

THE WHOLESOME RESET GUIDE [a 7-Day Journey]

*"Simple shifts for a more peaceful,
purpose-filled life."*

SAMPLE



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HOW to use this Guide...

*Helping busy, modern women
reconnect with peace, purpose, and
presence through simple, faith-rooted,
nature-inspired daily actions.*

- Read one short reflection each morning or evening.
- Choose one “Simple Action” and “Wholesome Swap” to practice that day.
- Use the “Journal Prompt” for reflection or prayer.
- Invite nature into the process — read outdoors, open a window, notice the light.

You don't need to do everything perfectly...
The power of this reset is in *presence*, not performance.

Each day should feel like
a soft “reset button.”
Think of it as spiritual
and practical nourishment
for the soul.



INTRODUCTION

I'm so glad you're here.

"Wholesomeness isn't about perfection — it's about returning to what nourishes your body, mind, and spirit."

Dear friend,

If you've felt weary, overstimulated, or just quietly longing for more peace in your days — this is your gentle invitation to begin again.

The Wholesome Reset is a 7-day journey to help you slow down, breathe deeper, and rediscover the beauty God placed all around you — and within you.

Each day offers a small reflection, a simple action, and a "wholesome swap" to bring more peace, purpose, and natural beauty into your life. None of it requires perfection, money, or extra time — *only willingness and a little faith.*



Think of this as a conversation with a trusted friend. A pause in the noise. A reminder that you can live more gently and still accomplish what matters most.

Let's begin this journey together.

With grace,

Rachel

DAY ONE

Begin with Quiet.

"Be still, and know that I am God." — Psalm 46:10

In a world that glorifies busy, stillness can feel uncomfortable — even wrong. But quiet is where our souls catch up with our bodies. It's where we hear the whisper of God's presence again.

Today, carve out ten minutes of quiet — no phone, no agenda. Sit by a window, breathe, and notice how the stillness feels.

SIMPLE ACTION

Sit quietly for 10 minutes — outdoors if possible.

JOURNAL PROMPT:

When do I feel most at peace in God's presence?

WHOLESOME SWAP

Replace morning scrolling with soft instrumental or worship music.



DAY SEVEN

Walk in Peace

"You will keep in perfect peace those whose minds are steadfast, because they trust in You." — Isaiah 26:3

True peace is not the absence of noise or problems, but the presence of trust. Today, rest in the truth that you are guided, loved, and provided for.

Reflect on the small changes you made this week — notice how even simple shifts can change your spirit.

SIMPLE ACTION

Spend 15 minutes in prayer, reflection, or journaling.

JOURNAL PROMPT:

What "problem area" in my life can I replace with peace by *trusting* that God will provide me with the way — or strength — to grow through it?

WHOLESOME SWAP

Replace striving with surrender — remind yourself you're held.



DAY SEVEN

Walk in Peace



[EXTRA SPACE FOR REFLECTION]

Which *one* of the small changes you made this week had the *most* positive effect on your spirit?

Elaborate on *how* this change was different from your typical behavior, and *why* you feel it had such a beneficial outcome.

SAMPLE

What *benefits* might come to your life if you *continue* this practice?