



Wolfe Wisdom – Mantra Guide to Navigating My Week

**Simple, Real-Life Resets
for Women Juggling It All**

By Mandy Wolfe | @wolfewisdomo



Welcome to Your Weekly Reset

By Mandy Wolfe | Wolfe Wisdom

... Real Talk from Mandy

If you're anything like me—a woman juggling work, family, and the unpredictable waves of midlife—you know how easy it is to lose yourself in the chaos. For years, I woke up feeling behind before my feet even hit the floor. I'd scroll my phone, check my to-do list, and instantly feel overwhelmed. I was surviving, not thriving.

But I learned something powerful: starting my day with a mantra—a simple, positive intention—could shift my entire perspective. It wasn't magic. It was a mindset.

And it changed everything.



Why Mantras Matter

Having a mantra ready first thing in the morning is like setting a gentle anchor for your mind. It's not about ignoring the hard stuff; it's about choosing your focus before the world chooses it for you.

"I'm all about action and results—even on days when I don't feel confident. These mantras are my way of reminding myself (and you) that progress is possible, even when motivation is low."

... Mandy's Message:

I created these mantras for the mornings when I felt like I couldn't face the day. They're not just words—they're lifelines. They remind me that I'm allowed to take up space, to breathe, to begin again. Even if I'm still in my pyjamas and the dishes aren't done.



Why I Journal

... Real Talk from Mandy

Let's be honest—life doesn't come with a pause button. Between the school runs, work deadlines, and trying to remember if you've had lunch, it's easy to feel like your thoughts are running the show.

That's where journaling comes in.

I used to think journaling was just for people with perfect morning routines and fancy pens. But then I realized: it's not about being polished—it's about being present.

Journaling Isn't Just Writing—It's Reclaiming Your Voice

When I started journaling, I wasn't trying to be deep. I was just trying to breathe. I'd scribble down whatever was swirling in my head—worries, wins, wild dreams—and suddenly, I felt lighter. Journaling gave me a safe space to be messy, honest, and real. It helped me hear myself again. And in the noise of midlife, that's a gift.



Why It Works

- **Clarity:** Putting thoughts on paper helps you untangle them.
- **Confidence:** Seeing your own words reminds you of your strength.
- **Compassion:** You start treating yourself like someone worth listening to.
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... Mandy's Message

You don't need rules to journal. You don't need a fancy notebook.

You just need a moment—and a willingness to show up for yourself.

Whether it's one sentence or a full page, your words matter. They're proof that you're here, growing, and still choosing yourself. So grab a pen, take a breath, and let your truth spill out. You're not just journaling—you're healing.

How to Use This Guide

1. Start each morning with your mantra.

Let it be your anchor, especially on the days when getting out of bed feels like climbing a mountain. These words are your whisper of strength.

... Mandy's Message:

I created these mantras for the mornings when I felt like I couldn't face the day. They're not just words—they're reminders that you're not alone. I've been there, and I want you to feel held, even if just by a sentence.

2. Take one inspired action.

It doesn't have to be big. Maybe you made that call, drank the water, or simply chose kindness. Write it down. Every small step is a victory.

... Mandy's Message:

I believe in the power of tiny wins. When life feels overwhelming, even brushing your hair or replying to a message can be a triumph. This journal is here to help you notice those moments and honour them.

3. Track your growth with the Reset Framework.

This is your mirror—not to judge, but to celebrate. See how far you've come. Honour your wins, your wobbles, and your wisdom.

... Mandy's Message:

The Reset Framework is my way of saying: progress isn't linear, and healing isn't tidy. It's okay to wobble. What matters is that you're showing up. This space is for celebrating your resilience, not your perfection.



The Wolfe Wisdom Weekly Reset

A Guided Mantra & Action Journal for Women Rising

✨ Introduction

This is your space to reset, reflect, and reconnect with yourself. Each day offers a gentle mantra to ground your thoughts and a simple journal prompt to help you take one small step forward. Whether you're navigating midlife, single parenting, or simply trying to find your footing again, this guide is here to remind you: progress isn't always loud. Sometimes, it's just opening the window and breathing. Use this template daily or weekly—there's no wrong way to show up. Just begin.

✨ Mantra's

Monday

Mantra: Today, I will get up—even if it's just to open the window and breathe.

Action Journal: What did I do to move forward today, even a little?

[Write your response here]

Tuesday

Mantra: I am worthy of care, even when I feel broken.

Action Journal: How did I show myself kindness today?

[Write your response here]

Wednesday

Mantra: I will ask for help or support, even if it's just sending a text.

Action Journal: What connection did I make or seek out today?

[Write your response here]

Thursday

Mantra: My feelings are valid, and I will let myself feel them without shame.

Action Journal: What emotion did I acknowledge today?

[Write your response here]

Friday

Mantra: I will celebrate one thing I did, no matter how small.

Action Journal: What did I recognise or celebrate about myself today?

[Write your response here]

Saturday

Mantra: I will find one moment of joy, even if it's just a cup of tea in peace.

Action Journal: What brought me a spark of joy today?

[Write your response here]

Sunday

Mantra: I will rest, knowing I deserve a fresh start.

Action Journal: How did I allow myself to recharge today?

[Write your response here]



The Reset Framework

💬 Real Talk from Mandy

Life doesn't wait—and neither should your healing. That's why I created this weekly reset. It's not about perfection. It's about pausing long enough to check in with yourself.

This framework isn't a chore—it's a gift. A moment to reflect, release, and realign before the week sweeps you away.

