

Simple 30 day (re)set

*You've
Got this*

Every
day for
30 days

- No Social Media
- Meditate - 15 mins in morning and evening
- Move your body every day - Yoga / Run / Gym / Walk / Dance
- Run through one of the 7 daily affirmations just before your morning and evening meditation
- 8pm every evening - put your phone into a lock box - no pre-bedtime usage



Each day, focusing on moving one goal from your goal sheet forward in any way



Each day, being kind to yourself and allowing yourself to be fully present and enjoy the process



Each day, listening to how you are feeling, what does your mind and body need to thrive

