, and nervous system state all shape the way you sleep. This week, you'll pay attention to the mental and emotional patterns that appear around bedtime and during the night.

*liven*



# Why your mind keeps you awake

For many people, nighttime is when the mind finally becomes free from the workday duties. Therefore, it starts to process everything it has been carrying throughout the day. Thoughts, worries, planning, replaying conversations, and mental noise often become more noticeable once external distractions disappear.

This happens partly because the brain's "default mode network" becomes more active during rest and inactivity. When there is less stimulation around you, the mind naturally turns inward.

## **The role of cortisol**

Cortisol helps regulate alertness and energy throughout the day. In a healthy rhythm, it rises in the morning and gradually decreases toward the evening as melatonin begins preparing the body for sleep. Stress, anxiety, and constant mental activation can keep cortisol elevated later into the evening, making it harder for the body to fully settle into rest. This often creates the feeling of being physically tired while mentally alert.

**Sleep anxiety can also become part of the cycle.**

Monitoring sleep too closely, worrying about not sleeping, or trying to force sleep can increase nervous system activation and make relaxation more difficult.

The following exercises will help you notice which thoughts, habits, and emotional patterns tend to keep your mind active at night.



**"Your anxious thoughts about insomnia become a self-fulfilling prophecy and can increase the insomnia."**

**— Kathryn Remati**

# Exercise 1. Mapping your mental sleep landscape

**When I get into bed and close my  
eyes, my mind usually:**

**Goes quiet? Starts to race? Replays the  
day? Plans tomorrow? Worries?**

Type here...

Type here...

**The thoughts or themes that most often keep me awake are:**

Try to be specific—what are the actual topics or worries?

Type here...

Type here...

**What I usually do when I cannot sleep:**

Stay in bed? Get up? Check phone? Watch something? How does this usually end?

Type here...

Type here...

**My level of anxiety specifically about sleep (not sleeping, the consequences of poor sleep, etc.) is:**

1

2

3

4

5

6

7

8

9

10

☐☐☐☐☐☐☐☐☐☐



# Exercise 2. The evening unload

One of the most effective mental sleep practices is a structured "cognitive unload" before bed—transferring the contents of your busy mind onto paper so your brain can stop holding them.

## The science behind it

Research by psychologist Dr. Michael Scullin showed that writing a to-do list for the next day significantly reduced how long it took participants to fall asleep—the brain perceived the tasks as "handled" and reduced vigilance. This is different from worry journaling: you are not processing, you are offloading.

**Try this for 5 minutes each evening this week:**

- 1** List any unfinished tasks or things you are holding in your head
- 2** Write down anything you are worried about, in one sentence each
- 3** Write one concrete action for anything urgent
- 4** Close the notebook (physically or mentally)—you are done with these tasks until tomorrow



### **Liven tip**

Try using the Liven To-Do feature for this exercise. Moving unfinished tasks and reminders out of your head and into one place can help your mind relax more easily before sleep.

**After trying the evening unload for a few nights, I notice:**

**Did it help? Was it uncomfortable? What surprised you?**

Type here...

Type here...

# Exercise 3. Your nervous system before bed

Sleep requires a shift from sympathetic (alert, active) to parasympathetic (calm, restorative) nervous system dominance. This does not happen instantly—it takes time and the right conditions.

**My typical evening (last 2 hours before bed) looks like:**

What are you doing? Working? Watching? Scrolling? Talking? What is the energy like?

Type here...

Type here...

**The activities that genuinely calm me in the evening are:**

**Not what you think should calm you—what actually does.**

Type here...

Type here...

**The activities that seem relaxing but actually keep me wired are:**

**e.g. social media, certain shows, work emails, intense conversations...**

Type here...

Type here...



**This week, design one evening wind-down sequence you can try for at least 4 nights:**

**Time:**

Type here...  
Type here...

**What I will do:**

Type here...  
Type here...

**What I will deliberately avoid:**

Type here...  
Type here...

# 25 things to try before bed

Many people know they need to "relax" before sleep but are not actually sure what helps their nervous system slow down. This list is here to help you experiment. Try different activities, notice how your body responds, and keep the ones that genuinely help you feel calmer, sleepier, or more grounded in the evening.

