



Laude

GROUNDED IN
GRATITUDE



SANCTUARY IN MOTION

Laude (Latin: “with praise”) is
a brand rooted in reverence.

Day 1 – Grounded in Gratitude

● Laude ●

Grounded in Gratitude

Breathwork Practice: Box Breathing — Inhale 4, hold 4, exhale 4, hold 4. Repeat x4.

Prompt:

Where am I beginning from today? What's weighing on my spirit or energizing me?.

Movement / Stretch / Workout Done Today:

Day 2 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: 4-7-8 Breath — Inhale 4, hold 7, exhale 8. Let your system settle.

Prompt:

What does a 'centered' version of me look, feel, and act like?.

Movement / Stretch / Workout Done Today:

Day 3 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Alternate Nostril — Left nostril inhale, right nostril exhale. Repeat to balance.

Prompt:

What emotions am I resisting and why?.

Movement / Stretch / Workout Done Today:

Day 4 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Deep Belly Breathing — Inhale to fill the belly, exhale slowly. Relax your jaw.

Prompt:

What do I need to feel safe in my body right now?.

Movement / Stretch / Workout Done Today:

Day 5 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Three-Part Breath — Fill belly, ribs, chest. Exhale fully. Repeat slowly.

Prompt:

What's one truth I haven't allowed myself to say?.

Movement / Stretch / Workout Done Today:

Day 6 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Box Breathing — Inhale 4, hold 4, exhale 4, hold 4. Repeat x4.

Prompt:

What part of my past still shapes my daily choices?.

Movement / Stretch / Workout Done Today:

Day 7 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: 4-7-8 Breath — Inhale 4, hold 7, exhale 8. Let your system settle.

Prompt:

Where am I showing up out of obligation instead of alignment?.

Movement / Stretch / Workout Done Today:

Day 8 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Alternate Nostril — Left nostril inhale, right nostril exhale. Repeat to balance.

Prompt:

What triggers discomfort in me—and what is it asking me to transform?.

Movement / Stretch / Workout Done Today:

Day 9 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Deep Belly Breathing — Inhale to fill the belly, exhale slowly. Relax your jaw.

Prompt:

When did I last feel awe or reverence?.

Movement / Stretch / Workout Done Today:

Day 10 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Three-Part Breath — Fill belly, ribs, chest. Exhale fully. Repeat slowly.

Prompt:

What would it mean to trust myself deeply today?.

Movement / Stretch / Workout Done Today:

Day 11 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Box Breathing — Inhale 4, hold 4, exhale 4, hold 4. Repeat x4.

Prompt:

Where am I most disconnected from my values?.

Movement / Stretch / Workout Done Today:

Day 12 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: 4-7-8 Breath — Inhale 4, hold 7, exhale 8. Let your system settle.

Prompt:

How does fear influence my daily actions?.

Movement / Stretch / Workout Done Today:

Day 13 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Alternate Nostril — Left nostril inhale, right nostril exhale. Repeat to balance.

Prompt:

What would it look like to make space for my joy?.

Movement / Stretch / Workout Done Today:

Day 14 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Deep Belly Breathing — Inhale to fill the belly, exhale slowly. Relax your jaw.

Prompt:

What unspoken need am I trying to express through stress or tension?.

Movement / Stretch / Workout Done Today:

Day 15 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Three-Part Breath — Fill belly, ribs, chest. Exhale fully. Repeat slowly.

Prompt:

What habits are no longer serving the person I'm becoming?.

Movement / Stretch / Workout Done Today:

Day 16 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Box Breathing — Inhale 4, hold 4, exhale 4, hold 4. Repeat x4.

Prompt:

How can I root into self-respect even when others don't understand me?.

Movement / Stretch / Workout Done Today:

Day 17 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: 4-7-8 Breath — Inhale 4, hold 7, exhale 8. Let your system settle.

Prompt:

What message is my body sending me today?.

Movement / Stretch / Workout Done Today:

Day 18 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Alternate Nostril — Left nostril inhale, right nostril exhale. Repeat to balance.

Prompt:

Where am I craving more discipline—not punishment, but purpose?.

Movement / Stretch / Workout Done Today:

Day 19 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Deep Belly Breathing — Inhale to fill the belly, exhale slowly. Relax your jaw.

Prompt:

What legacy do I want to live into—right now?.

Movement / Stretch / Workout Done Today:

Day 20 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Three-Part Breath — Fill belly, ribs, chest. Exhale fully. Repeat slowly.

Prompt:

Where in my life can I practice more reverence?.

Movement / Stretch / Workout Done Today:

Day 21 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Box Breathing — Inhale 4, hold 4, exhale 4, hold 4. Repeat x4.

Prompt:

What has grief taught me about love?.

Movement / Stretch / Workout Done Today:

Day 22 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: 4-7-8 Breath — Inhale 4, hold 7, exhale 8. Let your system settle.

Prompt:

How does my breath shift when I stop controlling it?.

Movement / Stretch / Workout Done Today:

Day 23 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Alternate Nostril — Left nostril inhale, right nostril exhale. Repeat to balance.

Prompt:

What am I learning to hold with more compassion?.

Movement / Stretch / Workout Done Today:

Day 24 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Deep Belly Breathing — Inhale to fill the belly, exhale slowly. Relax your jaw.

Prompt:

How can I show up today with quiet strength?.

Movement / Stretch / Workout Done Today:

Day 25 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Three-Part Breath — Fill belly, ribs, chest. Exhale fully. Repeat slowly.

Prompt:

What patterns am I finally ready to rewrite?.

Movement / Stretch / Workout Done Today:

Day 26 – Grounded in Gratitude

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Grounded in Gratitude

Breathwork Practice: Box Breathing — Inhale 4, hold 4, exhale 4, hold 4. Repeat x4.

Prompt:

Where does my next breakthrough live—in my body, mind, or spirit?.

Movement / Stretch / Workout Done Today:

Day 27 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: 4-7-8 Breath — Inhale 4, hold 7, exhale 8. Let your system settle.

Prompt:

What does progress—not perfection—look like today?.

Movement / Stretch / Workout Done Today:

Day 28 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Alternate Nostril — Left nostril inhale, right nostril exhale. Repeat to balance.

Prompt:

What am I becoming less tolerant of as I grow?.

Movement / Stretch / Workout Done Today:

Day 29 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Deep Belly Breathing — Inhale to fill the belly, exhale slowly. Relax your jaw.

Prompt:

What version of me am I honoring and retiring today?.

Movement / Stretch / Workout Done Today:

Day 30 – Grounded in Gratitude



Grounded in Gratitude

Breathwork Practice: Three-Part Breath — Fill belly, ribs, chest. Exhale fully. Repeat slowly.

Prompt:

What do I now understand about myself that I didn't 30 days ago?.

Movement / Stretch / Workout Done Today:
