

DAYS 15-17

Build Habits, Create Change

These next three days are about taking intentional action to care for yourself and build habits that support the life you're creating.



DAY 15

CREATE A SIMPLE *morning ritual.*

Start your day with intention.
Choose 2-3 activities that ground, energize, and set a positive tone for your day.
Consistency today creates transformation tomorrow.



DAY 16

COOK A NOURISHING *meal.*

Nourish your body so you can show up as your best self.
Choose whole, real ingredients that fuel your body and support your energy and mood.



DAY 17

WRITE DOWN 5 DREAMS *you have for life.*

Dreaming gives your life direction.
Write freely and without limits.
Your dreams matter—and they are worth pursuing.



SMALL HABITS TODAY, BIG CHANGES TOMORROW.

Keep showing up for yourself.



DAYS 18-21

Build New Habits, Live with Intention

These four days are about protecting your energy,
being present, speaking kindly,
and making space for rest and reflection.



DAY 18

**AVOID GOSSIP AND
COMPLAINING** *for one day.*

Speak life, not negativity. Be mindful of your words
and the energy you bring to every conversation.
Protect your peace and uplift others.



DAY 19

EAT ONE MEAL
without distraction.

Savor your food. Put your phone away, turn off the TV,
and focus on the flavors, textures, and nourishment.
Mindful eating strengthens your body and your presence.



DAY 20

WRITE 5
affirmations.

Speak powerful, positive words over your life.
Write five affirmations that remind you of
your worth, strength, and potential.



DAY 21

PRACTICE INTENTIONAL
rest.

Rest is productive. Take time to relax, recharge,
and do something that brings you peace.
You can't pour from an empty cup.



REST. RESET. REALIGN.

You are becoming your best self.



WEEK 4: REALIGN *Your Mind*

STRENGTHEN YOUR MINDSET. DEEPEN YOUR GROWTH.

This week is about shifting your mindset,
releasing what no longer serves you,
and stepping into alignment with your highest self.

WEEK 4 FOCUS



Realign your thoughts,
release what holds
you back, and
cultivate a mindset
that supports
your growth.

WHAT TO EXPECT THIS WEEK

- ✓ Release doubt, fear, and old thought patterns
- ✓ Build mental clarity and inner peace
- ✓ Strengthen self-belief and resilience
- ✓ Focus on progress, not perfection
- ✓ Reconnect with purpose and possibility

YOUR DAILY HABITS



WATER NOURISH

Hydrate your body,
support digestion,
and flush out
what you no
longer need.



MOVEMENT ENERGIZE

Move your body
daily to boost
circulation, uplift
your mood &
release tension.



JOURNAL REFLECT

Check in with your
thoughts, practice
gratitude, and
release what's
weighing you down.



CHALLENGE GROW

Step out of your
comfort zone
and build the
strongest version
of you.



This is your
fresh start.

You don't have to
be perfect—just
committed.

WEEK 4 AFFIRMATION

*I realign my mind
with what truly matters
and choose growth,
peace, and purpose
every single day.*

A STRONG MIND CREATES A POWERFUL LIFE.
Think with intention. Live with purpose.

DAYS 22-24

Make Choices That Align With Your Highest Self

These three days are about intentional choices that move you forward, clear out what weighs you down, and open the door to new possibilities.



DAY 22

DO ONE THING YOUR FUTURE SELF WOULD DO.

What would your future self choose today? Take one small action that reflects the life you're building and the person you want to become.



DAY 23

DONATE OR RELEASE AT LEAST 5 ITEMS *you no longer need.*

Release physical clutter to create space for new energy and opportunities. Letting go is a powerful act of self-care.



DAY 24

SIGN UP TO TRY SOMETHING NEW *or something you've always wanted to try or learn.*

Step outside your comfort zone and say yes to growth. New experiences expand your world and build your confidence.



YOU GROW EVERY TIME YOU CHOOSE TO SAY YES TO YOU.

Keep choosing you. Keep becoming you.



DAYS 25-27

Reflect, Envision, and Heal

These final three days help you reflect on your growth, envision your future, and practice self-forgiveness so you can move forward with a light heart.



DAY 25

WRITE DOWN AT LEAST
one lesson that you have learned
THIS YEAR.

Reflect on the highs, lows, challenges, and wins. What has this year taught you about yourself, life, and what truly matters? Write it down and honor your growth.



DAY 26

VISUALIZE YOUR DREAM LIFE.
Write it in detail.

Where do you live? What do your days look like? Who is in your life? How do you feel? Be specific and paint a clear picture of your ideal life. Dream big—you deserve it.



DAY 27

FORGIVE YOURSELF.
You are human.

Let go of guilt, mistakes, and self-judgment. Speak to yourself with kindness and understanding. You are doing the best you can, and that is enough. Forgiveness frees you to move forward.

YOU ARE GROWING. YOU ARE CHANGING.
YOU ARE BECOMING YOUR BEST SELF.
Keep going. The best is yet to come.

DAYS 28-30

Connect, Celebrate, and Commit to Your Light

These final three days are about connection, celebration, and stepping fully into your next chapter. You've done the work—now own it.



DAY 28

SPEND TIME WITH SOMEONE *who uplifts you.*

Connect with someone who inspires, supports, and encourages you to be your best self. Positive energy is contagious. Choose connection that feeds your soul.



