



28-DAY HOLISTIC HEALING WORKBOOK

A PATH TO RESTORE BODY,
MIND, AND ENERGY

🌿 28-Day Mind, Body & Soul Transformation Workbook 🌿

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A Daily Journey for Mind, Body, and Energy Restoration

🌿 How to Use This 28-Day Holistic Healing Workbook 🌿

Introduction:

Welcome to your 28-day holistic healing journey. This workbook combines daily Mind Detox, Grounding, Healing Meditation, Journaling & Gratitude, Nutrition, and Alternative Healing Practices to restore balance, calm inflammation, support your skin, and align your mind and energy.

How to use the workbook effectively

This workbook is designed to guide you gently through a 28-day journey of mind, body, and energy restoration. Follow it at your own pace, honor your limits, and enjoy the process. Healing is a journey, not a race.

1. Daily Structure

Each day includes these sections:

Morning Intention & Affirmation - Set your focus and start your day with a positive, healing mindset.

Mind Detox / Digital Fast - Reduce mental clutter, clear your energy, and protect your nervous system.

Grounding Practice - Connect with the Earth to restore calm, energy, and balance.

Healing Meditation - Step-by-step meditations to release tension, soothe the skin, and restore emotional equilibrium.

Journaling & Gratitude - Track your emotions, small wins, and cultivate appreciation.

Meal & Healing Journal - Record meals, herbs, teas, and your body's response.

Alternative Healing Practices (Optional) - Crystal sauna, energy work, acupuncture, or supportive therapies.

Daily Reflection & Integration - Note insights, patterns, and progress.

2. Weekly Reviews

After Days 7, 14, 21, and 28, use the Weekly Review pages to track breakthroughs, patterns, and set intentions for the next week.

Look for trends in your energy, skin health, mood, or digestion. This will help you see what works best for your body and mind.

3. Affirmations

Each day includes mini affirmations. Repeat them aloud or silently during meditation or journaling.

Example: "I release all that no longer serves me."

Keep a consistent practice—daily repetition builds long-term healing and emotional coherence.

4. Journaling Tips

Be honest and gentle with yourself. Write freely; no one else needs to read it.

Note emotions, triggers, and subtle changes in your body. Patterns emerge over time.

Include small wins—healing is measured in progress, not perfection.

5. Nutrition & Hydration

Follow the plant-based meal suggestions but adjust for your body's tolerance.

Track meals, herbs, teas, and water intake daily.

Observe how your body responds to foods and drinks. Use the journal to notice patterns.

6. Alternative Healing & Supportive Therapies

Optional therapies like crystal sauna, energy healing, acupuncture, or herbal support can accelerate your progress.

Integrate gradually—let your body adjust and observe how it responds.

These practices support your core work: emotional release, meditation, nutrition, and daily grounding.

7. Tips for Success

Consistency over intensity - gentle daily practices are more effective than sporadic intense efforts.

Honor your body - rest when needed and modify practices if you feel overwhelmed.

Stay curious and compassionate - healing is a dialogue between your mind, body, and energy.

Use your journal as a mirror - the more you write, the clearer the patterns and breakthroughs.

8. Closing Reminder

Healing is progress, not perfection. One step, one breath, one day at a time.

Your body is always working for you. Your emotions, skin, and thoughts are guides toward balance and harmony.

Purpose: Support emotional, physical, and energetic healing by combining grounding, meditation, journaling, gratitude, and mind detox practices.

Daily Commitment: 10-30 minutes

Healthy Mind 🌿 Healthy Body

Week 1: Mind Detox & Digital Fast

Goal: Reset your mental space, release digital clutter, and create clarity.

Daily Practices:

Morning Silence: 10-20 minutes without screens. Observe thoughts like clouds.

Mindful Activity: Walking, journaling, or drawing without devices.

Digital Breaks: No social media or emails for 24 hours once per week.

Journal Prompts:

How did I feel without my devices today? _____

One insight or thought that arose: _____

Mood and energy level: _____

Mini Affirmation:

"I am present. My mind is clear, calm, and focused."

Week 2: Grounding Practices

Goal: Reconnect with the Earth to reduce stress, support healing, and restore energy.

Daily Practices:

Barefoot walks, sitting under a tree, mindful breathwork, and connection with natural surfaces.

Journal Prompts & Mini Affirmations:

Day 1: Connect with the Earth → "I am grounded. The Earth supports and restores me."

Day 2: Breath & Root → "With each breath, I feel calm, safe, and supported."

Day 3: Tree Energy Reset → "I am rooted, safe, and nourished by the Earth."

Day 4: Mindful Movement → "With every step, I release stress and absorb strength."

Day 5: Grounding Pause → "I return to the Earth and find peace in its energy."

Day 6: Evening Earth Reflection → "I release what no longer serves me and embrace Earth's calm."

Day 7: Full-Body Grounding → "I am fully grounded. My body and mind are restored, calm, and alive."

Week 3: Healing Meditation Practices

Goal: Release held emotions, invite self-compassion, and strengthen mind-body coherence.

Daily Practices:

Guided meditation focusing on breath, skin connection, emotion release, and light infusion.

Journal Prompts & Mini Affirmations:

Day 8: Center & Calm → "I am safe in my own skin. Healing flows through me."

