

INTRODUCTION TO LIVING BY RHYTHM & DESIGN

THE 7-DAY WHOLENESS MINI RESET

*an introduction
to Living by Rhythm & Design*



Sheila Certeza Asare
FMCHC, NDPP Lifestyle Coach

Workbook Journal

[HTTPS://THEQUINTESSENCE.LIFE/](https://thequintessence.life/)

WELCOME TO YOUR 7 DAY WHOLENESS MINI RESET

Hello,

Welcome to your 7-Day Wholeness Mini Reset - a gentle taster of what becomes possible when you align your body, your rhythms, and your inner wisdom.

The reset is simple.

Each day invites you to..

- Anchor into one Body Rhythm (sleep, meals, hydration, movement, stillness)
- Notice an inner voice that may sabotage your best intentions
- Practice a Body Moment to reconnect with sensation
- Reflect with space to write and reset

This is not about perfection.

It's about small shifts, noticing, and remembering: your body already knows the way back to wholeness.

- Each step you take is a seed — and together, these seven seeds show you what's possible when you begin to live by rhythm and design.

Warmly,
Sheila



P L E A S E R E M E M B E R

This Mini Reset is for educational and informational purposes only.

It is not intended as medical advice, diagnosis, or treatment.

Always consult your healthcare provider before making changes to your diet, exercise, or lifestyle routines.



Reset 1: Evening Rhythm

Body Anchor:

Finish your last meal 2–4 hours before bed.

Saboteur Lens:

“It’s just one snack... you deserve it.”

Body Practice:

As evening comes, place a hand on your belly. Notice the difference between true hunger and habit hunger.

Challenge:

Close the kitchen after dinner tonight. Go to bed at a consistent time.

Why It Matters:

At night, your body is designed to rest and repair. When you eat late, your system stays busy digesting instead of restoring. A gentle pause before bed supports steadier blood sugar, deeper rest, and more morning energy.

✓ Today’s Reset Checklist:

- ☐ Finished last meal 2-4hrs before bed
- ☐ Hand-on belly practice
- ☐ reflection

HOW DID MY BODY FEEL GOING TO BED LIGHTER TONIGHT?



Reset 2: Morning Rhythm

Body Anchor:

Upon waking, pause before getting up. Begin your day with a breath and slow body scan.

Saboteur Lens:

"You're already behind. Hurry up!"

Body Practice:

Lie still for 1–2 minutes. Close your eyes, breathe slowly, and move awareness from toes to crown. Simply notice what you feel without needing to change it.

Challenge:

Begin your morning with a breath and gentle body scan instead of rushing out of bed.

Why It Matters:

Starting the day in calm steadies your nervous system and helps regulate blood sugar. Pausing before movement reminds your body that it is safe, shifting you out of stress and into presence.

☒ Today's Reset Checklist:

- ☐ Slept at a consistent time
- ☐ Body scan on waking
- ☐ Reflection written

WHAT DID I NOTICE IN MY BODY AS I BEGAN MY DAY MORE SLOWLY?



Reset 3: Hydration Rhythm

Body Anchor:

Drink water upon waking, before coffee/tea/juice or food.

Saboteur Lens:

“You don’t have time — just get moving!”

Body Practice:

Pause before you sip. Hold your cup or glass and thank the water for what it does — quenching your thirst, nourishing your cells, and refreshing your body. Then sip slowly, whether your water is cool, warm, or room temperature. Notice how it feels moving through you.

Challenge:

Start your day with water before anything else.

Why It Matters:

Overnight, your body naturally dehydrates. Water restores balance, supports detox, and prepares digestion. Beginning the day with hydration is like giving your body a fresh, gentle reset.

☒ Today’s Reset Checklist:

- ☐ Began with water before coffee/tea/food
- ☐ Practiced gratitude before sipping
- ☐ Reflection written

WHAT SHIFTED IN ME WHEN I PAUSED TO THANK THE WATER BEFORE DRINKING?



Reset 4: Nourishment Rhythm

Body Anchor:

Eat in this order: vegetables + fiber → protein (with healthy fats) → carbohydrates.

Pause for 3 belly breaths before your meal.

Saboteur Lens:

“If you don’t do it perfectly, it doesn’t count.”

Body Practice:

Place your fork down before eating. Take 3 slow belly breaths. Feel your shoulders soften and your belly relax. As you eat, imagine your food nourishing your cells with energy, strength, and renewal.

✓ Today’s Reset Checklist:

- ☐ Practiced the veggie → protein (with healthy fats) → carb order
- ☐ Paused for 3 belly breaths before meal
- ☐ Imagined food nourishing my cells
- ☐ Reflection written

Challenge:

At one meal today, practice eating in this order: veggies first, then protein (with healthy fats), and carbs last.

Why It Matters:

The order you eat changes how your body processes food.