DAY 29

CELEBRATE YOUR PROGRESS. *Reflect how you have changed.*

Look back on the past 29 days. What are you proud of? How have you grown, shifted, or healed? Honor how far you've come—this matters.



DAY 30

WRITE YOUR LIGHT MANIFESTO. *Who are you now? What do you refuse to carry anymore?*

Declare your truth. Own your growth. Write a powerful statement of who you are becoming and what you are committed to living. This is your next chapter—on your terms.

YOU DID THE WORK. YOU CHOSE YOU.
NOW GO LIVE YOUR LIGHT—BOLDLY AND BEAUTIFULLY.

You are the author of your next chapter.



YOU DID IT!

LIVE LIGHT 30

Wrap-Up


Thirty days. Countless small choices.
One powerful transformation—
a lighter, clearer, more intentional you.

THIS ISN'T THE END. IT'S A NEW BEGINNING.

You've built momentum. You've created habits.
You've realigned with what matters most.
Now it's time to reflect, celebrate, and continue
living light—one choice at a time.


Small choices lead to powerful change.

REFLECT ON YOUR JOURNEY

 **LOOK BACK**

What are you most proud of from these 30 days?

—❤—

 **LOOK WITHIN**

How have you grown mentally, emotionally, and spiritually?

—❤—

 **LOOK AHEAD**

What habits will you continue? What kind of life are you creating?

—❤—






WHAT YOU'VE ACHIEVED

- ✓ You built mindful habits
- ✓ You chose growth over comfort
- ✓ You showed up for yourself
- ✓ You released what no longer serves you
- ✓ You created space for what lights you up
- ✓ You became more aligned with your values
- ✓ You took steps toward your best life

That is something to celebrate!

—❤—

KEEP THE LIGHT GOING

-  Keep your daily habits simple & intentional.
-  Return to the practices that ground and energize you.
-  Give yourself grace on the harder days. You're human.
-  Surround yourself with people and environments that uplift you.
-  Keep choosing you. Every single day.

—❤—
*You are your greatest project.
Keep investing in you.*



YOU ARE LIGHT. YOU ARE ENOUGH.
Keep living your light—boldly, beautifully, and unapologetically.



My LIVE LIGHT Manifesto

I choose to live with intention. I choose to live light.

This is who I am. This is how I choose to live.



I CHOOSE ME.

I honor my worth, my dreams, and my peace.



I CHOOSE GROWTH.

I welcome change, embrace challenges, and keep becoming.



I CHOOSE LIGHT.

I focus on what lifts me up and let go of what weighs me down.



I CHOOSE WELLNESS.

I nourish my body, strengthen my mind, and protect my peace.



I CHOOSE PURPOSE.

I live with meaning, follow my passions, and create a life I love.



I CHOOSE IMPACT.

I show up, I give with love, and I make the world a little better.

I am becoming
my highest self.
I am living light—
boldly, beautifully,
and unapologetically.
This is my promise.
This is my life.

I choose light.
I choose me.



MY PROMISE TO MYSELF

I commit to living my days with intention, choosing what aligns with my highest self, and creating a life that reflects my light.

Signed: _____

Date: _____

"You are the author of your life." Make it a beautiful story.

A Final Note From Me

Your Light is Your Legacy

Hello Loves, 

If you've made it to the end of Live Light 30—congratulations! I am so proud of you.

You showed up for yourself. You chose growth, aligned your mind, created new rituals, and became the light you were always meant to be. This is more than a 30-day reset. It's the beginning of a lifetime of living intentionally, on your terms.

Remember, your light doesn't dim when life gets hard—it guides the way. Keep choosing you. Keep protecting your peace. Keep building the life you love.

I wrote *The Lanai Reset* to go even deeper with you. It's the companion guide to help you reset fully, realign your mind, elevate your wellness, and create a life that feels as good on the inside as it looks on the outside.

You deserve to thrive, not just survive.

*Your best days are ahead,
and I'm cheering you on—always!*

With love and light,

A. Mc 
A.MC LIFESTYLE

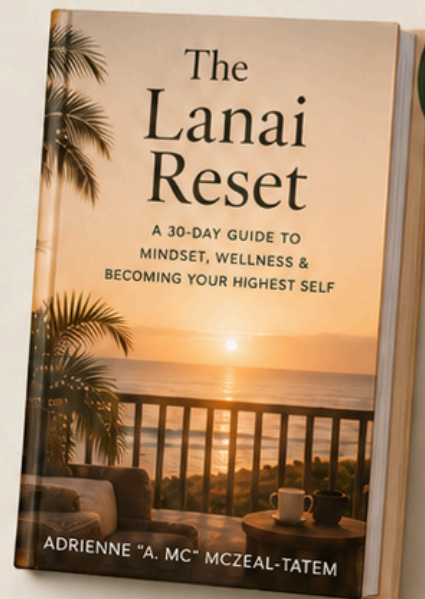


*Thank you for trusting me
as part of your journey.*





YOU ARE LIGHT. YOU ARE ENOUGH. YOU ARE BECOMING.

READY TO GO DEEPER?

Continue your transformation with
my book *The Lanai Reset*.



Available
on
Amazon


-  Reset your mindset
-  Elevate your wellness
-  Create a life of peace, purpose & joy
-  Become your highest self—sustainably

Your next chapter starts now.
Let's keep building the life you were
born to live.

