



50 Gentle, No-Pressure Habits For Expats And Immigrants



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These are not to-do list items.

They're invitations. Pick one when you're ready or make up your own.

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DAY	TASK	DONE
01	Start your day with sunlight on your face	<input type="checkbox"/>
02	Create a soft morning routine	<input type="checkbox"/>
03	Journal one page each morning	<input type="checkbox"/>
04	Visit a local market	<input type="checkbox"/>
05	Light a candle in the evening	<input type="checkbox"/>
06	Walk the same neighborhood route each day	<input type="checkbox"/>
07	Learn five new words in the local language	<input type="checkbox"/>
08	Cook something from your home country	<input type="checkbox"/>
09	Make a playlist that feels like comfort	<input type="checkbox"/>
10	Smile at the bakery staff	<input type="checkbox"/>
11	Eat your meals away from your screens	<input type="checkbox"/>
12	Water your plants with care	<input type="checkbox"/>
13	Send a voice note to someone you love	<input type="checkbox"/>
14	Carry a book everywhere	<input type="checkbox"/>
15	Create a cozy corner in your home	<input type="checkbox"/>
16	Explore one new street each week	<input type="checkbox"/>
17	Sit in a public square and people-watch	<input type="checkbox"/>
18	Practice saying "hello" in the local language	<input type="checkbox"/>
19	Write down one beautiful thing you noticed today	<input type="checkbox"/>
20	Try a new pastry or treat once a week	<input type="checkbox"/>



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DAY	TASK	DONE
21	Collect something small — like postcards or stamps	<input type="checkbox"/>
22	Take photos just for yourself	<input type="checkbox"/>
23	Create a little evening ritual (tea, music, silence)	<input type="checkbox"/>
24	Go one full day without rushing	<input type="checkbox"/>
25	Stretch in the morning before you do anything else	<input type="checkbox"/>
26	Visit a park or green space weekly	<input type="checkbox"/>
27	Keep a “tiny joys” list	<input type="checkbox"/>
28	Write letters you never send	<input type="checkbox"/>
29	Sit outside with no phone for 10 minutes	<input type="checkbox"/>
30	Find a café where you feel safe and cozy	<input type="checkbox"/>
31	Go to a local museum or exhibit	<input type="checkbox"/>
32	Rearrange your space to feel more like you	<input type="checkbox"/>
33	Start a low-pressure photo project	<input type="checkbox"/>
34	Follow local creators or artists online	<input type="checkbox"/>
35	Bake something simple	<input type="checkbox"/>
36	Practice grounding breathwork	<input type="checkbox"/>
37	Learn to say “thank you” beautifully	<input type="checkbox"/>
38	Buy fresh flowers when you can	<input type="checkbox"/>
39	Let yourself nap without guilt	<input type="checkbox"/>
40	Join a local class or workshop — just once	<input type="checkbox"/>



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Write in your own unique ideas in the blank spaces below..

DAY	TASK	DONE
41	Notice the smells and sounds around you	<input type="checkbox"/>
42	Watch the sunset at least once a week	<input type="checkbox"/>
43	Write out a list of things you've already survived	<input type="checkbox"/>
44	Keep a notebook of useful local tips	<input type="checkbox"/>
45	Make eye contact and say good morning	<input type="checkbox"/>
46	Practice gentle movement: yoga, stretching, dancing alone	<input type="checkbox"/>
47	Light incense or essential oils	<input type="checkbox"/>
48	Take yourself on a slow solo date	<input type="checkbox"/>
49	Create a ritual for homesick days	<input type="checkbox"/>
50	Celebrate small wins (even getting groceries counts)	<input type="checkbox"/>
51		<input type="checkbox"/>
52		<input type="checkbox"/>
53		<input type="checkbox"/>
54		<input type="checkbox"/>
55		<input type="checkbox"/>
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