HEAVN PRESENTS · A FREE GIFT FROM MISTY

Base Camp.

Misty's free 5-day introduction to Misty's Mountain: five small rituals, five prayers and five halos.

WELLNESS, PROGRAMMED

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WELCOME

Hello, and welcome to Base Camp.

Every mountain starts with a small, sensible step.

I'm Misty, and I'm so glad you're here. Over five days you'll try five gentle rituals that make up the heart of **Misty's Mountain**, my 30-day program for designing a calmer, brighter, more energised day. There's nothing to buy, nothing to track beyond a few circles, and nothing to get wrong.

The one rule: start with the premise that *nothing is wrong with you*. You aren't broken, and you're not here to be fixed. You're here to swap a few old habits for ones that feel better, one small step at a time.

HOW BASE CAMP WORKS

01 **One page a day**
Each day has a theme and **three halo steps**: one for the morning, one for the afternoon and one for the evening.

02 **Earn your halo**
Do your three steps and tick the circle. Do the day, get the halo. Five days, five halos.

03 **Missed a day? Come back**
The cards wait for you. Pick up where you stopped. No guilt.

04 **Pray as you go**
Each day has a short prayer. Say it aloud, or hear Misty's recorded prayers at www.heavnwellness.com.

> *Complete the 30 days of Misty's Mountain and you earn your angel wings. Base Camp gives you your first five halos.*

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BEFORE YOU BEGIN

A few gentle notes.

Please read once.

01 **This is wellness education**
Base Camp is a set of everyday habits and rituals. It isn't medical advice and it doesn't diagnose, treat or cure anything.

02 **Check with a clinician if you need to**
If you're pregnant, have a health condition, take medication, or have questions about diet, salt, caffeine or exercise, check with your clinician or pharmacist first.

03 **Go at your pace**
Skip anything that doesn't suit you. Do less on hard days. A smaller version still counts.

04 **Listen to your body**
Stop if something hurts or feels wrong.

05 **Low mood or struggling?**
These rituals are lovely support but they're not a replacement for care. If you're struggling, please reach out to a clinician or someone you trust.

Your five days	
Day 1	Wake Gently: warm water, daylight and a slow start
Day 2	Feed Your Mountain: breakfast, caffeine and a sensible dinner
Day 3	Move Every Hour: small movements that add up
Day 4	Soften and Soothe: sweet swaps, breathing and a calm evening
Day 5	Bless and Begin: your promise and your halo

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DAY 1 OF 5 · THE FIRST HOUR

Wake Gently

Before the phone, before the coffee, before the world, give yourself the first sixty seconds.

YOUR THREE HALO STEPS

- ○ **MORNING**
  Put on slippers or socks on cold floors. Drink a glass of warm water or tea before reaching for your phone. Open the curtains and step into daylight for 5 minutes. Say today's morning prayer.
- ○ **AFTERNOON**
  Take a 10-minute walk after lunch, even around the block.
- ○ **EVENING**
  Put your phone down 30 minutes before bed.

IF YOU HAVE A LITTLE MORE ENERGY

- Wait at least an hour after waking before your first coffee (two, if you can).
- A pinch of sea salt in your morning water is optional.
- Stretch for one minute before you stand up.

Why it helps: Warm drinks are a gentle, traditional way to wake up your digestion. Morning daylight helps anchor your body clock, and many people find that delaying caffeine means a smoother morning and better sleep.

Take care: If you have high blood pressure, kidney disease or are told to limit salt, skip the salt. Warm, not scalding, water.

A PRAYER FOR DAY 1

Good morning, day.
I begin slowly, and I begin kindly.
Let warmth enter my body and light enter my eyes.
Let me move through this day with ease,
not in a rush, but on purpose.
Thank you for this fresh start.
And so it is.

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DAY 2 OF 5 · STEADY FUEL

Feed Your Mountain

What you eat at the start and at the end of the day sets your energy and your sleep.

YOUR THREE HALO STEPS

- ○ **MORNING**
  Eat a breakfast with protein (eggs, yogurt, beans, tofu or fish), and have your coffee apart from it, not on an empty stomach.
- ○ **AFTERNOON**
  Drink a glass of water alongside each coffee or tea you have today, and pick a sweet treat to look forward to this evening.
- ○ **EVENING**
  Finish dinner at least two to three hours before bed. A kiwi afterwards, if you like.

IF YOU HAVE A LITTLE MORE ENERGY

- Add something green and something coloured to every meal.
- Swap one sugary snack for berries with yogurt and a drizzle of honey.
- Eat sitting down, with no screen, for at least one meal.

Why it helps: Protein at breakfast tends to keep you fuller and steadier. Eating well before bed helps digestion and sleep. A few small studies suggest kiwi may help sleep, though the evidence is early.

Take care: Allergy to kiwi, or latex allergy? Skip it. If you have diabetes or a medical diet, follow your clinician's advice.

A PRAYER FOR DAY 2

I feed this body with care.
Let every meal be steady and kind.
Let what I eat bring me energy, calm and clear thinking.
Let me enjoy it without guilt
and know when I have had enough.
I am nourished.
And so it is.

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DAY 3 OF 5 · LITTLE AND OFTEN

Move Every Hour

You don't need a gym. You need to ask your body to move more than once a day.

YOUR THREE HALO STEPS

- ○ **MORNING**
  Do 20 calf raises while the kettle boils or you brush your teeth.
- ○ **AFTERNOON**
  Set a gentle alarm and stand up, roll your shoulders and walk for one minute every hour of your working day.
- ○ **EVENING**
  Lie with your legs up the wall for 5 minutes and breathe slowly.