Day 9: Safety Breath → "With each breath, I feel calm, safe, and supported."

Day 10: Connect with Your Skin → "I honor my body. I nurture it with love and care."

Day 11: Release Held Emotions → "I release what no longer serves me. I create space for peace."

Day 12: Fill with Light → "Healing light surrounds me. Every cell is nourished and at peace."

Day 13: Mindful Compassion → "I offer myself compassion and healing with every breath."

Day 14: Integration & Radiance → "I am whole, healed, and radiant. Peace flows through every cell of my being."

Reflection Prompts:

Body sensations: _____

Emotional state: _____

Insight or lesson learned: _____

Week 4: Journaling & Gratitude Practices

Goal: Cultivate appreciation, track healing progress, and strengthen emotional resilience.

Daily Prompts & Mini Affirmations:

Day 15: Honoring My Body → "I honor my body and appreciate its wisdom."

Day 16: Recognizing Small Wins → "Every small step brings me closer to healing."

Day 17: Embracing Calm & Ease → "I allow peace and ease to flow through my body and mind."

Day 18: Appreciation of the Body's Wisdom → "I trust my body's wisdom and honor its guidance."

Day 19: Releasing & Letting Go → "I release what no longer serves me and welcome light and ease."

Day 20: Celebrating Growth → "I honor my growth and celebrate every step forward."

Day 21: Integration & Reflection → "I am grateful for my body, my mind, and my journey of healing and growth."

Journaling Structure:

Morning Intention: "Today I honor my body by..."

Evening Gratitude: List 3 things you are grateful for

Track small wins: mood, sleep, skin, energy, or emotional shifts

4-Week Breathwork Journey

This 28-day progression invites you to meet your breath as a guide, not a task. Each week carries a theme, a practice, and a reflection that builds upon the last.

Week 1: Awareness - Becoming the Observer

Theme: Recognize the breath as the bridge between body and awareness.

Practice:

5 minutes daily. Sit quietly. Breathe naturally.

Do not change your breath — simply notice it.

Observe: length, depth, texture. Notice the pause between inhale and exhale.

Reflection Question:

What do I notice about my mind and body when I simply observe my breath?

Mantra: "I notice. I receive. I am present."

Week 2: Grounding - Rooting Into Safety

Theme: Use the breath to anchor the body in calm stability.

Practice:

7 minutes daily. Place one hand on your belly, one on your chest.

Inhale through the nose for a count of 4, feeling the belly expand.

Exhale slowly through the mouth for a count of 6.

Imagine roots growing from your body into the earth.

Reflection Question:

When do I feel most safe in my body, and how does this breath deepen that safety?

Mantra: "I am safe. I am rooted. I am supported."

Week 3: Emotional Release – Letting the Heart Breathe

Theme: Allow suppressed emotions to move through breath instead of staying trapped.

Practice:

10 minutes daily. Inhale deeply through the nose.

Exhale with sound: a sigh, a hum, or even a gentle "ahhh."

Imagine exhaling tension, grief, or anger.

Optional: Place one hand on your heart, the other on the area of skin that calls for attention.

Reflection Question:

What emotions surfaced as I gave them space to move through breath?

Mantra: "I release what I no longer need. I breathe in peace."

Week 4: Expansion – Breathing Into Wholeness

Theme: Use breath to connect with inner spaciousness and vitality.

Practice:

12-15 minutes daily. Try 4-7-8 breathing:

Inhale through the nose for 4 counts.

Hold for 7 counts.

Exhale slowly through the mouth for 8 counts.

With each cycle, imagine your body expanding with light and harmony.

Reflection Question:

How does conscious breathing change my perception of myself and the world around me?

Mantra: "Each breath expands my harmony. I am whole."

❖ Integration Tip:

Keep a Breathwork Journal across all 4 weeks. Each day, record:

How long you practiced

What emotions or sensations arose

How your body and skin felt afterward

7-Day Grounding Challenge

Grounding is most powerful when practiced consistently. Over the next 7 days, try one simple activity each day. Notice how your body, emotions, and skin respond.

Day 1: Barefoot Walk

Take a short barefoot walk on grass, sand, or soil. Feel the textures beneath your feet.

Day 2: Tree Rest

Sit with your back against a tree for 10 minutes. Imagine the roots grounding you.

Day 3: Earth Breath

Stand on natural ground. Inhale as if drawing strength from the Earth; exhale tension into it. Repeat 7 breaths.

Day 4: Sunset Connection

Watch the sunset outdoors. As the light shifts, feel your body syncing with nature's rhythm.

Day 5: Water Contact

If possible, place your feet in a natural body of water (river, lake, ocean). Let the coolness reset your energy.

Day 6: Garden Touch

Touch the soil — plant something, tend a garden, or simply run your hands through earth.

Day 7: Night Sky Gaze

Lie down on the ground at night. Breathe while watching the stars, letting your body dissolve into the Earth's embrace.

✦ Reflection Prompt for Each Day

Time spent in nature: _____ minutes

Physical sensations: _____

Emotional shift: _____

Skin/body response: _____

Simple Ritual — Closing the Challenge

At the end of Day 7, stand barefoot and whisper:

"I am rooted in the Earth. I am steady. I am free."

✦ Challenge Mantra

"Each day, the Earth restores me."