



A 7-DAY RESET

Wellness Reset

*seven small habits
to come back to yourself.*

BY

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WELCOME

A 7-day reset

This is the gentlest reset I know. Over the next seven days, you'll work through seven small practices that fit easily into a regular life. None of them require diet overhauls or lifestyle revolutions.

Each day is one small thing, and most of the practices take five to ten minutes. A few of them ask you to slow down, which is the actual point.

Take it at your own pace. Some days you'll nail the practice, other days you'll skip it, and both are fine. The whole thing only works if it's yours.

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● DAY 1

Breathe + Be

When life gets noisy, breath is the fastest way back to yourself, which is why we're starting here.

Find a quiet spot and close your eyes. Take five slow breaths, in through your nose and out through your mouth, letting a little tension go with each exhale. Then put your hand on your heart and say it out loud:

I am calm. I am safe. I am supported.

I do this myself, and I'll be honest: the calm doesn't always show up when I say the words. They still do their work, reminding my body what's true even when my mind hasn't caught up yet.

Take a moment to come back to it through the day: between tasks, before a meal, when stress starts rising, any time you remember. Each return is a small vote for the kind of day you want to be having.

For extra benefit, diffuse or apply an essential oil. Frankincense, Breathe®, and Wild Orange all work well. Try a drop on your temples and the back of your neck, and behind your ears too if you like.

● DAY 2

Hydrate to Heal

Most of us are walking around dehydrated and don't realize it. If you're tired by 3pm, foggy, or achy, the answer might be as simple as drinking more water.

Start your day with a full glass before anything else, with lemon if you have it or mint if you don't. Drink it slowly, since you're waking your body up.

Then keep drinking through the day. You don't need a giant water bottle or a strict schedule, just a habit of noticing: drink when you're thirsty, drink when you remember you forgot, and drink the glass sitting in front of you.

If you want to make it more interesting, a drop or two of essential oil in your water is a nice upgrade. Lemon, Peppermint, Lime, Grapefruit, Tangerine, and MetaPWR® all work. Just make sure you're using doTERRA's CPTG oils, since they're the only ones I trust to put in my body.

● DAY 3

Walk + Wonder

Today, go outside for ten minutes and leave your phone in the house.

Walk without an agenda, no podcast and no destination, just you and whatever's outside your door.

Pay attention to one or two things along the way: the shape of a cloud, the way your neighbor's dog watches you go by, the temperature on your skin. Your nervous system will catch its breath while you're at it.

When you come back in, jot a quick note about whatever caught your eye. Something simple like *"The mountains looked good today"* is enough.

● DAY 4

Nourish Naturally

Today, pick one meal that's mostly plants. The real, whole-food kind that you can name without reading a label.

It doesn't have to be fancy: a handful of berries, a salad made with whatever's in the fridge, an apple and some almonds. Bonus points for organic, but skip the guilt if that's not possible today.

Eat it slowly enough to actually taste it, and notice how you feel an hour later. Are you energized or sleepy, steady or jittery? That noticing is the practice. Most of us eat on autopilot and then wonder why we feel like we feel.

Try this with one meal a day for a week and tell me you don't notice a difference.

● DAY 5

Journal Your Light

Today's practice takes five minutes and uses whatever's handy: a journal, a notebook, the back of an envelope. Sit down with these three prompts:

What am I grateful for today?

Where do I feel peace, or the possibility of it?

What do I want more of in my life?

There are no right answers and no need to make it sound good. You're writing what's true today, in this body, at this hour. Half the work is letting yourself see what you actually think.

If something surprises you on the page, sit with it for a minute. That's usually where the good stuff is.

● DAY 6

Clear the Clutter

Pick one small space and clear it out: a drawer, a corner of the counter, the floor of your closet, or your email inbox. Whatever's been making you sigh when you look at it is a good candidate.

Set a timer for fifteen minutes, and don't try to do the whole house or even the whole room. Just focus on the one spot.

If you find something you can't quite let go of, ask yourself why. Sometimes it's a real reason, like you actually use it or it means something. Other times it's just habit, or you feel guilty letting it go. All of those are valid, and it's worth knowing which one is at play before you decide.

When the timer goes off, stop and look at what you did. That clean space is going to feel good every time you walk past it.

● DAY 7

Connect + Reflect

Today, reach out to someone who's been on your mind lately. Send them a text, give them a call, or write a card if you still send those, just to tell them you were thinking of them.

Most of us underestimate how much a small reach like that means. Think about the last time someone texted you out of the blue, just to say they were thinking of you. It probably made your day, and now you get to be that person for someone else.

Then sometime today, slow down enough to actually see the people around you: the cashier, your neighbor, the kid skateboarding past your window. Are they having a good day or a hard one? You can't always tell, but the act of looking does its own work. It shifts something in them sometimes, and something in you almost every time.

At the end of the day, sit with how you feel. Did slowing down and connecting shift anything?

YOU DID IT

Now what?

You made it through seven days and seven small practices, which is no small thing.

A week isn't enough time for dramatic change, since the body works on longer timelines. What you've likely noticed are smaller shifts: a little more energy, a little less reactivity, a little more space in your head. Small things, repeated, are how real change happens.

Come back to these practices any time you feel a little off. Pick one, do it for a day, and that's all there is to it.

If you want to go deeper, I have two more things that pick up where this left off. There's my free masterclass on stepping up and shining your light, and there's the full Step Up & Shine program, twenty-eight practices for a healthier, fuller life. Both are on my website.

I also host a Weekly Wellness call where we talk through what's working and what isn't. Come hang out if that sounds good.

That's your reset.
Welcome back to yourself.

Connie

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