



7-Day Wellness Reset

*A holistic reset for mind,
body, and soul*





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Each day, a step closer to the life you desire

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Day 1: Ground & Breathe

Find stillness. Anchor into the present

Morning Focus

- Breathe deeply for 5 minutes.
- Sit somewhere quiet, close your eyes, and take slow, deep breaths. Use this moment to center your energy.

Daily Affirmation

“I am grounded, calm, and fully present.”

Reflect & Journal Prompt

- Where do I feel most grounded?
- What throws me off balance?
- Write for 5–10 minutes to explore how your environment, emotions, or thoughts influence your sense of stability.

Simple Practice

- Go outside barefoot or place your hands on the earth.
- Even for 60 seconds feel your connection to something greater.

Day 2: Nourish & Hydrate

Fuel your body. Energize your soul.

Morning Focus

- Drink a full glass of water as soon as you wake up.
- Add lemon or sea salt for a mineral boost and refreshing start.

Set your intention: ***“I choose to nourish myself today.”***

Daily Affirmation

“Every cell in my body is being replenished with care and vitality.”

Reflect & Journal Prompt

- How do I currently nourish my body?
- What foods make me feel my best?
- What small change can I make today to fuel myself better?

Simple Practice

- Prepare or plan one nourishing meal using whole, fresh ingredients.
- As you eat, slow down. Chew mindfully. Feel gratitude with each bite.

Day 3: Move with Intention

Awaken your body. Flow with purpose.

✨ Morning Focus

- Gently stretch for 5–10 minutes.
- Move your body slowly and with awareness.
- Notice how your body feels without judgment.

Set the tone: ***“I am grateful for this body and all it does for me.”***

🌸 Daily Affirmation

“With every step I take, I move forward in strength and clarity.”

📅 Reflect & Journal Prompt

- What kind of movement feels good to me right now?
- How can I make space for joyful movement in my day?
- Where in life do I feel stuck and how can movement help me shift?

🧚 Simple Practice

Choose one way to move your body today with intention:

- Walk. Stretch. Dance. Yoga.
- Even 5 minutes counts but let it be with presence and purpose.

Day 4: Digital Detox

Unplug to reconnect. Reclaim your mental clarity.

Morning Focus

- Before reaching for your phone, take 10 deep breaths.
- Start your morning tech-free for at least 30–60 minutes.
- Be present with your surroundings stretch, sip tea, journal, or just be.

Daily Affirmation

“I create space for presence and peace.”

Reflect & Journal Prompt

- How often do I reach for my phone out of habit?
- What emotions surface when I disconnect?
- What would I love to do with the time I reclaim from screen use?

Simple Practice

- Set 1 tech-free block of time today (1–2 hours).
- Read a book, walk outside, cook mindfully, meditate, or connect face-to-face.

Day 5: Connect & Reflect

Deepen your relationships and tune into what truly matters.

Morning Focus

- Reach out to one person today a friend, family member, or mentor not for a quick chat, but for a meaningful connection.
- Be present. Listen deeply. Speak from the heart.

Daily Affirmation

“I nourish my soul through authentic connection.”

Reflect & Journal Prompt

- Who in my life truly sees and supports me?
- How can I be more present and open with those I love?
- What conversations am I avoiding that could bring healing?

Simple Practice

- Plan a phone call, video chat, or in-person visit with someone important.
- Let them know what they mean to you.

Day 6: Rest & Restore

Prioritize Recovery & Deep Relaxation

- Today is all about slowing down, honoring your body, and allowing space for restoration.
- Quality rest isn't a luxury it's essential for healing, balance, and mental clarity.

Quick Practices:

Sleep Sanctuary: Unplug early, dim the lights, and create a calming nighttime routine.

10-Minute Body Scan:

- Lie down and bring awareness to each part of your body.
- Let go of tension as you scan from head to toe.

Nature Pause: Take a slow walk outdoors or rest quietly in nature no phone, no agenda.

Wellness Prompt:

- What does true rest feel like for you?
- Where in your life do you need more softness or stillness?

 **Try This:**  Try Calm for deeper rest and better sleep

Day 7: Affirm & Align

Step Into Your Power

- Today, you'll wrap up your reset by aligning your thoughts, values, and actions.
- Use positive affirmations and self-reflection to anchor the version of you that's emerging.

✦ Quick Practices:

Morning Mirror Work:

- Look into the mirror and repeat your favorite affirmation with conviction.

5-Minute Journal:

- Write down 3 things you're proud of and one intention moving forward.

Affirm & Breathe:

“I am grounded.” Exhale “I am aligned.”

✦ Wellness Prompt:

1. What truth do you want to live by moving forward?
2. What will you carry from this reset into your everyday life?

🌀 **Explore More:** ➡ [Explore Midas Manifestation here](#)