



Quick-Start + Companion Downloads

1. 7-Day Quick-Start Summary Card

Purpose:

To help you start reprogramming today — no overwhelm, no waiting for Monday.

These seven days lay the foundation for every habit that follows: affirmations, hydration, movement, nourishment, and reflection.



Daily Non-Negotiables

Every morning:

- Listen to affirmations (5–30 min)
- Hydrate: 12–16 oz water with minerals or lemon
- Step outside for morning light (5–10 min)
- Move: 20–30 min of something you *enjoy*
- Eat real food using the Plate Formula ($\frac{1}{2}$ veg, $\frac{1}{4}$ protein, $\frac{1}{4}$ starch + fat)
- Reflect briefly at night



7-Day Quick-Start Overview

Day 1 – Ground Yourself

Start with affirmations + a light walk. Follow the Plate Formula for all meals.

Day 2 – Add Stillness

Repeat Day 1 and include 5 minutes of breathwork or meditation.

Day 3 – Test Your Rhythm

Try a gentle 14:10 fast if it feels right. Focus on steady protein + hydration.

Day 4 – Move Differently

Add light resistance (bands, yoga, or strength flow). Get outdoors.

Day 5 – Connect

Post a win or check-in with your community. Share one meal that made you feel good.

Day 6 – Reflect & Adjust

Write what worked and what didn't. Refine your morning rhythm.

Day 7 – Reset for Next Week

Do your Sunday Reset: batch-cook, refill water station, set next week's intentions.



Quick Reminders

- Progress is repetition, not perfection.
- When you miss, restart at the next meal or moment — no guilt required.
- Your only goal: consistency. Momentum builds naturally.

2. Daily Journal Prompt Sheet

Purpose:

To deepen awareness and keep you connected to your why.

Use these prompts morning and night for as long as you'd like — they align your mind with your body's progress.

Morning Prompts

1. What do I need most today?
2. What one action will support that?
3. How do I want to *feel* by tonight?
4. What will I say “no” to today to protect my peace?
5. What affirmation will guide me today?

Evening Prompts

1. What felt good in my body today?
2. What challenged me, and what did it teach me?
3. What choices helped me feel balanced?
4. What am I grateful for right now?
5. What will I carry forward into tomorrow?

 **Tip:** Keep these two pages taped to your fridge or inside your journal for the first week.

They're your daily anchor — proof that small, consistent actions create massive change.