- Vegetables + fiber create a natural “shield” in the gut that slows sugar absorption.
- Protein (with healthy fats) steadies digestion and helps you feel satisfied.
- Carbs last keeps glucose levels more stable and reduces energy crashes.

This simple rhythm helps balance blood sugar, keep energy steady, and reduce cravings. When you pair it with the awareness that food is deeply nourishing your body, it becomes more than a meal — it becomes an act of care.

WHAT SHIFTED IN ME WHEN I SLOWED DOWN AND IMAGINED MY FOOD NOURISHING MY BODY?



Reset 5: Movement Rhythm

Body Anchor:

Move your body for 10–15 minutes after meals, and create joyful movement every day.

Saboteur Lens:

“You can skip it — you’ll do it later.”

Body Practice:

After eating, take a short walk. Notice your breath and the rhythm of your steps. Then, at another time in the day, ask your body: “How do you want to move?” — stretch, dance, strength, yoga, or simply sway. Imagine this movement circulating energy and nourishing every cell.

Challenge:

Take a walk after one meal today and add a joyful movement to your day.

Why It Matters:

Walking after meals helps your muscles soak up glucose, keeping energy steady. Daily joyful movement reduces stress, balances hormones, and nourishes body and spirit — shifting movement from a task to an act of life-giving care.

✓ Today’s Reset Checklist:

- ☐ Walked after a meal
- ☐ Added joyful movement today
- ☐ Imagined movement nourishing my body
- ☐ Reflection written

HOW DID MY BODY FEEL WHEN I LET MOVEMENT BE NOURISHMENT INSTEAD OF A TASK?



Reset 6: Stillness Rhythm

Body Anchor:

Gift yourself 5 minutes of stillness each day to pause, breathe, and return to yourself.

Saboteur Lens:

“Stillness is a waste of time — you should be productive.”

Body Practice:

Sit comfortably, hands on your belly or heart. Close your eyes. Feel the rise and fall of your breath. Let thoughts and sensations come and go without fixing them. Imagine this pause as nourishment for your body's repair and renewal.

Challenge:

Pause for 5 minutes of stillness today — no phone, no doing, just being.

Why It Matters:

Stillness lowers stress hormones, steadies blood sugar, and gives your body space to repair. It's not empty time — it's nourishment that restores clarity, calm, and strength.

✓ Today's Reset Checklist:

- ☐ Practiced 5 minutes of stillness
- ☐ Hand on belly or heart
- ☐ Imagined stillness nourishing my body
- ☐ Reflection written

WHAT DID I NOTICE WHEN I ALLOWED MYSELF TO PAUSE AND BE NOURISHED BY STILLNESS?



Reset 7: Celebration Rhythm

Body Anchor:

Celebrate by naming 3 wins from this week.

Saboteur Lens:

"It wasn't perfect enough to count."

Body Practice:

Place one hand on your heart and one on your belly. Smile softly. Say "thank you" to your body for carrying you through this week. Let yourself feel the warmth of gratitude spreading inside.

Challenge:

Write down 3 wins from this week, no matter how small, and one thank-you to your body.

Why It Matters:

Celebration rewires your brain for trust and joy. Gratitude lowers stress, supports healing, and helps small shifts become lasting rhythms. Progress, not perfection, nourishes the new you.

☒ Today's Reset Checklist:

- ☐ Wrote 3 wins
- ☐ Thanked my body
- ☐ Reflection written

WHAT PART OF ME FEELS MORE ALIVE WHEN I CELEBRATE INSTEAD OF CRITICIZE?



Congratulations

You've completed the 7-Day Wholeness Mini Reset.

For one week, you gave yourself the gift of rhythm — nourishing your body, noticing your inner voices, and practicing small shifts that ripple into big change.

This wasn't about perfection. It was about presence. Every pause, every sip, every step, every breath was a way of remembering that your body knows how to guide you back to wholeness.

Take a moment now to reflect:

- Which rhythm felt most nourishing?
- Which practice surprised you?
- What do you want to carry forward into the next week?



Next Steps

This Mini Reset was just a beginning — a taste of what's possible when you align with your design.

Discover Your Inner Saboteurs

- Take the free Saboteur Assessment and uncover the voices that may be shaping your choices without you realizing.

Book a Discovery Call

- If you're ready to explore deeper rhythms — from nourishment to energy to living fully in your design — let's walk together. A Discovery Call is a space to share, reflect, and see what's possible for you.
- <https://vibly.io/experts/sheila-asare/discovery-call>

Sheila Centeza Asare



Scan the QR code to book a FREE discovery call with Sheila



<https://thequintessence.life/>

Reminder

This reset is for educational and informational purposes only. It is not intended as medical advice, diagnosis, or treatment. Always consult your healthcare provider before making changes to your diet, exercise, or lifestyle routines.





Every small rhythm
becomes a pathway back
to wholeness

Thank-you!

Contact:

<https://thequintessence.life/>

