

The 7-Day Reset

The world is designed to steal your time, energy, focus and joy. Between endless to-do lists and distractions, it's no wonder you feel drained before the week even begins. You don't have to live that way.

This **simple seven-item checklist** is how you take your power back. It's backed by research, easy to follow, and – most importantly – it works. Do these seven things over the course of your week, and you'll go from feeling overwhelmed and exhausted to feeling clear, focused and in control.

1

Do a Brain Dump Get everything out of your head and onto paper. This is not a to-do list—it's a way to clear mental clutter so you can see what's really on your plate. You'll feel lighter and more in control.

☐

2

Free Yourself Cross out the things that you are not going to do this week. If it's been hanging over your head forever, but it's not urgent, let it go. This is about reclaiming your energy and focus.

☐

3

Set One Priority Look at what's left on your brain dump and pick one thing that truly matters to you. It should be something that, if you made even a little progress on it, you'd feel better at the end of the week. Put it in your calendar and spend 15 minutes moving the ball forward

☐

4

Plan One Meal Food is fuel. Instead of winging it every day, decide in advance what you'll eat at least once this week. It could be a home-cooked dinner, a healthy lunch, or even just stocking up on good snacks.

☐

5

Schedule One Workout Just one. Research shows even 15 minutes of movement makes a difference. Walking, yoga, dancing in your kitchen—it all counts.

☐

6

Plan Time for Rest Find a pocket of time to do nothing. No phone, no scrolling—just rest. This could mean a bath, reading a book, or sitting outside. Rest isn't laziness; it's how you recharge.

☐

7

Connect with Someone Relationships are the foundation of happiness. Make a plan to call a friend, grab coffee, or send a thoughtful text. Even a short chat can boost your mood and deepen your connections.

☐