



Less Overwhelm, More Natural Living

Your First 7 Days of Natural Living

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A short and simple guide to help you make your
first swaps and begin creating a home that feels
more supportive, simple, and you.





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A short and simple guide to help you make your first swaps, feel less overwhelmed, and begin creating a home that feels more supportive, simple, and you.

For anyone who wants to create a healthier, more intentional home but does not want to spend the weekend reading every label in the bathroom cabinet.

You do not need to change everything at once.

You do not need to be perfect.

And you definitely do not need to toss everything you own into a trash bag and start over by Monday morning.

Natural living can begin with one tiny swap, one new habit, one better choice, and one moment where you think:

"Okay, this actually feels doable."



This guide will help you begin right there.



Start Where You Are

The first step is not buying everything.
It is noticing.

Most people do not wake up one day and suddenly decide to change their whole home. Usually, it starts with a moment.

Maybe you read the back of a cleaner bottle and thought, “Why does this need a warning label?”

Maybe someone in your home had sensitive skin and you started wondering what was in the laundry detergent.

Maybe you walked through your house one day and realized the candles, sprays, cleaners, soaps, and bathroom products all had a stronger scent than you wanted.

Or maybe you just felt ready for your home to feel calmer, lighter, and more supportive.

That is where natural living begins.
Not with perfection.
With awareness.

Before you change anything, take a simple walk through your home and notice where you are using products every day.

Start with these areas:

- ✓ Kitchen counters and surfaces
- ✓ Laundry
- ✓ Hand soap and body care
- ✓ Room sprays, candles, and plug-ins
- ✓ Sleep and evening routines
- ✓ Seasonal wellness routines



Now pick one area.
Not five.
Not the whole house.
Just one.
That is your starting point.

A simple first step:

Choose one product you use often and ask:

“Is there a simpler, more natural option I would feel better using?”

That is it.
That is the beginning.



Choose Your First Simple Swap

The easiest way to get started is to make one swap in a place where you already have a routine.

You are not adding something complicated.

You are simply replacing something you already use.

Here are a few easy beginner swaps:

1 Swap your everyday cleaner

Instead of using a different cleaner for every room, start with one plant-based household cleaner you can use on counters, sinks, tables, and everyday messes.

Thieves Household Cleaner, Wipes, or Foaming Hand Soap make it easy to keep your home clean with plant-based ingredients and a fresh, uplifting scent.

3 Swap your laundry routine

Laundry is one of those sneaky places where fragrance can linger on clothes, towels, sheets, and blankets.

Swap to Thieves Laundry Detergent—made with plant-based ingredients and essential oil-infused for a clean you can feel good about.

2 Swap your air fresheners

Instead of covering up odors with heavy synthetic scents, try using a diffuser, opening windows, simmering citrus peels and herbs, or creating a simple linen spray.

Your home can smell fresh without feeling overpowering.

4 Swap your evening routine

Natural living is not only about cleaning products.

It is also about how your home supports your body and your nervous system.

A calming bedtime rhythm might include dimming the lights, putting your phone away earlier, diffusing a soft aroma, sipping herbal tea, or creating a simple roller blend before bed.

Small rituals can change the whole feel of your evening.

A tiny product note:

If you are using natural wellness products, essential oils, or a plant-based wellness brand you already love, think of those products as tools that support the routines you are building.

- A household cleaner can support your cleaning routine.
- Essential oils can support your home atmosphere and daily rituals.
- Plant-based personal care can support simple swaps in your bathroom.
- Wellness products can become part of your seasonal or daily rhythm.

The real goal is not to collect products.

The goal is to create a home and routine that feels better to live in.



Your 7-Day Natural Living Starter Plan

*You do not need a complicated plan.
You just need a few tiny steps that help you build momentum.*



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- 1 Day 1: Notice** — Walk through your home and choose one area where you want to start.
 - **2 Day 2: Clear one thing** — Pick one product you are ready to replace, simplify, or stop using.
 - **3 Day 3: Make one swap** — Choose a natural option for that one product or routine.
 - **4 Day 4: Create a tiny ritual** — Add one simple habit that feels good, like diffusing in the morning, wiping counters after dinner, or making your bedroom feel calm before sleep.
 - **5 Day 5: Learn one label** — Look at one product label and notice what stands out. You do not need to become an expert. Just start paying attention.
 - **6 Day 6: Make it visible** — Put your new natural option somewhere easy to reach so you actually use it.
 - **7 Day 7: Celebrate the shift** — Notice what feels different. Maybe your home smells lighter. Maybe your evening feels calmer. Maybe you feel proud because you finally started. That matters.



Natural living is not about doing everything perfectly.
It is about choosing better when you can, learning as you go,
and creating a home that feels more aligned with the life you want to live.

*Start small.
Choose one swap.
Let it grow from there.*



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