

The Mindful Automator Starter Kit

4 Simple Tools to Reclaim Time + Peace
With a Little Bit of Tech



*“You don’t need to hustle harder – you need tools that
honor your peace.”*

— Meanna DK. Your Mindful Muse

Welcome

Hey love —

You've been carrying too much for too long.

This kit wasn't made to add to your to do list.
It was made to give you your breath back.

Inside, you'll find a few gentle tools to help you reclaim your time, reset your nervous system, and start building simple systems that support your peace — not drain it.

You don't need to do it all.
You just need one moment that reminds you:
you still matter.

How to Use This Kit

- Explore one page at a time.
- Try the tools that feel right —, skip the ones that don't.
- Revisit this kit when you need a moment of calm, a moment of clarity, or a moment just for you.

Meanna's Mindful Moment

*"This isn't about being more productive.
It's about being more you."*

And I'm proud of you for even opening this up.

The 4:6 Calm-Down Breath

Your nervous system deserves a break — not a lecture.

Before you try to fix everything, finish everything, or respond to that messagee that lowkey triggered you... just pause.

Breathe in through your nose for 4 slow seconds.

Do that for 2–3 minutes.

No pressure. No perfection. Just presence.

Meanna's Mindful Moment:

Put one hand on your chest and the other on your belly. If your chest rises more, you're likely carrying tension or stress. If your belly rises—you're more grounded and relaxed. Either way—you're allowed to slow down right now.

Emotional Regulation Check-In

Where Am I... Really?

You don't need to push through. You need to check in.

Use this prompt every morning — or anytime your emotions feel louder than your logic:

What am I feeling right now?

Is it true — or just loud?

What can I let go of right now?

What do I actually need today?

Meanna's Mindful Moment

Your feelings are valid — but they aren't always facts.
Just because you feel tired doesn't mean you're weak.
Just because you feel behind doesn't mean you've failed.
Slow down, write it out, and get clear before you let
your emotions make decisions your peace has to clean up.

Your AI Reset Prompt



Let the Bot Help You Breathe

AI isn't just for business. It's for your brain.

When you're overwhelmed and stuck in decision fatigue, let tech gently guide you toward clarity.

Copy + paste this into ChatGPT or your journaling app:

“Act as my calm, supportive assistant. I’m overwhelmed and not sure what to prioritize. Ask me 3 gentle questions to help me reset, focus, and make one clear decision.”

Meanna's *Mindful Moment*

You're not handing over your life. You're just letting tech quiet the chaos long enough for you to *hear yourself think*.

Apps for Everyday Home Automation

Tools to Help You Reclaim Time, Energy, and Peace — One Tap at a Time.

● **Cozi** – Family Calendar & Grocery List

What It Does: Share a calendar, grocery list, and to-do list with your family or household. Plan meals, organize appointments, and stop repeating “what do we need from the store?”

Why It Matters: You’re tired of being the brain of the household. This app helps you share the mental load.

Time Saved: Up to 30 minutes/week

Link: <https://www.cozi.com>

● **Tody** – Chore Rotation & Home Upkeep

What It Does: Tells you what needs cleaning and when — with custom settings for your lifestyle. Tracks when you last cleaned something and gives gentle reminders.

Why It Matters: You shouldn’t have to remember everything. Let the app carry some of the weight.

Time Saved: 20–30 minutes/week

Link: <https://www.todyapp.com>

● **Google Home** – Smart Device + Voice Control

What It Does: Control lights, music, timers, and reminders with your voice or from one app. Great for setting the mood, managing routines, or making home feel like a partner.

Why It Matters: You deserve ease. This is how you make peace feel practical.

Time Saved: 10–25 minutes/week

Link: <https://home.google.com>

✨ ***These apps won’t do the inner work for you — but they’ll help you create space for it.***


Let tech handle the extras, so you can focus on your peace.


What's Next?


You've made it through the starter kit—and
I hope it gave you something:

A breath. A reset. A little bit of space to hear
yourself again.

But this? This is just the beginning.

 **Watch tutorials & demos on YouTube:**
Over 40 & Automated

 **Try my free meditations & tools:**
www.meannadk.com/reset

 **Want personal support?**
Sign up to get updates on workshops,
classes, and private strategy calls.

Meanna's Mindful Moment:

“You don't need to change your whole life
today. You just need to start building
systems that love you back.”