

The Wellness Reset:



Imagine what becomes possible when you...

- Live in harmony with your deepest values
- Shift out of survival mode and into intentional action
- Nurture a “Whole You” foundation that supports *every* part of your life



HOLISTIC HEAD TO TOE

EMPOWERING WOMEN, TRANSFORMING LIVES.



PART 1:

Live On Purpose

Aligning actions with authentic priorities.

- *Your values are the invisible forces shaping every choice you make – often without you even realizing it.*
- *Alignment isn't about doing more; it's about doing what matters most.*
- *When your actions reflect your values, you feel grounded, fulfilled, and at peace.*
- *Today is about pressing pause and asking: Am I living in a way that truly honors what matters most to me?*

**Alignment isn't found. It's created –
one choice, one boundary, one brave
decision at a time.**

– Jennifer Williamson

Your Values Matter!

Your Values Are Your Inner Compass

When your choices align with your deepest values, life feels purposeful, grounded, and in flow. When they don't, it often shows up as stress, resentment, frustration, or the nagging feeling that something is "off."

💡 Remember: Misalignment doesn't mean failure. It's simply information — a signal that it's time to realign how you spend your time, energy, and attention.

Sample Values:

- | | | |
|-----------------|----------------|------------------------|
| • Authenticity | • Fun | • Peace |
| • Adventure | • Growth | • Personal Development |
| • Balance | • Harmony | • Purpose |
| • Belonging | • Health | • Recognition |
| • Community | • Honesty | • Resilience |
| • Compassion | • Impact | • Security |
| • Connection | • Independence | • Service |
| • Contribution | • Integrity | • Simplicity |
| • Creativity | • Joy | • Spirituality |
| • Curiosity | • Kindness | • Stability |
| • Determination | • Learning | • Success |
| • Empathy | • Legacy | • Trust |
| • Faith | • Love | • Vitality |
| • Family | • Loyalty | • Wealth |
| • Freedom | • Mindfulness | • Wisdom |
| • Friendship | • Nature | |

Your Top 5 Values

Step 1: Write down your Top 5 values below.

1 _____

2 _____

3 _____

4 _____

5 _____

Step 2: Reflect ✨

- Why do these matter deeply to *you*?
- How do they show up (or not show up) in your daily life?
- When I'm fully living in alignment with my values, I feel _____.

Blind Spots & Pitfalls

Values are powerful guides, however many of us unintentionally make choices based on fear, conditioning, guilt, or perfectionism instead. Those patterns become blind spots that keep us stuck or drain our energy.

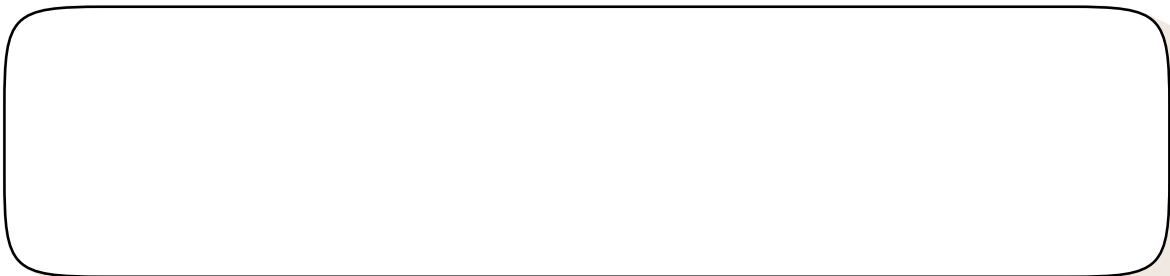
Out of my Top 5 values, which feels most out of alignment right now? Why?



What patterns, habits, or limiting beliefs might be pulling me off course?



What's one small step you could take this week to honor that value more fully?



