

How to Set Your Daily Softening Cue™ as Your Lockscreen Wallpaper

Follow these simple steps to bring your softening practice into your daily rhythm.

For iPhone Users

1. Save the Image

Tap and hold the lockscreen image → choose **“Add to Photos”** or **“Save Image.”**

2. Open Settings

Go to **Settings** → **Wallpaper**.

3. Choose New Wallpaper

Tap **“Add New Wallpaper:”**

Select the **Softening Cue™** from your Photos.

4. Adjust the Position

Pinch to zoom as needed.

Keep the text in the upper or center area so it stays visible.

5. Set as Lockscreen

Tap **“Add”** → **“Set as Wallpaper Pair”**

(or choose **Lockscreen only** if you prefer).

Your gentle reminder is now ready to meet you throughout the day.

For Android Users

1. Save the Image

Tap and hold the image → choose **“Download image”** or **“Save to Gallery.”**

2. Open Your Wallpaper Settings

Depending on your phone:

Settings → Wallpaper

or

Tap and hold your Home Screen → **Wallpaper & style**

3. Choose the Image

Select the **Softening Cue™** from your Gallery or Downloads.

4. Set the Position

Adjust, center, or crop the wallpaper as needed.

5. Set as Lockscreen

Choose “**Lockscreen**” or “**Lockscreen and Home Screen.**”

Your nervous system now has a gentle cue waiting for you each time you pick up your phone.

Created By Lisa, Founder of Conscious Moms Rising

