



The Gap Year Movement

Habit Rebuild Starter Kit

Created by Amy Martinez (@gapyearwithamy) – Your Guide to Intentional Gap Years & Soul-Aligned Living

Welcome!

You don't need to overhaul your entire life.

After seasons of burnout, pushing, or disconnection, rebuilding habits is about gently returning to yourself — mind, body, and soul.

This starter kit offers flexible foundations in four areas: sleep, movement, focus, and recovery. Each one includes both **body-based** and **mind-based** practices so you can rebuild from the inside out.

Choose what feels kind and doable. These ideas grew from my own gap-year journey — jungle mornings in Costa Rica, learning to listen to my body's wisdom, and quieting the inner critic at home. They're here to help you show up for your next chapter feeling lighter, more connected, and deeply alive.

How to Use:

- Start with just one mind + body pair that calls to you
- Let flexibility be part of the practice
- Pair with the Nervous System Reset Menu or Morning/Evening Rituals for deeper support
- Use the tracker on page 5 for 7 days and notice what shifts



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The Four Foundations

1. Sleep – Create a Gentle Wind-Down

Body: Consistent bedtime window, dim lights 30–60 minutes before bed, light stretching or legs-up-the-wall pose.

Mind: Herbal tea ritual + one gratitude reflection or soothing self-talk (“My body is safe to rest now”).

Tiny win: “I created a peaceful transition into sleep.”

2. Movement – Reconnect with Joyful Motion

Body: 10–20 minutes of intuitive movement — walking in nature, gentle yoga, dancing, or stretching.

Mind: Ask “What would feel delicious in my body today?” and move with curiosity instead of obligation. Pair with mindful breathing or a short body scan.

Tiny win: “I moved with kindness and presence.”

3. Focus – Protect Your Energy & Attention

Body: One dedicated window with phone on Do Not Disturb + supportive posture or grounding feet on the floor.

Mind: Choose one soul-pull task and use gentle self-reminders (“This is enough for now”). Include a quick mindfulness anchor (3 conscious breaths) when the mind wanders.

Tiny win: “I gave one thing my full, compassionate attention.”



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4. Recovery – Honor Rest as Productive

Body: Short pauses with hands on belly/heart, restorative poses, or time in nature.

Mind: Check in with “What does my whole self need right now?” Release guilt with a loving affirmation (“Rest is wise and necessary”). Include brief journaling or inner-child-style self-compassion.

Tiny win: “I chose to rest with kindness and without guilt.”

Sample Gentle Daily Flow + Mix-and-Match

A flexible sample day (adapt freely):

- Morning: Body welcome stretch + intention (mind)
- Midday: Joyful movement + one focused soul-pull task
- Evening: Gentle wind-down + recovery reflection

Mix-and-Match Menu

Pick 1–2 practices per foundation, always balancing mind + body where possible. Keep it light and adjustable to your energy. The goal is kindness, not perfection—mix what feels good in the moment. Every combo below balances mind + body so you rebuild from the inside out.



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Foundation	Body Practice (physical)	Mind Practice (mental/emotional/spiritual)	Why it feels nourishing
Sleep	Dim lights + 5-min legs-up-the-wall pose	Whisper “My body is safe to rest now” + one gratitude note	Creates a peaceful transition into sleep
Sleep	Gentle neck/shoulder rolls before bed	Herbal tea + 3 slow breaths with hand on heart	Signals safety to your nervous system
Sleep	Light stretching in bed	Quick body scan from head to toes	Releases the day gently
Movement	10–15 min nature walk or kitchen dance	Ask “What would feel delicious in my body today?”	Turns movement into joyful curiosity
Movement	Gentle yoga flow (sun salutations or child’s pose)	Pair with mindful breathing or soft music	Reconnects you with your body’s wisdom



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Movement	Simple stretches at your desk	Body gratitude: name 3 parts that feel good right now	Keeps it easy and loving
Focus	Sit with feet flat on floor + supportive posture	Choose one soul-pull task + 3 conscious breaths	Grounds energy before deep work
Focus	Short standing stretch break every 45 min	Gentle self-reminder: "This is enough for now"	Protects attention without force
Focus	Walk while focusing on one sense (sight, sound)	Single-tasking with full, compassionate presence	Trains gentle focus that feels alive
Recovery	Hands on belly/heart + restorative pose	Ask "What does my whole self need right now?"	Honors rest as wise and powerful
Recovery	Time outside or near a window	Loving affirmation: "Rest is part of the rhythm"	Releases guilt and invites ease



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Recovery	5-min breathwork or warm shower	Quick journal: “What felt good today?”	Refills your inner well
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Quick cross-foundation ideas:

- Morning boost: Movement (body) + Focus intention (mind)
- Evening wind-down: Sleep prep (body) + Recovery reflection (mind)
- Low-energy day: Recovery (both) + one Sleep foundation practice

7-Day Starter Tracker

Each day, note one mind + body practice you tried (even if tiny) in your journal. Notice how it feels in your body and mind to engage in the new practices—no judgment, just gentle awareness.

End-of-week reflection prompts (take 10 focused minutes):

1. What mind + body practices felt most nourishing or easy this week?
2. Where did I notice even a small shift in energy, clarity, or aliveness?
3. What felt a little forced or heavy—and how could I make it kinder next time?
4. What surprised me about how my body or mind responded?
5. One small, soul-aligned adjustment I'd like to carry into next week:

6. A kind note to myself: _____



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You're doing beautifully.

This isn't about becoming a new person — it's about gently returning to the version of you that naturally has clear energy, focused presence, and deep rest. Use this kit as a loving starting point. When you're ready for more structure, explore the paid planners and workbooks at thegapyearmovement.com

-xoxo Amy, your professional Gap Year Movement Guide and lover of soothing rituals