



Your 7-Day Reset

A COMPLIMENTARY GUIDE

Eleven small, steady things. One week.
See how you feel.

WELCOME

A NOTE FROM CAROLINE

I don't believe in overhauling your whole life on a Monday.



I believe in a small handful of things, done properly, for seven days, to see what actually changes.

This is the week I come back to whenever I feel scattered. Nothing here needs equipment, a subscription or an hour you don't have. Just a few small, ordinary things, repeated daily, until they stop feeling like effort.

Caroline x

TRY THIS

Don't do all eleven. Pick three that catch your eye, from anywhere on the list, and give those your full attention this week. Add more once they feel easy.

WORTH READING THIS WEEK

Atomic Habits by James Clear. His whole argument in one line: it's not the size of a change that matters, it's the repetition. Small habits, attached to ones you already have, add up to more than they look like they should.

MORNING & DAYTIME

Tick a box for each day you manage it. A missed day isn't failure, it's just tomorrow's chance to start again.

MORNING

M T W T F S S

A cold finish to your shower

Thirty to sixty seconds. Bracing rather than comfortable, and that's rather the point.

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Outside for daylight

Within thirty minutes of waking. Even just the doorstep.

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Water before coffee

A large glass, before anything else.

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DAYTIME

M T W T F S S

A walk outside

Phone left behind if you can manage it. Doesn't need to be far or fast.

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One habit, stacked

Onto something you already do. After the kettle boils, stretch for two minutes.

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Move, your way

A stretch, a stair climb, five minutes on the floor. Doesn't need to look like exercise.

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Three slow breaths

Before you react to anything stressful. A pause changes what happens next.

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EVENING

EVENING

M T W T F S S

One proper meal, no screen

However simple. Just sat down, just noticed.

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Ten pages of your book

See page two for this week's recommendation.

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Screens away a little earlier

Even twenty minutes earlier changes how the evening settles.

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One thing that went well

Written down. Not the whole day, just one thing, in a few words.

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CAROLINE'S TIP

The habits that actually stick are rarely the impressive ones. They're the small, slightly boring ones you kept doing after the novelty wore off.

Small, repeated things change how a week feels more than one big gesture ever does.

Caroline x

Disclaimer. This guide is for general information only and does not constitute medical advice. It is not a substitute for consultation with a qualified healthcare professional. If you have a medical condition, are taking medication, or are pregnant, speak to your GP before making changes to your diet, exercise or supplement routine.



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