

# 7-Day Reset Plan







# Day 1

## Prioritize Rest



Begin your reset by focusing on rest. Allow yourself to sleep in, nap, and simply relax. Give your body and mind the time they need to recharge, without any pressure to be productive.

### Mindful Practice

- Engage in a short meditation to cultivate a sense of calm. Focus on your breath and let go of any tension.





# **DAY 2**

## **SET BOUNDARIES**



**Say 'no' with  
confidence.**

**Protect your energy by  
limiting what drains you.**



# DAY 3

# PRACTICE

# DEEP BREATHING



Inhale deeply, hold, exhale slowly.  
Reset your nervous system.



# 7-DAY RESET PLAN

**DAY 4**



## PRIORITIZE TASKS

Do one thing at a time.  
Focus on what truly matters.



# DAY 5

## CONNECTT WITH OTHERS

Reach out to someone who lifts you up. Avoid emotional isolation.





# DAY 6

## SCHEDULE TIME FOR YOURSELF



Make self-care a non-negotiable part of your schedule. Dedicate time each day to engage in activities that rejuvenate and fulfill you, whether it's a hobby, a walk, reading, or simply relaxing. Taking regular breaks to focus on your own needs can prevent burnout and promote a sense of balance.



# DAY 7

## CELEBRATE PROGRESS



Reflect on the progress you've made throughout the week. Acknowledge your achievements, big or small, and take time to celebrate your efforts.

- Identify ways to reward yourself for your hard work