



7-Day Reset Plan

Mind · Body · Schedule

A week to slow down, reset, and rise.





Welcome to Your Reset

This plan is your permission slip to pause, breathe, and rebuild.

Over the next seven days, you'll move through a simple daily structure designed to reset your mind, body, and schedule — gently and intentionally.

There's no perfection required. No pressure to get it all right. Just show up for yourself, one day at a time.

How to Use This Plan

■ Morning Activation

Start your day with gentle movement and intention.

■ Body Reset

Nourish yourself through food, water, and movement.

■ Mental Clarity

Quiet the noise and sharpen your focus.

■ Environment Reset

Shape your space to support your peace.

■ Evening Wind-Down

Close each day with calm and gratitude.

Tips for Success

- Don't try to be perfect — consistency beats intensity.
- Check off items as you go. Small wins build momentum.
- Use the journal prompts to deepen your experience.
- Adapt freely — this plan is a guide, not a rulebook.



Start where you are. Today is about slowing down, noticing, and creating space.

■ Morning Activation

- Wake without an alarm if possible — let your body choose
- Drink a full glass of water before anything else
- 5-minute stretch: neck rolls, shoulder shrugs, forward fold
- Write down one word that describes how you feel right now

■ Body Reset

- Take a 20-minute walk outside — no phone, no music
- Eat one whole-food meal today (vegetables, protein, whole grains)
- Drink at least 64 oz of water throughout the day

■ Mental Clarity

- Set your phone to Do Not Disturb for 2 hours
- Do a 5-minute brain dump: write everything on your mind
- Choose one task you've been avoiding — do just the first step

■ Environment Reset

- Clear your nightstand completely — keep only essentials
- Open a window for 15 minutes of fresh air
- Light a candle or diffuse calming scent

■ Evening Wind-Down

- Screens off 45 minutes before bed
- Lay out tomorrow's clothes
- 3 deep breaths: inhale 4 counts, hold 4, exhale 6

📖 Journal Prompts (Optional)

- What does “reset” mean to you right now?
- If this week could change one thing, what would it be?





Strip back the noise. Focus on what actually feeds you — body and mind.

■ Morning Activation

- Wake up and sit in silence for 3 minutes before standing
- Drink warm water with lemon
- 10-minute gentle yoga or mobility flow
- Set one clear intention for the day

■ Body Reset

- Prepare a nourishing breakfast with real ingredients
- Take the stairs, park further, or walk an extra block today
- Skip caffeine after 1 PM

■ Mental Clarity

- Unsubscribe from 5 email lists you never read
- Read for 20 minutes (a book, not a screen)
- Say no to one thing that doesn't serve you today

■ Environment Reset

- Clean your kitchen counters completely
- Toss or donate 3 items you no longer need
- Organize one drawer or shelf

■ Evening Wind-Down

- Warm shower or bath with intention to release the day
- Write down 3 things that went well today
- Set phone to charge outside the bedroom

✍ Journal Prompts (Optional)

- *What are you holding onto that you could release?*
- *What nourishes you that you've been neglecting?*





Energy is meant to flow. Get your body moving and let go of what's stale.

■ Morning Activation

- Wake up and immediately make your bed
- Cold water face splash to signal wakefulness
- 15-minute brisk walk or dance to your favorite song
- Write down your top 3 priorities for today

■ Body Reset

- 30-minute workout of your choice (walk, run, yoga, weights)
- Eat a colorful plate for lunch — aim for 3+ colors
- Stretch for 10 minutes in the afternoon

■ Mental Clarity

- Journal for 10 minutes: free-write without editing
- Take a midday pause — close eyes for 2 minutes
- Delete 20 old photos or files from your phone

■ Environment Reset

- Do one load of laundry — wash, dry, fold, and put away fully
- Wipe down bathroom surfaces
- Clear your desk or workspace

■ Evening Wind-Down

- Gentle stretching or foam rolling before bed
- Listen to calming music or a sleep story
- Reflect: What did I release today?

✍ Journal Prompts (Optional)

- *Where in your body do you hold tension?*
- *What would it feel like to let that tension go?*





Midpoint check-in. Align your actions with what actually matters.

