

The 7-Day Reset

For the next week, you are going to take simple and quick actions to reset your spirit and body
- reducing stress, creating clarity, and bringing more joy into your life.
Choose one action every morning (they don't have to be done in order).
Check the "Did it" box when it's done, then take a note on if it was helpful or not!

Did it!	What to do:	Benefits	My response/notes:
	Commit to at least ONE NIGHT of 8hrs of sleep this week!	Better everything...	
	Write a letter to self, starting with: "I'm proud of you for..." and ending with: "I can't wait for you to..."	Pointing out your greatness boosts confidence and joy.	
	Do something creative for 15-30 minutes: sketch, write, take pics, music, dance. etc.	Creativity helps reduce stress, improve brain function and intelligence.	
	Eat all 3 meals for the day without screens in hand.	Focusing in on textures, colors, & smells while you eat makes it taste better!	
	Call one friend/loved one and say: "I just wanted to thank you for..."	Strong bonds reduce stress and fear	
	Spend at least 15-minutes with your feet in the grass (and no device in hand)	Grounding reduces stress hormones	
	Pass a blank 7-Day Reset to someone who needs it!	Sharing is caring!	