Shifting Perspectives

These reframes and affirmations can help you accept where you are in this moment, while opening the door to NEW *possibilities!*

Reframes

I'm a failure, I should have this figured out by now → *Being out of balance doesn't mean I'm failing. It means I have opportunities to grow.*

If I say no, people will be disappointed in me → *Every time I honor my needs, I create space for deeper, healthier connections and build self-trust.*

Everything is a mess → *It's okay that things feel out of balance right now. This is simply where I'm starting.*

I don't know where to start → *Awareness is the first step, and I don't have to do this alone..*

I should be further along by now → *I am exactly where I need to be, and every experience has prepared me for what's next.*

Everyone else seems to have it together except me → *I am good enough, exactly as I am, and my journey is unfolding in its own perfect timing.*

One day when _____, then I'll _____ → *Balance is a journey, not a destination.*

✨ Affirmations

I accept where I am today, knowing change is possible.

I release judgment and choose curiosity about what this workshop is showing me.

My worth is not defined by the areas that feel challenged.

I trust that each small step I take brings me closer to alignment.

I am open to growth and grateful for the awareness I now have.



PART 2:

How Stress & Mindset Impact Your Body

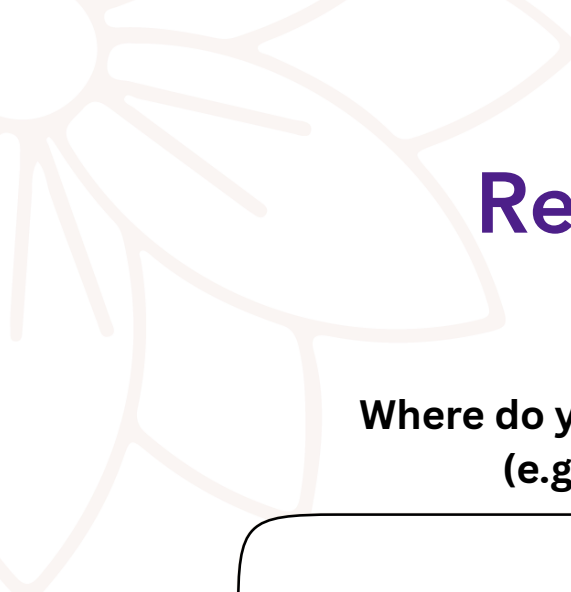
Your body is always listening to your mind.

Chronic stress keeps your body in a constant fight-flight-freeze state:

- raising cortisol
- disrupting sleep
- affecting digestion
- lowering immunity
- even influencing weight and hormone balance

“Every thought you think is a message to your body.”

— Dr. Joe Dispenza”

