KINDNOVA | FREE GUIDE

The Renewal Passport

SMALL EXPERIENCES THAT REFILL YOU

A playful mini-passport for collecting moments that help you feel more human, more present and a little more restored - without turning rest into another streak to maintain.



A gentle KindNova resource to help you rest without needing to earn it.

HOW IT WORKS

Collect moments, not achievements

This is not a seven-day challenge and there is no perfect order. Choose a “stamp” when it sounds nourishing, skip what does not fit, and repeat what genuinely helps.



YOUR PASSPORT RULES

- No streak required
- No “making up” missed days
- Tiny counts
- Repeat favourites
- Stop if it becomes another obligation

> “ Renewal is not always a big break. Sometimes it is a small moment that gives something back to you.

PASSPORT PAGE 1

Quiet & Sensory Renewal

Try one when your system feels noisy, crowded or overstimulated.



QUIET WINDOW

☐ done

10 minutes with no input

Sit somewhere without a screen, podcast or task. Let your attention land wherever it lands.



SOFTEN THE ROOM

☐ done

Lower the sensory load

Dim one light, clear one surface, silence one notification or change into something comfortable.



WARMTH

☐ done

Let your body receive comfort

Tea, shower, blanket, sunshine, heat pack - choose warmth without trying to “use it well.”

Which one changed how your body or mind felt, even slightly?

PASSPORT PAGE 2

Nature & Play

Renewal can come from aliveness too - not only stillness.



OUTSIDE FOR NO REASON

Step outside without turning it into exercise or productivity. Notice one colour, one sound and one thing moving.

☐ stamp it

DO SOMETHING BADLY

Doodle. Sing. Bake. Garden. Take photos. Move your body. Do something with no goal of being impressive.

☐ stamp it

FOLLOW CURIOSITY

Give 15 minutes to something simply because you are curious about it. No outcome required.

☐ stamp it

What made you feel a little more like yourself?

PASSPORT PAGE 3

Connection & Nothing

Two very different kinds of renewal: being safely with someone, and being required by no one for a while.



LOW-PRESSURE CONNECTION

Send one honest message, sit with someone without needing to entertain them, or choose company that lets you exhale instead of perform.

☐ stamp it



DO ABSOLUTELY NOTHING USEFUL

Choose 10 minutes with no task, self-improvement goal or hidden productivity. Sit, lie down, stare outside, daydream. Nothing has to come from it.

☐ stamp it

Which kind of renewal do you resist more - connection or doing nothing? Why?

KEEP WHAT WORKS

My Renewal Passport

You do not need to collect every stamp. Keep the experiences that actually give something back to you.

Three renewal stamps I want to repeat

I know something is renewing me when...

My permission sentence

Go deeper with Rest Without Guilt

The 25-page KindNova Rest & Renewal journal helps you explore your relationship with rest, guilt, different forms of rest, boundaries, overload and a personal renewal plan you can return to when life feels full.