



From Stiff & Achy to Strong & Mobile

Member Resources Bundle

Here is the link to the replay:

<https://darsdivineconnections.com/stiff-achy-replay-video>



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Information herein does not constitute medical advice. Please always seek medical advice from a qualified medical professional.

Gentle Reset Workbook

Daily Check-In

Today's Date: _____

How does your body feel today?

☐ Very Stiff ☐ Stiff ☐ Tight ☐ Neutral ☐ Loose ☐ Mobile

Where do you feel it most?

Energy Level (1-10): _____

Mobility Confidence (1-10): _____

Notes:



Your Guided Reset

(Choose 1–2)

1? Long Exhale Breathing (Nervous System Reset)

- Sit comfortably
- Inhale through your nose for 4
- Exhale slowly through your mouth for 6
- Repeat 5 times

Focus: Let shoulders drop as you exhale

2? Collarbone Reset (Neck + Upper Body Mobility)

- Place right hand under left collarbone
- Gently pull skin downward (1 inch)
- Slowly turn head to the right
- Return to center
- Release hand
- Retest head turn
- Switch sides

Focus: Move slowly, no forcing



3? Ankle Mapping Reset (Balance + Stability)

- Sit tall, feet on floor
- Lift one heel slightly
- Draw a small square with your heel:
 - Forward → Side → Back → Side
- Reverse direction
- Switch feet

Focus: Keep it small and controlled

4? Pelvic Micro-Movement Reset (Low Back + Hips)

- Sit upright
- Gently tilt pelvis forward (small)
- Then tilt backward
- Then make small circles

Focus: Tiny movements, no pushing

5? Shoulder Glide Reset

- Place hand on collarbone
- Gently pull skin downward
- Slowly roll shoulder back
- Long exhale
- Repeat 3–5 times

Focus: Smooth, relaxed movement



What Did You Notice?

- ☐ Less stiffness
- ☐ Smoother movement
- ☐ More awareness
- ☐ No change yet (that's okay)

What shifted (even slightly)?

Reframe Thought

"My body is not stuck... it is _____."



The Daily Cheat Sheet

Nervous System Regulation

The 3C Loop (Use Anytime)

Clarity → What is actually happening?

Calmness → Can I breathe while moving?

Confidence → Can I apply gentle load?



3-Minute Reset Routine

1. 5 long exhales
2. 1 reset (neck, ankle, hips, shoulder)
3. Light press or hold (3 seconds)

Quick Body Check (Use During the Day)

Ask yourself:

- Am I holding my breath?
- Are my shoulders lifted?
- Am I bracing?

Then:

→ Exhale

→ Soften

→ Move again

Daily Movement Reminders

- Exhale when you stand
- Move slower than you think
- Small resets matter
- Repeat daily

Anchor Thought

"Movement is safer than my body thinks."



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Move Freely Again Tracker (Guided)

Weekly Tracking

Day	Stiffness (1-10)	Mobility (1-10)	Reset Done?	Notes
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				



Weekly Reflection (Guided)

1. What improved this week?

2. Where did movement feel easier?

3. When did you feel most confident?

Next Week Focus

Circle one area:

Ankles | Knees | Hips | Back | Shoulders | Neck

Closing Reminder

Small resets create big change.

Your body is learning every day.

Stay consistent. You are becoming stronger and more mobile.



7-Day Guided Plan

(Your Step-by-Step Plan)

Simple. Repeatable. Supportive.

Each day takes ~5–10 minutes.

Day 1 — Awareness + Breath

Goal: Calm the system

1. Sit comfortably
2. Inhale through nose (4)
3. Long exhale through mouth (6)
4. Repeat 5 rounds

Then ask:

- Where do I feel stiffness today?

Write it down in below or in your journal.



Day 2 – Neck + Upper Body Reset

Goal: Reduce protective tension

1. Place hand under collarbone
2. Gently pull skin downward
3. Slowly turn head
4. Return + retest
5. Do both sides

Then notice:

- Did it feel smoother?

Write it down in below or in your journal.



Day 3 – Ankles + Balance Mapping

Goal: Improve stability signals

1. Sit tall
2. Lift heel slightly
3. Draw small square with heel
4. Reverse direction
5. Switch sides
6. Keep it small and controlled

Then notice:

- Do your feet feel more grounded?

Write it down in below or in your journal.



Day 4 – Low Back + Hips Reset

Goal: Restore movement in pelvis

1. Sit upright
2. Gently tilt pelvis forward
3. Then backward
4. Then small circles
5. Tiny movements only

Then notice:

- Does your back feel less guarded?

Write it down in below or in your journal.



Day 5 – Shoulder + Breath Integration

Goal: Combine movement + calmness

1. Hand on collarbone
2. Gentle skin pull
3. Roll shoulder back slowly
4. Long exhale
5. Repeat 3–5 times each side

Then notice:

- Does movement feel easier with breath?

Write it down in below or in your journal.



Day 6 – 3C Loop Practice

Goal: Put it all together

Pick ONE body area.

1. Clarity → What feels stiff?
2. Calmness → Take a long exhale
3. Confidence → Gently press or load (3 sec)
4. Repeat 3 times

Then notice:

- Does it feel more stable?

Write it down in below or in your journal.



Day 7 – Integration Day

Goal: Build trust in your body

1. Do your favorite reset from the week
2. Take 3 long exhales
3. Move slowly (stand, walk, turn)
4. Notice how your body responds

Then reflect:

- What improved this week?
- What felt easier?

Write it down in below or in your journal.

Final Reminder

You don't need to do everything. You just need to repeat what works.

Small resets → repeated daily → create lasting mobility.

Your body is learning. And you are guiding it.



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Your Next Step

If you're ready to live with Vitality...

If you're ready to feel energized instead of exhausted...

I invite you to a complimentary
Brain & Body Reset Session
(Normally \$397 – free for you.)

Together we'll identify what's draining your energy and create a personalized plan so you can live — feeling clear, confident, and capable again.

Reserve your session here:

<https://darsdivineconnections.as.me/strategy-session>

Because life after 65 isn't over!
It just needs better support.

With warmth,

Dar McCann

*Helping women 65+ remain strong, sleep
soundly & feel 10-20 years younger*



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