

The WellSpring7DAYS Weekly Rhythm

A one-page overview of the 7-day rhythm — Soulful Sunday through Super Saturday.

- Soulful Sunday — sacred rest and reset.
- Mindful Monday — start the week from the inside out.
- Thankful Tuesday — rewire the brain toward gratitude.
- Wellness Wednesday — nourish the body that carries you.
- Thriving Thursday — one honest stretch step forward.
- FUNtastic Friday — small joys that balance everything.
- Super Saturday — celebrate, find meaning, reset.