



THE 7 - DAY RESET

RESET. REPLENISH. RENEW.

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ABOUT THE 7-DAY RESET

“When the world becomes too much, slow down & make time for the simplest survival needs, if you don’t you’ll be forced to find time for the consequences.”

-K. Fortis

This week you have committed yourselves to ONLY 1 week of self-love practices. I will be there for you throughout this entire week, so know that you are not in this alone.

These practices will help reground you, taking you out of the noise of your mind that has you feeling flighty at the sight of your life, unable to stop spinning & swirling around the hard things. Our goal will be to reconnect to the calm, authentic, truth, that is still very much alive within us.

Small actions —— Create ——> Big impact.



IN PREPERATION

What you will need for this week:

- the 2 journals & pens I sent you (or your own blank journals)
- your bathroom set up with a facewash & night cream
- your actual alarm clock (not your phone)
- lemons & vitamins/ supplements (chia seeds for your water helps too)
- grocery list completed for meal-ready/prepped items



AS EASY AS 1 - 2 - 3

1 - Routines

Living in a hectic disarray from the moment we wake up isn't doing us any favors. This process of rushing out the door creates a sense of anxiety, stress, and mistrust within ourselves. This feeds the depression.

2 - Your Body is Your Temple

Everything that enters your body is an instant meal for the happy or the sad with you. Just this week I want us to focus on how we treat the part of us that helps us move through every day. The part of us that processes foods and feeds our minds with its supplements. "Feed the brain, calm the body."- Derrick

3 - Cycles

Let's write ourselves a little reminder before we get started on the rest. I want you to grab a post-it pad & write out word for word, " Depression & Anxiety are cycles. I have the power to treat my mind & body differently right now to help this cycle pass on by. This WILL stop soon & I will feel like me again." Write that out on as many Post-its as you need. One for the bathroom mirror, for the kitchen fridge, for the computer at your desk, for your room mirror, for the closet door, for the car dash... you get the point. I want you to see this as often as possible throughout your day. Anywhere you are afraid for other people to see it, put a blank post it as a reminder.



LET'S GET ORGANIZED

Mornings

Set a wake-up alarm (on a clock not a phone)

- This time needs to be an hour before you are needed in the morning for anything else. Before the family wakes up, you have to cook breakfast or get the kids off to school. An hour before it's time to get ready for work. An hour that will belong solely to you.
- You are going to get up at the exact same time every day for a week. This is going to be a soft landing for consistency in a world that is ever-changing. The flailing of the world sets our center off balance but we have the absolute power to regain that balance by showing our bodies that WE ARE the constant in our own life.
- The reason this needs to be a real clock and not a phone is wildly important!!!! Your phone will be sleeping outside of your room for this week. When we get into these dysregulated states the first thing we reach for is anything that feels like it can numb those feelings and what better way to numb than to scroll until our eyes feel like they are bleeding at 3 am. Temptation is heavy & real, and there is science to back the fact that we sleep more restlessly just by having the phones within reach from us. So we are going to remove that from our bedside & replace that spot on our nightstand with a book you have been saying you want to read & a journal that can be there in case those really uncomfortable feelings arise & you can have a place to put them down and out of your system.





LET'S GET ORGANIZED

Bathroom Routine

- You're going to have a bathroom routine immediately after getting up. That alarm just went off and with it, you turn on the light immediately. Even if you press snooze (only 1 time), you turn on the lights. Slowly start to stretch your body and wiggle your toes and fingers.
- You're going to feel like a zombie, especially if it took you hours to get to sleep last night but the beauty of doing this even when you're tired is that you will be so exhausted tonight that it will be 100 times easier to fall asleep. Hard is always finding us so why not choose our hard today? Today our hard is getting up right now even though we are dead tired and completely unmotivated.
- Make your way to your bathroom now. To start we are going to wash our face. I don't care if you've never done that before... you're going to start now. Washing your face is just a practice that gets the crust out of your eyes and signals to your body that it is time to get up and move. The cold water instantly wakes your body up. The more you do this consistently you'll notice how instantly alive you feel. It is a practice in somatics.
- Follow that up with brushing your teeth & using the toilet.

