



A BASKETFUL OF LOVE

THEME 17

UNWIND & RECHARGE (SPA EDITION)

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 17: Unwind & Recharge (Spa Edition)

This workbook is created to help you slow down, breathe deeply, and restore your energy through intentional gifting.

The Spa Edition focuses on relaxation, self-care, and creating moments of calm in everyday life.

Use these pages to design a gift that encourages rest and renewal.

SETTING YOUR INTENTION



What kind of rest or recharge is needed right now?

How do you want this spa-inspired gift to make someone feel?

My intention for this Unwind & Recharge kit is:

YOUR BASKET VISION



What feeling should this spa-inspired gift create?
(Check or circle any that apply)

- ☐ Calm
- ☐ Relaxed
- ☐ Soothed
- ☐ Rested
- ☐ Nurtured
- ☐ Peaceful
- ☐ Refreshed
- ☐ Comforted

Other: _____

Describe the calming atmosphere you want this gift to hold:

GIFT ITEMS BRAINSTORM



What items promote relaxation and self-care?

Think about: bath or body items, comfort pieces,
soothing scents, gentle rituals

List your ideas below:

COLOR & THEME FEELING BOARD



Choose the spa-inspired tone:

- ☐ **Soft & Serene**
(neutrals, pale blue, gentle green)
- ☐ **Warm & Comforting**
(cream, beige, muted blush)
- ☐ **Minimal & Calm**
(clean lines, soft textures)

My chosen palette or style:



MESSAGE / AFFIRMATION CREATOR



Write 2–3 calming messages or affirmations to include:

1.

2.

3.

Optional:

*Rewrite one into a short soothing
phrase for a tag or card.*

PERSONAL REFLECTION



Why is rest important for you or the recipient?

How can intentional rest improve everyday life?

GRATITUDE MOMENT



Write three things that help you feel relaxed or at peace:

1.

2.

3.

WRAP-UP PAGE



Your Unwind & Recharge Takeaway Message:

What does Unwind & Recharge mean to you?

Date Completed: