

Your Daily Reset

2-Day Sampler

Mindfulness Through Midlife Renewal

By Monica Merleau

Your Daily Reset: 2-Day Sampler

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Welcome

Welcome to Your Daily Reset: 2-Day Sampler - a mindful journey designed to help you pause, breathe, and reconnect with yourself.

These two days are taken directly from the full 7-day program, which offers daily practices, affirmations, and journal prompts to guide you toward calm, clarity, and connection - especially during midlife renewal.

If you enjoy these two days, you can continue your journey with the full e-book and explore all 7 days of mindfulness and renewal.

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Day 1: Breathe into Presence

Midlife often brings questions, transitions, and change. But in the midst of uncertainty, there is always one place we can return to: the present moment. And the breath is our doorway.

When you connect to your breath, you return to yourself. You quiet the noise, the roles, the 'shoulds.' You soften into now.

This first reset invites you to pause and breathe into presence. It's not about doing-it's about being.

Practice

Breathwork Practice: Box Breathing (4-4-4-4)

Inhale for 4 counts

Hold for 4 counts

Exhale for 4 counts

Hold for 4 counts

Repeat this for 3-5 minutes. Breathe slowly and steadily. Imagine calm washing over you with each cycle.

Tip: Try placing one hand on your heart and one on your belly as you breathe.

Daily Affirmation

'With each breath, I come home to myself.'

Repeat this gently-out loud, in a whisper, or in your heart. Let it settle into your body.

Journal Prompt

When do I feel most present and alive?

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How can I create more of those moments in my day?

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Day 2: Cultivate Stillness

In the whirlwind of midlife, it's easy to get caught up in the busyness of life. Yet, stillness is where we truly reconnect with ourselves. When we allow ourselves to pause and embrace quiet moments, we open the door to clarity and inner peace.

Today, we explore the art of cultivating stillness. It's about finding those pockets of peace in your day and allowing them to nourish your spirit.

Practice

Mindfulness Practice: Body Scan Meditation

Find a comfortable place to sit or lie down. Close your eyes and take a few deep breaths. Slowly bring your attention to different parts of your body, starting from your toes and moving all the way up to the top of your head. Notice any sensations, tension, or areas of relaxation. There's no need to judge or change anything—just observe and breathe.

Tip: If your mind starts to wander, gently bring it back to the part of the body you're focusing on.

Daily Affirmation

'Stillness restores my mind, body, and spirit.'

Repeat this gently or out loud, letting the words settle into your being.

Journal Prompt

What part of me needs stillness right now?

How can I invite more moments of quiet into my daily life?

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Continue Your Journey

Ready for the full experience?

This was just a taste of what Your Daily Reset has to offer. The full 7-day guide includes:

- 7 transformative daily themes
- Simple, guided mindfulness & breathwork exercises
- Affirmations to uplift your spirit
- Reflective journal prompts for deeper self-discovery

Continue your journey today - purchase the full e-book and unlock all 7 days.

Visit monicamerleau.com to get started.