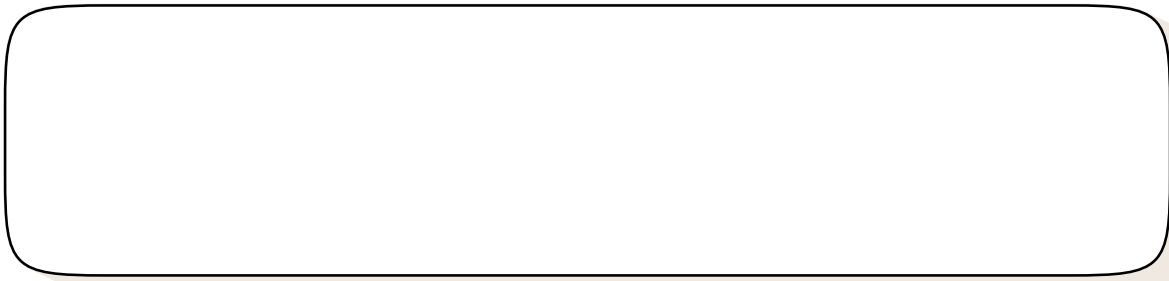


Reflection Time

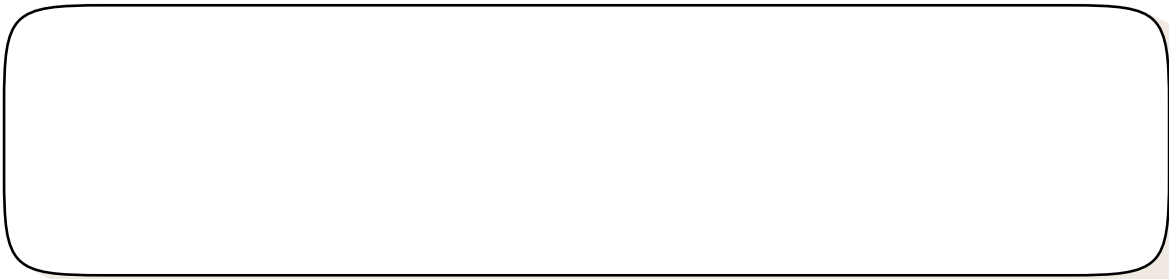
**Where do you feel stress most in your body?
(e.g., shoulders, jaw, stomach)**



**How does chronic stress show up for you?
(Fatigue? Brain fog? Cravings? Mood?)**



**What thoughts tend to trigger stress or
pressure for you?**



Negative Self Talk

Your body listens to the story your mind is telling.

Much of our stress doesn't come from what's happening around us — it comes from the thoughts we repeat within our mind.

Those thoughts trigger physical stress responses, drive our actions, and often create the very evidence that seems to “prove” them true.

**Unhelpful thought → Stress response → Unaligned behavior
→ Evidence that reinforces the original belief**

 Thought	 Response	 Action	 Evidence
I'm not doing enough.	Racing thoughts, tension	Overwork, skip rest	Burnout confirms "I can't keep up."
I always mess things up.	Shame, anxiety	Avoid opportunities	Missed chances prove "I'm not capable."
If it's not perfect, it's a failure.	Pressure, overthinking	Procrastinate or give up	Delays confirm "I'm not good enough."

Your Turn: Identify Your Cycle...

 **Thought**

 **Response**

 **Action**

 **Evidence**

 **Reflect:** Where could you break this cycle (pattern interrupt) — with a different thought, calmer response, or new action?

Your Reset Plan

Use the prompts below to integrate what you've learned and set yourself up for real change beyond this workshop.

🌟 One core value I'm committed to honoring more in my daily life:

💭 One limiting thought I'm ready to rewrite:

💪 One small action I can start this week to support my physical, mental, or emotional well-being:

🌿 A grounding or self-regulation practice I will use when I feel stressed:

👥 One support system, habit, or accountability practice I will lean on:

❤️ How I want to **feel** in this next chapter of my life:

My first step starts today.

I commit to showing up for myself — mind, body, heart, and soul — with intention, compassion, and courage.

Meet Jennifer

Your Holistic Life Coach

Sometimes the hardest chapters become the doorway to the greatest change. My midlife crisis stripped away everything — our family home, my hope, and even my sense of self — but it also cracked me open to something new. When a life coach appeared in my life at exactly the right time, I began manifesting massive shifts that set my life in motion again.

In 2016, Holistic Head To Toe was born, and by 2023 I became a Certified Integrative Wellness & Life Coach. Today, I help women stop spinning in circles and start creating lives they truly love with soulful guidance, practical tools, and yep you guessed it, accountability.

✨ *Your breakthrough can happen faster than you think.
You're not alone. You're in the right place.*

Next Steps:

- ✓ **Join the Community** – Like and follow @HolisticHeadToToe on [Facebook](#) and [Instagram](#)
- ✓ **Explore More Wellness Resources** – Visit [HolisticHeadToToe.com](https://www.holisticheadtotoe.com) for free tools, uplifting blog posts, and more!
- ✓ ✨ **Join our Group Coaching Program** ✨:
From Hot Mess to Heck Yes!: 6-Week Inner-Shift Program



Jennifer McLeFland

Integrative Wellness & Life Coach

[www.HOLISTICHEADTOTOE.COM](https://www.holisticheadtotoe.com)

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