

The Gentle Wellness Reset

*A simple checklist to help you find your rhythm-
without pressure, guilt or perfection.*

You didn't fail, you're just out of rhythm

If routines never seem to stick, it's not because you lack discipline.

It's because life shifts – and your rhythm needs gentle recalibration, not pressure.

This checklist is here to help you reset softly, to flourish, one small step at a time.

———— **Before you begin, remember** ————

Small steps still count

Progress is noticing what you need

Let this serve you, not the other way around

Your pace is allowed



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The Gentle Wellness Reset Checklist

Morning Reset

- Drink a glass of water
- Write what you're grateful for
- Make your bed
- Set one intention
- A short walk (even to the mailbox)

You don't need to do all of these- one is enough.

Daytime Anchors

- Ask "What do I need right now?"
- Tidy up a small area
- Gentle stretching for 2 minutes
- Name one win
- Diffuse a favorite scent
- Take 3 slow breaths

Evening Wind-Down

- Reflect on one good quality or accomplishment
- Write down tomorrow's top priority
- Meditate
- Reduce screen time
- Read for 15-30 minutes

Ready for a deeper reset?

*If you're craving more structure without overwhelm, the **30 Day Flourish Reset Planner** gently guides you through daily habits, reflection and growth.*