✅ Your Weekly Reset Checklist

• One thing I'm letting go of this week:

Letting go is hard. Trust me, I've clung to old stories, messy rooms, and even guilt like they were lifelines. But here's the truth: when I release something—a grudge, a fear, a false belief—I make space for something better.

It's not about forgetting. It's about freeing myself to move forward.

• One thing I'm calling in:

I believe in setting intentions, even when I'm not sure I deserve good things. Calling in hope, courage, or even just a peaceful moment reminds me that I'm allowed to want more—for myself, for my family, for my future.

• One boundary I'll hold:

Boundaries used to feel like walls. Now I know they're bridges—to better mental health, to deeper self-respect. Saying no isn't selfish. It's sacred. It's how I protect my energy and show up fully where it matters.

• One act of care for me:

Self-care isn't always pretty. Sometimes it's booking that overdue doctor's appointment, taking a walk without guilt, or letting myself cry in the car. Every act of care—no matter how small—is a victory.

And yes, even staying in pyjamas counts.

📝 Notes from My Week

(Leave this space blank for journaling, doodles, or messy thoughts. It's yours.)

Draw a line. Write a word. Scribble a dream. This is your space to be real.



Mood & Energy Check-In

💬 Real Talk from Mandy

Some weeks I feel like I'm running on caffeine and chaos. Other weeks, I'm calm, grounded, and actually remember to drink water.

This check-in isn't about judgment—it's about awareness.

Because when I know where I'm at emotionally and energetically, I can meet myself with compassion instead of criticism.

🌀 How Am I Really Feeling?

Mood Check (circle or highlight one):

😊 Joyful 😊 Calm 😐 Meh 😟 Anxious 😞 Low 😡 Frustrated 😱 Overwhelmed 💪 Empowered

Energy Level (circle or highlight one):

⚡ Supercharged 😊 Steady 😴 Tired 🩸 Drained

🚫 What's Fueling Me? What's Draining Me?

+ What's giving me energy right now:

(People, habits, moments, music, movement—whatever's lighting you up.)

– What's draining my energy right now:

(Stressors, overcommitments, emotional weight—name it so you can shift it.)

💬 Mandy's Message

You don't have to be "on" all the time. You don't have to fake fine.

*This check-in is your permission slip to be
honest with yourself, first and foremost.
Because when you know how you feel,
you can choose what you need.*

And that, my friend, is power.

Self-Care Menu

Real Talk from Mandy

Self-care isn't a luxury—it's survival.

And it doesn't have to be expensive, time-consuming, or Instagram-worthy. It just has to be intentional. This menu is here for the days when you feel stuck, stretched thin, or simply unsure what you need. Pick one. Pick five. Mix and match. You deserve care—on your terms.

Mind Nourishment

- Write a journal entry (even if it's just one sentence)
- Read a chapter of a book that inspires you
- Listen to a podcast that makes you feel seen
- Say a mantra out loud (even if you whisper it)

Body Kindness

- Stretch for 5 minutes
- Drink a full glass of water
- Take a walk (even just around the block)
- Rest without guilt—yes, naps count

Soul Soothers

- Light a candle and breathe deeply
- Watch something that makes you laugh
- Call or text someone who lifts you up
- Sit in silence and let yourself just be

Life Admin (aka Self-Respect Tasks)

- Book that appointment you've been avoiding
- Declutter one drawer or corner
- Prep a healthy snack for tomorrow
- Say “no” to something that drains you
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Mandy's Message

Self-care isn't one-size-fits-all. Some days it's a bubble bath. Other days, it's finally replying to that email. Whatever it looks like for you today—honour it. You're not lazy. You're healing.

And that's powerful.

Mantra Reflection Journal

Real Talk from Mandy

Mantras aren't magic spells—they're mindset shifts. And like any good habit, they work best when we notice them.

This journal page is your space to reflect on how your mantra showed up in your week.

Did it guide you? Ground you? Challenge you?

There's no right answer—just your truth.

This Week's Mantra Was:

(Write it here. Say it out loud. Let it land.)

How It Made Me Feel:

(Did it calm you? Motivate you? Remind you of your worth?)

Moments I Needed It Most:

(Think of a tough conversation, a stressful moment, or a time you felt off-track. How did your mantra help—or how could it have?)

What I Learned About Myself:

(Did your mantra reveal a pattern, a strength, or a need? Write it down. Celebrate it.)

Mandy's Message

Reflection is where the growth happens. It's where we connect the dots between intention and experience. So take this moment. Write. Rant. Rejoice. Your words are proof that you're showing up—for yourself, again and again.

Closing Words & Community Invitation

... You Are Not Alone

You don't have to carry it all. You don't have to pretend to be strong every moment of every day. I've spent years helping others—sometimes because it felt easier than helping myself. But here's what I've learned: when we lift someone else up, we often find our own strength rising too. They say no act is truly selfless. Helping others is how we heal ourselves.

This Is Just the Beginning

This guide is your first step. A reset. A reminder. A reclaiming. But it's not the whole journey—and you don't have to walk it alone.

I'm building a community where real support lives. Where honest conversations happen. Where practical tools meet soulful growth, through coaching, mentoring, and shared resources, I want to walk beside you—not ahead of you. My drive comes from watching others rise. And knowing that together, we can turn surviving into thriving.

Ready for More?

Join me for:

Live Reset Sessions

Weekly Coaching Circles

Exclusive Guides & Digital Resources

Community Challenges & Journaling Prompts

Let's rise together—because when you help someone else, you help yourself too.

Stay Connected

Follow @wolfewisdom0 on TikTok for:

Daily Mantras

Live Resets

Real Talk for Real Women