



Daily Reset Blueprint

For the Woman Who Has Everything and Still Feels Drained

Simple Shift # 1: How Do I Want to Show Up Today? Choose Your Energy before the day chooses it for you.

Most people wake up and immediately begin reacting – to emails, responsibilities, stress, other people's needs, or whatever life throws at them. But when you begin your day with intention, you create a powerful shift. Instead of being pulled in every direction, you become the person who chooses how you want to think, feel, and move through your day.

Today, I choose to show up as:

(Examples: calm, focused, confident, present, energized, intentional, patient, kind, resilient, joyful, etc.)

How I choose to show up shapes the life I create.



Simple Shift # 2: Notice What Drains You + Choose What Nourishes You

Sometimes we feel exhausted, overwhelmed, or disconnected – not because everything is wrong, but because too many small things are quietly draining our energy while too few things are truly nourishing us. Before life can feel lighter, it helps to gently notice what is stealing your peace – and intentionally choose what helps restore it.

Ask yourself: What has been draining me lately?

(Examples: overthinking, poor sleep, endless to-do lists, difficult relationships, people-pleasing, negative self-talk, clutter/chaos, too much screen time, lack of movement, etc.)

Ask yourself: What would nourish me right now?

(Examples: rest, movement, sunlight, hydration, meditation, laughter, music, saying no without guilt, journaling, time in nature, etc.)

Notice what drains you. Choose what nourishes you.
One nourishing choice can change the energy of your entire day.





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Simple Shift # 3: One-Minute Breathing Reset - Return to Calm in 60 Seconds

When stress rises, your nervous system needs a signal that you are safe. Your breath is one of the quickest ways to send that signal. In just one minute, you can begin shifting from overwhelm and tension into calm, clarity, and presence. Try this simple breathing reset:

- Place both feet on the ground, soften your shoulders, and gently unclench your jaw.
- Inhale slowly through your nose for a count of 4.
- Hold for a count of 4.
- Exhale slowly through your mouth for a count of 4 as you imagine releasing stress, tension, and anything heavy you have been carrying.
- Hold for a count of 4.
- Repeat this breathing technique for 5 - 6 rounds.
- As you breathe, silently repeat: "Inhale peace, exhale stress"

One calm breath can interrupt a stressful moment and change the direction of your day.



Simple Shift # 4: Simple Evening Reset

How you end your day matters. Evening is your opportunity to slow down, release stress, quiet your mind, and gently return to yourself. A simple evening reset helps calm your nervous system, supports deeper rest, and allows you to rise feeling more grounded, clear, and renewed tomorrow.

Before bed, ask yourself: What do I want to release from today?

(Examples: stress, frustration, self-doubt, overthinking, tension, disappointment, what didn't go as planned, anything heavy I no longer need to carry, etc.)

How can I gently care for myself tonight?

(Examples: stretching, reading, prayer, meditation, gratitude, herbal tea, soothing music, journaling, a warm bath, putting my phone away, going to bed earlier, rest, etc.)

Release the day. Restore your energy. Rise renewed tomorrow.