■ Morning Activation

- 5-minute guided meditation (use a free app or YouTube)
- Write your top 3 values on a sticky note — keep it visible
- Eat breakfast without a screen
- Review your calendar — cancel or reschedule anything unnecessary

■ Body Reset

- Try a new healthy recipe for one meal today
- Walk for 20 minutes after lunch
- Drink herbal tea in the afternoon instead of snacking

■ Mental Clarity

- Time-block your afternoon in 25-minute focus sprints
- Identify one boundary you need to set — write it down
- Spend 15 minutes on a creative hobby (drawing, music, crafts)

■ Environment Reset

- Reorganize your fridge — toss expired items
- Clean your phone screen and laptop keyboard
- Add one thing that brings you joy to your space (plant, photo, etc.)

■ Evening Wind-Down

- Reflect on the first 3 days — what's shifted?
- Write a short letter to your future self
- Lights dim by 9 PM — create a calm environment

✍ Journal Prompts (Optional)

- Are your daily habits aligned with who you want to become?
- What's one thing you'd do differently if no one was watching?





Resetting isn't just personal — it's relational. Reconnect with who and what matters.

■ Morning Activation

- Wake up and write down someone you're grateful for
- Morning sunlight: step outside for at least 5 minutes
- Gentle movement: 10-minute walk or stretch
- Send a kind text or voice note to someone you appreciate

■ Body Reset

- Cook a meal from scratch — enjoy the process
- Hydrate intentionally: track your water intake today
- Do something playful: shoot hoops, jump rope, skip, swim

■ Mental Clarity

- Social media fast: stay off all platforms until 5 PM
- Spend 30 min in nature — notice 5 things you can see, hear, feel
- Call or visit someone you haven't connected with recently

■ Environment Reset

- Vacuum or sweep your main living space
- Wash your bedding — fresh sheets tonight
- Set up a small "calm corner" — a chair, a blanket, a book

■ Evening Wind-Down

- Screen-free evening: board game, puzzle, or conversation
- Warm drink (chamomile, turmeric latte, herbal tea)
- Gratitude list: 5 specific things from today

📖 Journal Prompts (Optional)

- *Who in your life helps you feel most like yourself?*
- *How can you show up better for the people you love?*





You've cleared the clutter. Now build the habits and systems that will you carry forward.

■ Morning Activation

- Wake up at the same time you've been rising all week
- 10-minute morning workout (push-ups, squats, planks)
- Healthy smoothie or protein-rich breakfast
- Write down 3 habits you want to keep beyond this week

■ Body Reset

- Longer workout today: 30–45 minutes of something you enjoy
- Meal prep: prepare at least 2 meals or snacks for tomorrow
- Afternoon walk — try a new route

■ Mental Clarity

- Set 3 small goals for next week — write them somewhere visible
- Organize your digital life: clear desktop, sort files, update passwords
- Learn something new: watch a documentary or listen to a podcast

■ Environment Reset

- Deep-clean one room (kitchen, bathroom, or bedroom)
- Rearrange one area to feel fresh and intentional
- Take out trash and recycling — start tomorrow clean

■ Evening Wind-Down

- Review your week — journal about wins, struggles, and surprises
- Prepare your space for tomorrow's final day
- Go to bed 15 minutes earlier than usual

📖 Journal Prompts (Optional)

- *What new rhythm have you discovered this week?*
- *What habit do you most want to protect going forward?*





You did it. Honor the work, capture the lessons, and step into what's next.

■ Morning Activation

- Wake up naturally — no rush
- Sit quietly with coffee or tea for 10 minutes
- Write a list: 7 things I'm proud of from this week
- Gentle movement: whatever your body asks for

■ Body Reset

- Favorite healthy meal — make it special
- Move joyfully: dance, hike, swim, or play
- Rest without guilt: nap, read, or just be

■ Mental Clarity

- Write a letter to yourself about this week
- Choose 3 practices from this plan to continue
- Set one big intention for the next 30 days

■ Environment Reset

- Final sweep: make sure every room feels calm and ready
- Add flowers, a new candle, or fresh scent to your space
- Take a photo of your reset space — save it as a reminder

■ Evening Wind-Down

- Celebrate: treat yourself to something you enjoy
- Share your experience with someone — tell them what you learned
- Close your eyes. Breathe. You are already enough.

✍ Journal Prompts (Optional)

- *What version of yourself do you want to carry forward?*
- *Write a single sentence that captures what this week meant to you.*





You Did It.

Seven days of showing up for yourself.
Seven days of choosing calm over chaos.

The reset doesn't end here —
it lives in the habits you carry forward.

Keep chasing your sky.

CHASE YOUR SKY