## Activity and effect on sleep / mood

**10 minutes of stretching**

Type here...  
Type here...

**Warm shower or bath**

Type here...  
Type here...

**Reading fiction instead of scrolling**

Type here...  
Type here...

**No phone for 30 minutes before bed**

Type here...  
Type here...

**Herbal tea in the evening**

Type here...  
Type here...

**Dim lighting  
after 9 PM**

Type here...  
Type here...

**Gentle yoga**

Type here...  
Type here...

**Writing  
tomorrow's to-  
do list**

Type here...  
Type here...

**Journaling for 5  
minutes**

Type here...  
Type here...

**Listening to rain  
sounds or white  
noise**

Type here...  
Type here...

**Guided  
meditation**

Type here...  
Type here...

**Breathing  
exercises**

Type here...  
Type here...

**Evening walk**

Type here...  
Type here...

**Listening to  
calm music**

Type here...  
Type here...

**Lowering  
bedroom  
temperature**

Type here...  
Type here...

**Going to bed 30  
minutes earlier**

Type here...  
Type here...

**Avoiding  
caffeine after  
lunch**

Type here...  
Type here...

**No work emails  
at night**

Type here...  
Type here...

**Soft lamp or  
candle lighting**

Type here...  
Type here...

**Light snack  
instead of a  
heavy dinner**

Type here...  
Type here...

**A consistent  
bedtime for 3  
nights**

Type here...  
Type here...

**Keeping the  
bedroom fully  
dark**

Type here...  
Type here...

**Using a sleep mask**

Type here...  
Type here...

**Gratitude reflection before sleep**

Type here...  
Type here...

**Quiet time without any media**

Type here...  
Type here...

**After trying it, what I actually did vs. what I planned:**

Type here...  
Type here...



# The effect on my sleep:

Type here...

Type here...

# Exercise 4. Working with sleep anxiety

If you noticed high levels of sleep anxiety in Exercise 1, this exercise is especially important for you.

## The paradox of effort

Sleep is one of the few biological functions that gets worse the more you try to force it.

Insomnia is often maintained not by the original cause but by the anxiety and behavioral responses to it. The most effective treatment for chronic insomnia—Cognitive Behavioral Therapy for Insomnia (CBT-I)—works partly by reducing the effort and anxiety around sleep.

After this exercise, begin paying attention to how you speak to yourself about sleep throughout the week. Notice the thoughts that appear before bed, during nighttime wake-ups, or in the morning after a difficult night.

Remind yourself that you do know how to sleep and use a positive affirmation to help you get centered, such as *"I am calm"*, *"I love my sleep"*. The goal is to build a calmer and more realistic relationship with sleep over time.

**Write down your current beliefs about sleep—the rules you hold:**

e.g. "I need exactly 8 hours," "If I don't sleep I will ruin tomorrow," "I have always been a bad sleeper"

Type here...

Type here...

**Where did these beliefs come from? Are they based on evidence or fear?**

Type here...

Type here...

**A more accurate and compassionate thought to replace one of these:**

e.g. "Most nights I get enough sleep even if I don't feel it," "One bad night is normal and does not predict the next"

Type here...

Type here...



## Liven tip

Try listening to Liven Sounds before bed this week. Gentle background sound can help create a quieter, more predictable transition into sleep and give your mind something soft to settle around.

The mind is not the enemy of sleep. It is trying to keep you safe. The work is not to silence it but to teach it when it can rest.

Part V

# Building a sleep life that is yours

Over the past weeks, you've been observing patterns and testing strategies. Now it's time to turn those insights into a sustainable sleep rhythm that fits your real life.

*liven*



# Sustainability over perfection

Sleep research shows that regular wake times play a major role in regulating your body clock. Your wake time helps shape when melatonin rises in the evening, when energy increases in the morning, and how your sleep rhythm stabilizes over time.

Research also shows that sleep needs vary from person to person. Some people naturally need more sleep, while others function well with less. What matters most is how rested, alert, and functional you feel during the day.



# Exercise 1. Your sleep non-negotiables

After three weeks of observation and experimentation, you know more about your sleep than most people ever learn about theirs. Now you are building a system—a set of conditions that reliably support your sleep. We are aiming for a predictable rhythm rather than a perfect pattern.

**The things that most consistently help my sleep are:**

From the past 3 weeks—what actually worked, even a little?

Type here...

Type here...

**The things that most consistently harm my sleep are:**

Type here...

Type here...

**The conditions that are non-negotiable for my sleep (I will protect these):**

e.g. in bed by midnight, no caffeine after 2 PM, blackout curtains, 10 minutes of quiet before sleep

Type here...

Type here...

**The conditions that I want to experiment with further:**

Type here...

Type here...

## Exercise 2. Designing your chronotype-aligned day

Use what you know about your chronotype to structure your day in a way that works with your biology, not against it.

**My chronotype is**

Type here...  
Type here...

**This means my energy typically looks like**

Type here...  
Type here...

**Morning:**

**Current reality:**

Type here...  
Type here...

**Chronotype-aligned version:**

Type here...  
Type here...

**Late morning:**

**Current reality:**

Type here...  
Type here...

**Chronotype-aligned version:**

Type here...  
Type here...



**Afternoon:**

**Current reality:**

Type here...  
Type here...

**Chronotype-aligned version:**

Type here...  
Type here...

**Early evening:**

**Current reality:**

Type here...  
Type here...

**Chronotype-aligned version:**

Type here...  
Type here...

**Evening:**

**Current reality:**

Type here...  
Type here...

**Chronotype-aligned version:**

Type here...  
Type here...

**Pre-bed hour:**

**Current reality:**

Type here...  
Type here...

**Chronotype-aligned version:**

Type here...  
Type here...

# Exercise 3. Social jetlag check

Use what you know about your chronotype to structure your day in a way that works with your biology, not against it.

**On weekdays, I wake up at:**

Type here...  
Type here...

**On weekends (naturally), I wake up at:**

Type here...  
Type here...

**The difference is:**

Type here...  
Type here...

