

# 7 DAYS TO THRIVE

RESET YOUR BODY.  
RECLAIM YOUR ENERGY.



A gentle reset for women who are  
ready to feel good in their body  
again and take back their time,  
health and vitality.

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# WELCOME

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HELLO *beautiful lady*

Have you forgotten who you truly are?

If you've been feeling tired, stressed or just "off"... this is absolutely for you.

This 7-day journey is about pressing pause on the noise and coming back home to yourself.

No extremes.

No shame.

No added pressure.

Just simple, nourishing shifts to help you reset your body and reconnect with the vibrant, thriving woman within.

The one you remember being.

Let's take one day at a time, and let the shift from survival to thriving begin.

With love,

Jess and the Thrive Family

## HOW IT WORKS

Each day includes:

- A simple focus (less than 20 mins)
- A Thrive Shift (small action to move the needle)
- A journal prompt (to reconnect with you)
- A hydration reminder (because water = life)



# DAY 1 – HYDRATE & BREATHE

**Focus:**

Reset starts with the basics. Hydration + nervous system = powerful.

**Thrive Shift:**

Drink 1L of clean, filtered (preferably ionized) water before midday. Add lemon or a sprinkle of sea salt.

**Bonus:**

Do 3 rounds of deep belly breathing (in for 4, out for 8).

**Prompt:**

What would it feel like to fully reset your body and mind this week?

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# DAY 2 – NOURISH

**Focus:**

Gut-brain connection is real. Food = mood.

**Thrive Shift:**

Add 1 extra serve of greens to every meal today.

**Bonus:**

Take 5 deep breaths before eating.

**Prompt:**

How does food make you feel? What would it look like to eat with intention?

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## BONUS RECIPE: GUT LOVING BERRY *smoothie*

**1 tbs quality protein powder**  
**1 cup mixed berries**  
**1 tbs chia seeds**  
**½ banana**  
**½ cup of greek yoghurt or plant based option**  
**1 cup Coconut water**  
**Ice from filtered or ionized water)**

**Blend all together and Enjoy!**

This delicious smoothie provides a balance of energy with a base in protein, supporting your metabolism, digestion and the berries are packed with anti-oxidants. Nourished from the inside out - your skin will glow and your taste buds will enjoy the natural sweetness.



## DAY 3 – MOVE GENTLY

### **Focus:**

Movement shifts energy and creates clarity and confidence.

### **Thrive Shift:**

Go for a 15-minute walk or dance to your fave song in the lounge room.

### **Bonus:**

Stretch your lower back, hips and hamstrings for 3 minutes before bed.

### **Prompt:**

Where in my life am I holding tension I could let go of?

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## DAY 4 – MINDSET RESET

**Focus:**

Your thoughts directly impact your focus, actions and therefore - results.

**Thrive Shift:**

Speak this affirmation out loud:

'It is safe for me to slow down, and still be living a deeply meaningful life.'

**Bonus:**

Write a list of 5 things you're proud of yourself for.

**Prompt:**

What belief about health or success am I ready to let go of?

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## DAY 5 – DIGITAL DETOX

**Focus:**

Less noise and distraction = more clarity.

**Thrive Shift:**

Stay off your phone for the first hour of your day.

**Bonus:**

Put your phone on "Do Not Disturb" for 3 hours today. Notice how that feels.

**Prompt:**

What do I truly need today that no screen can give me?

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# MEET SOME OF OUR COMMUNITY:

## Meet Jess

Jess is a mum, mentor, and freedom-seeker who walked away from burnout and stepped into a life of purpose, wellness and prosperity.

She now helps others do the same through a life grounded in wellness, aligned with their values, and free from hustle. With training in nutrition, fitness, mindset, and business, Jess supports others in living fully, freely, and on purpose.

The Thrive Movement is a powerful mission to help humans do life differently.



## Meet Fran

Fran was a leader in the education system with a strong passion for empowering others to be the best versions of themselves.

However, after years of dedication, she faced career burnout, which led her to recognize the need for a complete lifestyle shift.

Now, Fran helps others thrive while nourishing herself and is deeply aligned with the mission and values of the Thrive movement.

## Meet Karlee and Mitch

Karlee and Mitch made a powerful decision just a little while ago...

life is more than just working to pay bills and pushing holidays, dreams and plans back until they could afford them.

Instead of staying stuck in the grind or settling for the lie that they 'just have to work harder'... they chose to leverage the online space and make it work for them!

Now, they're living their dream.

Traveling Australia full time and excited to help others create a life on their own terms.

This is what the Thrive movement is all about!



## DAY 6 – VISION & VITALITY

**Focus:**

Reconnect with what matters most. Your top values (often health, family, freedom...)

**Thrive Shift:**

Write down your ideal day - what it looks like, feels like.

**Bonus:**

Speak it out loud as if it's already happening. How does it feel?

**Prompt:**

What would a thriving life really look like for me? What is stopping me from living it now?

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## DAY 7 – INTEGRATE & CELEBRATE

**Focus:**

You did it. Let's anchor it in.

**Thrive Shift:**

Take a long shower or bath. Reflect. Breathe.

**Bonus:**

Celebrate your wins - big or small. Committing to these 7 days!

**Prompt:**

What is one thing I'll keep doing after this reset?

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## WANT TO GO DEEPER?

If this week lit something up in you... you're ready  
for the Thrive Movement.

Inside, we go deeper into all the things that help us  
live in flow:

nutrition, mindset, wealth creation, movement,  
nervous system support and more.

TAP HERE