



THE 7-DAY RESET

A GENTLE RETURN TO YOU

A fun, creative workbook to
help you reset your mind, body,
and life in just 7 days.

You deserve you.

DAY 1

CHECK IN

Where Am I Right Now?



MY ENERGY RIGHT NOW

(Circle one)



DRAINED



LOW



MEH



GOOD



FULL

TODAY I FEEL...

(Color it in)



BODY CHECK-IN

Where do I feel this
in my body?



WHAT'S TAKING UP SPACE IN MY BRAIN TODAY?



AM I SAFE?



AM I OKAY?



AM I LOVED?



I DON'T HAVE TO FIGURE IT ALL OUT.
ONE DAY AT A TIME.



DAY 2

LET IT OUT



Name It. Don't Stuff It.

WHAT FEELS HEAVY
RIGHT NOW?

Four horizontal lines for writing, each preceded by a purple heart icon.

WHAT AM I PRETENDING
DOESN'T BOTHER ME?

Four horizontal lines for writing, each preceded by a purple heart icon.

WHAT CAN I
PUT DOWN
TODAY?

Four horizontal lines for writing, each preceded by a purple heart icon.



SCRIBBLE IT OUT. TEAR IT UP. BURN IT (SAFELY).
RELEASE IT. YOU DON'T NEED IT.



A large dashed rectangular box containing several purple scribbles.

DAY 3

RESET YOUR NERVOUS SYSTEM



From  → 

CHOOSE YOUR RESET

Pick one (or more!) to help you feel better today.



PHYSIOLOGICAL
SIGH



SHAKE
IT OUT



STRETCH



STEP
OUTSIDE



HAND ON
HEART



YOUR
FAVORITE
MUSIC



5-4-3-2-1
GROUNDING



DRINK
WATER



SILENCE +
DEEP BREATHS

I TRIED: _____

BEFORE I FELT:



AFTER I FELT:



SMALL CHOICES = BIG SHIFTS.



DAY 4

FILL YOUR CUP

What Do I Actually Need?



MORE OF THIS

LESS OF THIS







I MISS THIS

I NEED THIS

ABSOLUTELY
NOT TODAY







FILLING MY CUP ISN'T SELFISH.
IT'S HOW I SHOW UP FOR MY LIFE.



DAY 5

CHANGE THE STORY

Plot Twist!



OLD STORY:

I have to...



PLOT TWIST:

I choose to...

OLD STORY:

I'm not...



PLOT TWIST:

I'm becoming...



YOUR TURN!

Create your own 3 plot twists.

1

2

3



I GET TO WRITE A NEW STORY.
AND I GET TO CHANGE MY MIND.



DAY 6

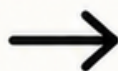
FIND YOUR SPARK



Remember her?



MINI CHALLENGE



Do one thing today
purely because it
brings you joy.

☐

YOUR JOY MATTERS. NOT JUST SOMEDAY. TODAY.



DAY 7

THE SHIFT

Meet the Version of You
Who's Coming Back.



I'M RELEASING...



I'M KEEPING...



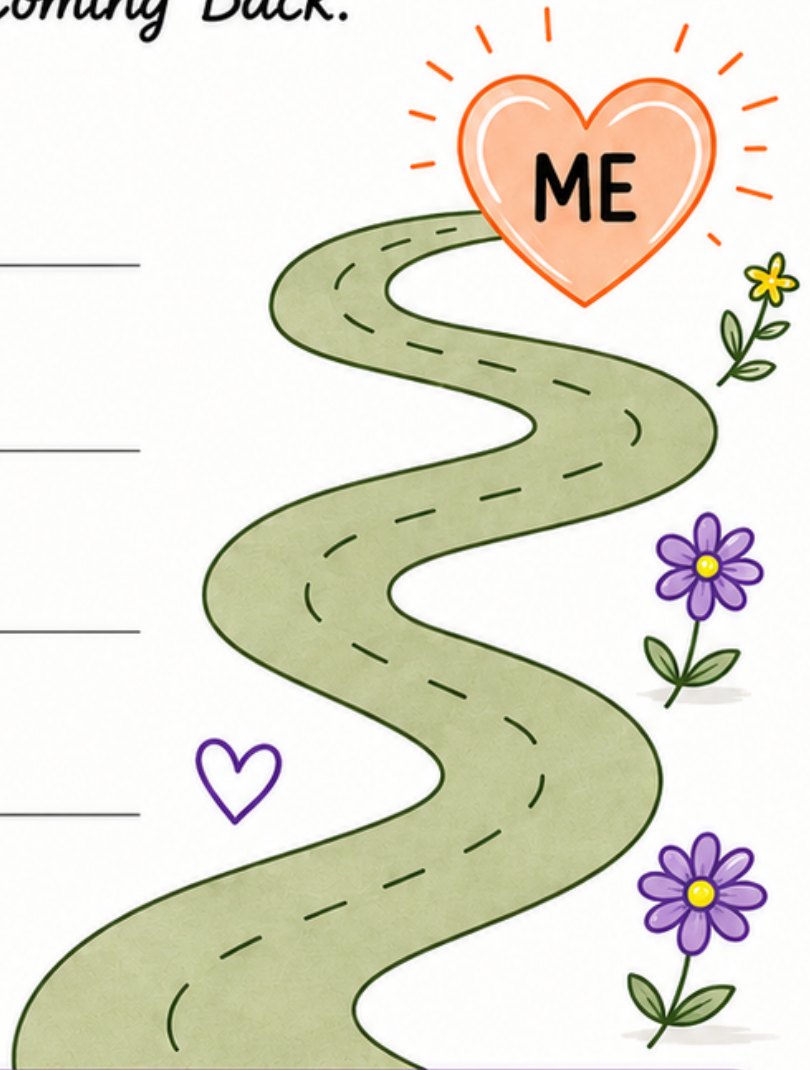
I'M CHOOSING...



I'M PROTECTING...



I'M READY FOR...



DEAR ME, FROM THIS POINT FORWARD...



I AM BECOMING WHO I WAS ALWAYS
MEANT TO BE.



SMALL CHOICES = BIG SHIFTS. 

RESET TOOLBOX



KEEP THESE CLOSE. YOU'VE GOT THIS.

BREATHE
INHALE
PAUSE
EXHALE
REPEAT.



ONE DAY
AT A
TIME.



MY
FEELINGS
ARE ALLOWED.
THEY DON'T
CONTROL ME.



PROGRESS
OVER
PERFECTION.



I CAN DO
HARD
THINGS.



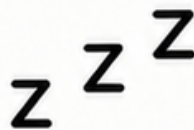
I CHOOSE
ME.



COMPARE
LESS.
APPRECIATE
MORE.



REST IS
PRODUCTIVE
TOO.



I AM
WORTHY
OF GOOD
THINGS.



SAVE THIS PAGE. SCREENSHOT IT. PRINT IT. USE IT.
YOU DESERVE ALL THE REMINDERS.



I DID THE

DAMN
THING!

I COMPLETED MY 7-DAY RESET



I showed up for myself.



I took the steps.



I did the work.



I chose me.

I'M PROUD OF ME.

DATE: _____

SIGNED: _____