LET'S GET ORGANIZED

Kitchen Routine





LET'S GET ORGANIZED

Journaling Routine

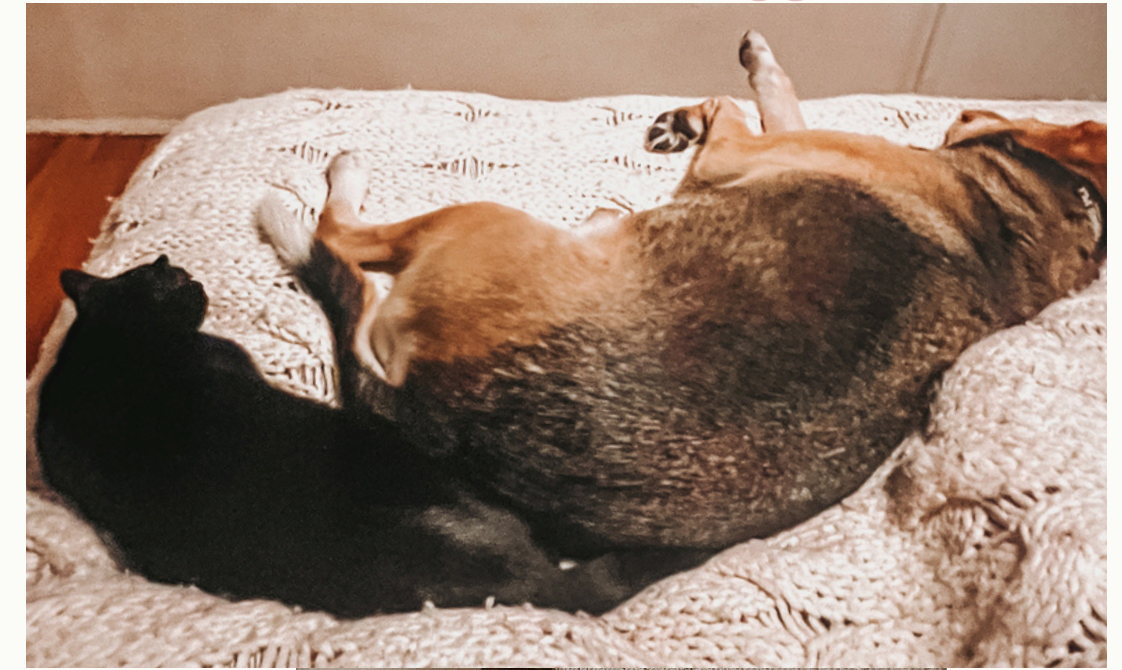


- Pick a spot. This spot will be your spot for the next 7 days. It can be a porch swing, a backyard camping chair you set up, your desk, your couch... wherever it is (except for your bed) is where it will remain. Your mind wants to know things are for sure and we need to feed it that.
- Bring your hot drink, breakfast, pens, and journals with you.
- The first will be your GRATITUDE Journal
- In this journal, you will write 4-5 things you are grateful for today. This can be anything... I write how grateful I am for my hot coffee multiple times a week. It could be for the great dream you had last night or that moment your grandma hugged you tightly 7 years ago or the way your dogs look at you when you feed them. I don't care what you write but find 4-5 things and put them in this journal. When you finish writing them, read them back to yourself & then close this journal.
- Gratitude is proven to quiet the part of your mind that holds anxiety. You literally can not be anxious when you are practicing gratitude.
- Now it's time for the 2nd journal. This will be your BRAIN DUMP journal.
- Your mind has become so heavy and full of things that are literally weighing you down all day. We are going to leave those cares and worries here in this book today.
- You are going to write for no less than 15 minutes in this journal. Write everything and anything that is on your mind. This can look like "I don't know what to write. This is dumb. I'm so tired. I hate my life. The kids have been testing my patience. I hate my job. I don't want to be alive anymore. I don't want to do this dumb practice. Nothing will ever fix my kind of fucked up. I want to get ready now. I want to go back to sleep. I have so many things on my to-do list like..." you get the point. Anything and everything you are consciously thinking at the moment needs to be written in this journal. WRITE AS HONESTLY AS YOU'VE EVER WRITTEN!!!! No one else is going to read this. Not even you... This is just to eliminate the extra mean, evil, to do things, sadness, happiness, secrets out of your mind and onto the sheet. These things are just ships passing in the night and instead of holding them hostage in the confines of our minds, we are going to release them back into the wild. They are not ours to carry.
- Once you write for at least 15 minutes, close that journal and leave that all in there until tomorrow.

BEST MOMENTS

- Some days more than others it feels difficult to see the beauty in our lives. So we are going to go on a scavenger hunt for it. Every day this week I want you to search for the absolute most beautiful or best part of your day. Photograph it & note it. Notice that you aren't sure when the best moment will occur so if you have the twinge that says "What if this is the best moment?!" Take a snapshot or write a note on your phone about it, just in case.
- By the end of the day you might have a few moments that were great & recorded (yay!!!), but look them over and send me the "best" one. I will be holding you accountable for this. The more you do this, the more you will find that beauty is almost seeking you to prove to you that there are even better moments to record.
- Bonus points - Affirm every morning and every night this sentence before you get moving, "Universe, Show me just how great my life can get. Show me how peaceful, prosperous, and beautiful my life can be."

I love their snuggles



Erewon water as my passenger princess!



My dad sent me my birth video



NOURISHMENT



- Feeding ourselves can feel like one of the hardest things to do consistently & healthily, day in & out. It feels hard to be intentional with it and when we do feel the hunger, comfort foods come to mind first. This week we are going to change that. This week we are going to be super intentional with how we nourish our bodies.
- Making a list of what you will eat for each meal this week should start to help. Write out meals and what ingredients you will need for each meal. Make a grocery list and if going to the store feels too difficult today, use Instacart.
- Breakfast - smoothies, loaded coffee, quiche, overnight oats, chia puddings, hard boiled eggs, breakfast sandwich, scrambles, avo toast, or when I'm really down and out, I'll order 5 Home State tacos for the week to make my life easier.
- Lunch - salads, sandwiches, bowls. Make these as simple as possible
- Dinner - Pinterest & Instagram have great simple 4 ingredients, Trader Joe's meals. Think crock pots & minimalism.
- Being intentional and cooking for yourself should be looked at as a ritual. You want to spend the time & love on what enters your body that you normally don't. We forget while in the rush of taking care of everyone else & everything else, that we are extremely important too. We need to feel loved by us too.

The Wind-down



- The reason we set up our evening is really to set your morning up for success.
- Take your nighttime supplements (if you have any)
- Plug your phone in the other room
- Wash your face & put on your creams before you get to your room.
- Set your alarm clock & try to set yourself up for 8 hours
- Grab a book or meditate for 10 minutes minimum
- Give yourself grace by doing a day review and imagining you doing anything you didn't get to today that you promised yourself you would.



Q & A TIME

E-mail

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WhatsApp Chat

7-Day Reset - January Reset Crew