



7 DAILY RITUALS

start slow. stay curious. be committed.

This is not about doing *everything*.
It is about doing *small things, consistently*.

Returning to your body in ways that feel supportive, not demanding.
These seven rituals are *simple*.
Designed to fit into *real life*.

This is where iconic ageing begins.

YOUTH[•]LOGY

Day 01



MINDFULNESS RITUAL

Take 5 minutes to sit without distraction.

*No phone.
No input.*

Just notice:

*Your breath
Your body
Your thoughts*

Not to change anything, just to observe.

Why it matters

Awareness is where care begins.
When you are present, you respond to your body differently.



Day 02



NERVOUS SYSTEM REGULATION

Step outside or near a window.

Slow your breathing:
Lengthen your exhale.

Inhale for 4
Exhale for 6

Repeat for a few minutes.

Why it matters:

A regulated nervous system supports recovery, digestion, and overall wellbeing. It allows the body to do its work.

Day 03



NOURISHMENT & FOOD

Collagen chicken soup

A simple, nourishing way to support the body.

Ingredients

Organic chicken pieces - on the bone. (One or two pieces per person)
2x Carrots
2x Celery Sticks
2x Garlic (Optional)
1x Onion
5x Sprigs of Fresh herbs (thyme, rosemary & parsley)
1x Bay leaf
1l Water
Small amount of flour, salt & pepper for browning
1x Tbs butter/olive or coconut oil
1 scoop Youthology collagen (added at the end)
Salt and pepper to taste

Method

Chop the all vegetables and cook until onion softens. In a separate pan with the oil/butter - brown the chicken pieces by covering them in a mix of flour, salt & pepper to lock in the flavour of the meat. Once golden add to the pot with the veg to simmer. Add water and allow the broth to develop slowly. Cooking for about 2 hours.

Before serving and slightly cooled, stir in two scoops of Youthology collagen. Mix until fully dissolved.

Why it matters

Warm, nutrient-rich food supports the body deeply.
Collagen adds amino acids that support connective tissue, joints, and skin.

Day 04



BREATHWORK

Pause during your day.

Take 5 slow breaths:

Inhale through the nose
Exhale slowly through the mouth
Let the shoulders drop.
Let the jaw soften.

Why it matters

Breath is one of the simplest ways to shift how you feel.
It brings you back into your body.



Day 05



CONNECTION

Reach out to someone.

A message.

A call.

A shared moment.

Keep it simple.

Keep it real.

Why it matters

Connection supports emotional wellbeing, which is part of overall health. Although the ability to be alone is a wonderful thing, we are not meant to do life in isolation - not only can this benefit you but it can benefit another too.



Day 06



AFFIRMATION

Say this to yourself, quietly or shout it out loud:

*"I support my body with care.
I do not rush it.
I stay connected to it."*

Repeat it slowly.

Why it matters

The way you speak to yourself shapes how you care for yourself.



Day 07



MOVEMENT

Move your body in a way that feels available today.

Walk
Stretch
Swim
Lift lightly

It does not need to be intense.

Why it matters

Movement supports circulation, joint health, and strength. It keeps the body engaged with life.



perfection is not the goal

The main point is that you are already here. Reading this, being curious and acknowledging that you are iconic.

Begin when you can.

Return because you're committed.

One small act of care, repeated over time, changes more than intensity ever will.

If you choose to include collagen in your routine, keep it simple.

One scoop.

Every day.

Support the body that carries your life.

