



From the Desk of Alexie Linn

Fun and Interesting Books and Audiobooks from Alexie Linn, the Homespun Rebel

Sometimes you just have to color outside the lines...



THE CABIN READING CHALLENGE

A self-guided, read-at-your-own-pace challenge for mental wellness maintenance.

A quiet, private reading ritual designed to help you stay grounded, soothed, curious, and connected to yourself. No deadlines. No pressure. No sharing. Just you, your mind, and the book in your hands.

HOW THIS CHALLENGE WORKS

- Read at your own pace.
- Choose any book that fits each prompt.
- Skip prompts if you want.
- Return to them whenever you feel like it.
- You answer only to yourself.

THE 12 MENTAL WELLNESS PROMPTS

1. A book that helps your nervous system settle

Title: _____ Finished: _____

2. A book that reminds you the world is still interesting

Title: _____ Finished: _____

3. A book that makes you feel accompanied

Title: _____ Finished: _____

4. A book that gently interrupts your stress spiral

Title: _____ Finished: _____

5. A book that gives your mind a place to rest

Title: _____ Finished: _____

6. A book that helps you feel capable

Title: _____ Finished: _____

7. A book that reconnects you with your imagination

Title: _____ Finished: _____

8. A book that teaches you something small

Title: _____ Finished: _____

9. A book that makes you laugh

Title: _____ Finished: _____

10. A book that helps you feel grounded in your own life

Title: _____ Finished: _____

11. A book that comforts you without numbing you

Title: _____ Finished: _____

12. A book that helps you feel like yourself again

Title: _____ Finished: _____

OPTIONAL REFLECTION

Choose one question per book — or none. Awareness counts even if it stays in your head.

- What softened in me while I read this?
- What part of my mind felt relief?
- What did this book remind me I enjoy?
- What shifted in my mood, even slightly?
- What did this book give me that I needed?
- What did I notice about myself while reading?

Write a sentence if you want:

THE CABIN PROMISE

This challenge will not ask you to be better, faster, or more impressive. It will only ask you to stay in gentle conversation with your own mind.

Happy Reading,

Alexie Linn

P.O. Box 662

Stanfield, AZ 85172

alexi linni author.com