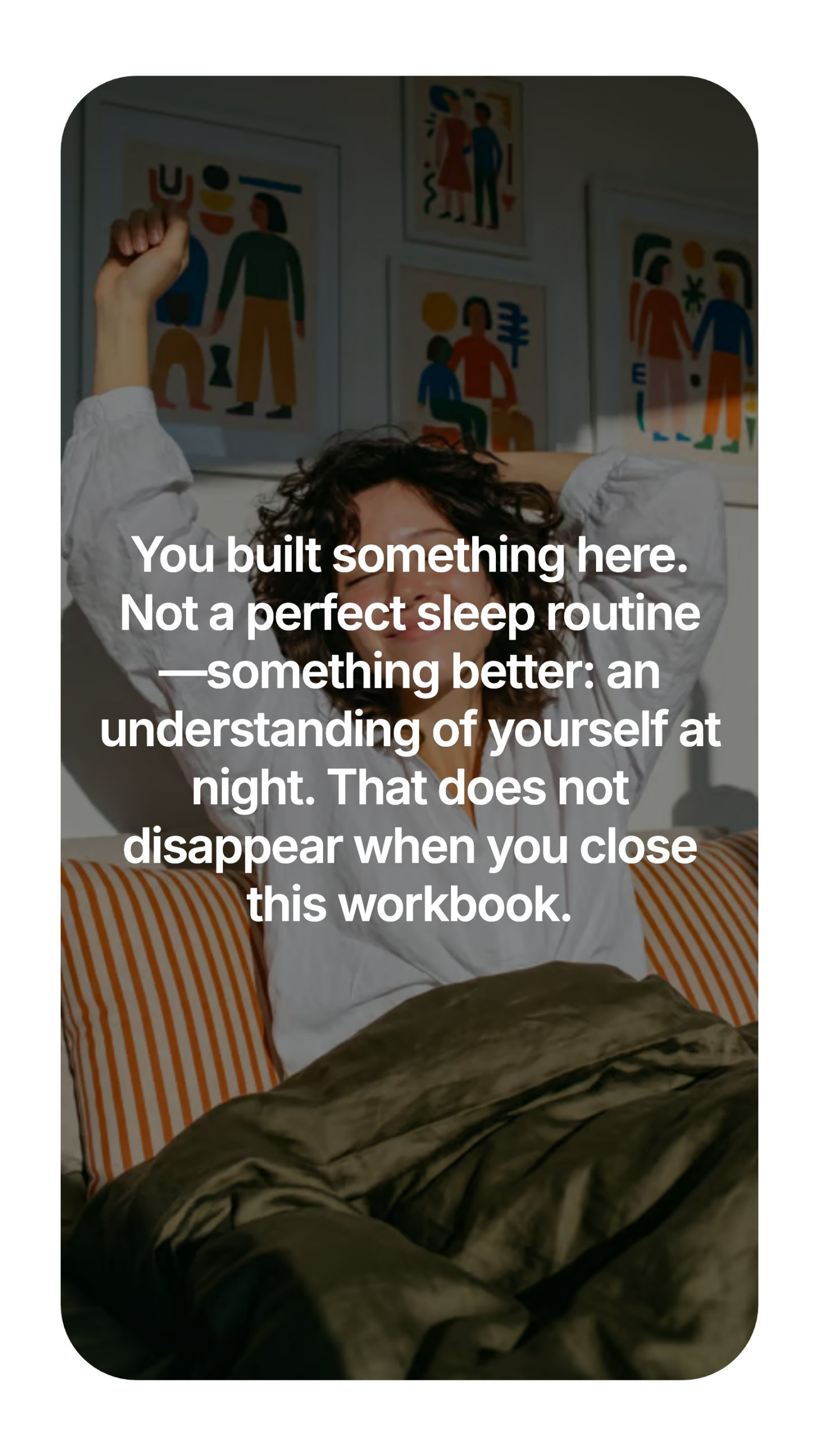
## What this means

A difference of more than 90 minutes between weekday and weekend wake times creates social jetlag—a form of chronic circadian misalignment with similar effects to flying across one or two time zones every week. If your difference is large, gradual alignment (shifting weekend wake time by 30 minutes at a time) is more sustainable than an abrupt change. Try to stay consistent 7 days a week.

**My plan for reducing social jetlag (if it applies):**

Type here...

Type here...

A person with curly hair is lying in bed, wearing a white long-sleeved shirt, with their arms raised in the air. They are covered by a dark green blanket. The bed has orange and white striped pillows. The background wall is decorated with several framed abstract paintings featuring stylized human figures in various colors. The overall scene is dimly lit, suggesting a nighttime setting.

**You built something here.  
Not a perfect sleep routine  
—something better: an  
understanding of yourself at  
night. That does not  
disappear when you close  
this workbook.**

Part VI

# Final

*liven*



# My sleep commitments (Final)

You spent four weeks learning more about your sleep, your body, and your mind. The commitments below are your way of taking that knowledge into real life—in small, realistic, supportive ways that work for you.

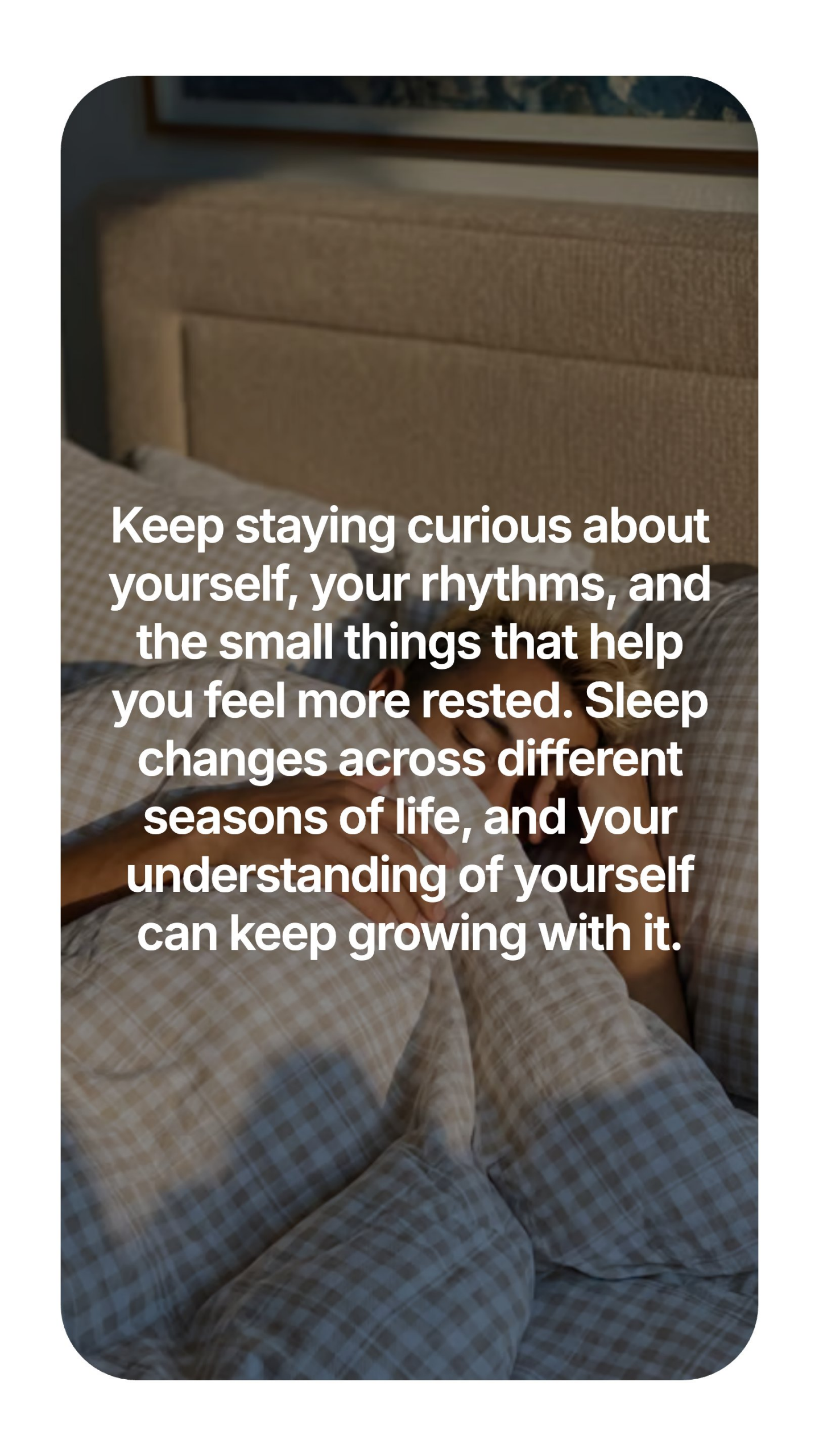
I will

Type here...  
Type here...

Type here...  
Type here...

Type here...  
Type here...

Type here...  
Type here...

A person is sleeping in a bed, covered by a blue and white checkered blanket. The person's head is resting on a pillow, and their hands are tucked near their face. The background shows a light-colored headboard and a patterned wall. The text is overlaid on the image in a white, sans-serif font.

Keep staying curious about yourself, your rhythms, and the small things that help you feel more rested. Sleep changes across different seasons of life, and your understanding of yourself can keep growing with it.

# Continue your self-discovery journey with Liven

So, we've reached the end of this workbook. And while these pages come to a close, your self-discovery journey keeps unfolding. Liven can walk with you through it as a kind companion that helps you stay close to yourself in daily life.

You can keep exploring, reflecting, and growing in your own rhythm, with gentle tools that bring awareness back to the present moment.

Here's what you'll find inside:



## Mood tracker

Notice how your emotions shift during the day and what affects them. Over time, you'll start seeing patterns and learn what truly supports your balance.





## Journal

Write down what you feel and think to bring clarity, release tension, and understand yourself better. Even one brief sentence can help you see your inner world more clearly.



## Sounds

Create small pockets of calm with gentle soundscapes for focus, journaling, or sleep. Let your body and mind exhale in relief.



## Personalized journey

Follow step-by-step lessons and reflections created to fit your needs and pace. Each step builds awareness and helps you grow through real-life experiences.



## **AI companion, Livie**

Talk to Livie when you feel stuck or need gentle guidance. She can help you understand your emotions, prepare for difficult conversations, and reconnect to calm when things feel heavy.



## **Daily routine and to-dos**

Turn your self-care into small, meaningful rituals. Build habits that feel natural, not forced, and celebrate your steady progress each day.



## **Mental tests**

Explore how your mind works with science-based assessments for emotional intelligence, stress, and more. Watch your awareness deepen over time.

**Be gentle with yourself as you grow. Liven is here to remind you that every feeling counts.**