IF YOU HAVE A LITTLE MORE ENERGY

- Take a 5-minute walk after dinner.
- Shoulder shrugs: lift, hold for 3 seconds and let go, 10 times.
- Try gentle lymphatic movement. Misty's lymphatic guide is at www.heavnwellness.com, with weekly ideas on Instagram at www.instagram.com/mistymogulheart.

Why it helps: Calf and foot muscles help push blood back toward your heart, and breaking up long periods of sitting is linked to better blood sugar after meals. Every little movement counts.

Take care: Skip legs-up if you have glaucoma or have been told to avoid inversion. Check with your clinician before new exercise if you have a health condition.

A PRAYER FOR DAY 3

Body, I will ask you to move today,
not out of punishment, but out of love.
Let each small movement wake me up,
unstick what is stuck,
and remind me that I am alive.
I move, and I am grateful.
And so it is.

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DAY 4 OF 5 · CALM THE SYSTEM

Soften and Soothe

A calm evening begins with a calm afternoon.

YOUR THREE HALO STEPS

- ○ **MORNING**
  Take two minutes to breathe: in for four counts, out for six, ten times.
- ○ **AFTERNOON**
  When the sweet craving comes, swap in a cacao drink, dark chocolate, berries with yogurt and honey or a protein ball, then enjoy it slowly.
- ○ **EVENING**
  Soak your feet in warm water for 10 to 15 minutes, or take a warm bath, and massage your ears and shoulders.

IF YOU HAVE A LITTLE MORE ENERGY

- Listen to a short guided meditation at www.heavnwellness.com before bed.
- Write down three things that went well today.
- Dim the lights an hour before bed.

Why it helps: Slow, long out-breaths are a simple way to settle the body. A warm bath or foot soak an hour or two before bed has been linked to falling asleep faster. A planned treat is easier to enjoy than a craving you fight.

Take care: Diabetes or reduced feeling in the feet? Check with your clinician before foot soaks. Keep water comfortably warm, not hot.

A PRAYER FOR DAY 4

Soften, shoulders. Soften, jaw. Soften, mind.
Let my breath lengthen and my hands unclench.
Let the sweetness I choose be a gift,
not a fight.
Let calm come over me like warm water.
I am safe. I may rest now.
And so it is.

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DAY 5 OF 5 · YOUR HALO DAY

Bless and Begin

The rituals were never the point. You are.

YOUR THREE HALO STEPS

- ○ **MORNING**
  Write one sentence: *This is who I am becoming.* Read it aloud with today's prayer.
- ○ **AFTERNOON**
  Look back over your four days. Which ritual felt best? Circle it. That's the one you keep.
- ○ **EVENING**
  Read your promise on the next page aloud, sign it and tick your fifth halo.

IF YOU HAVE A LITTLE MORE ENERGY

- Do your favourite ritual from Days 1 to 4 again.
- Tell one person what you're doing.
- Decide your 'smallest version' for the days when life is full.

Why it helps: Habits stick when they're small, repeated in the same place at the same time, and tied to something you care about. You've just built the first five links.

Take care: Go gently on the days you miss. Come back the next day.

A PRAYER FOR DAY 5

I began. I kept going.
I thank every small step that brought me here.
Let this be the first of many mornings
I meet with kindness.
I choose myself, softly and on purpose.
I am wearing my halo.
And so it is.

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YOUR PAGES

My five halos.

Tick the circle when you've done your three steps.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
○	○	○	○	○

Missed a day? Leave it blank, return when you're ready and fill it in. A halo is a halo whenever you earn it.

WHAT I NOTICED THIS WEEK

MY FAVOURITE RITUAL

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YOUR PROMISE

A promise to myself.

Read it aloud, then sign it.

MY BASE CAMP PROMISE

I promise myself that I will keep going gently.
One small ritual a day, done kindly.

I will not wait to feel perfect. I will start small and come back when I stumble.

I'm not broken. I'm becoming.

And so it is.

MY SMALLEST VERSION

SIGNED

DATE

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WHAT'S NEXT

Ready for the whole mountain?

Misty's Mountain: 30 days to a calmer, brighter day.

You've done the first five steps. The full **Misty's Mountain** program takes you through 30 days of morning, afternoon and evening rituals, with daily cards, a halo for every day you complete and your angel wings at the summit.

What you get	Details
The 30-day program	Day-by-day rituals, recipes and prayers
30 daily cards	A halo for each completed day, angel wings at 30
Lock screens	Daily reminders for your phone
30-day tracker	With notes and original quotes
The Sherpa's Field Guide	Nutrients, foods, herbs and supplements
60-day continuation	'Beyond the Summit'
Companion guides	The Potion Book, Sweet Tooth Guide, Bath and Foot Soak Book, Honey Manifesto, Movement Manifesto, Come Back From the Dead

> *Visit **www.heavnwellness.com** to continue your climb, hear Misty's recorded prayers and find her lymphatic guide. For weekly lymphatic inspiration, follow Misty on Instagram: www.instagram.com/mistymogulheart.*

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FURTHER READING

Sources.

Please check current guidance for anything you rely on.

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Base Camp is wellness education and habit design. It is not medical advice, diagnosis or treatment. The prayers are non-denominational intentions and do not promise any health outcome. Please check with a qualified professional before changing your diet, exercise or routines if you are pregnant, take medication or have a health condition.

Begin. Bless. Climb.

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