

# A Simple Daily Reset

## 7 Habits Every Woman Can Start Today

How to use this guide: Choose just **one habit** to focus on today. Come back tomorrow and add another. There is no rush and no perfection required.

### ■■ Morning Quiet

Take five quiet minutes for yourself before the day begins. Sit with your coffee or tea and breathe. Ask yourself: *What do I need today?*

### ■ Hydrate With Intention

Drink one full glass of water when you wake up. Add lemon if you enjoy it.

### ■ Nourish, Don't Rush

Aim for one nourishing meal each day. Focus on whole foods, protein, and balance—not perfection.

### ■■■■ Gentle Movement

Move your body in a way that feels good. A short walk, stretching, or light movement is enough.

### ■ Mind Check■In

Pause during the day and notice your thoughts. Replace harsh self■talk with one kind sentence: *I am doing the best I can.*

### ■ Evening Unplug

Turn off screens at least one hour before bed. Read, journal, pray, or simply rest.

### ■ Gratitude Close

Write down one good thing from the day—big or small. Let it be enough.

**Remember:** You do not need to change your whole life at once. Small habits, done with care, create lasting peace and health.

## Make It Your Wish

A place for women to slow down, reconnect, and grow—together.