

Reclaim & Reignite

A 14-DAY WELLNESS RESET

DAY 1 | INTENTION: WRITE YOUR TOP 3 GOALS FOR THE YEAR.

- 1.
- 2.
- 3.

DAY 2 | INTENTION: WHAT DOES WELLNESS MEAN TO ME?

DAY 3 | INTENTION: WHAT AM I READY TO LET GO OF THIS YEAR?

DAY 4 | INTENTION: 5-10 MINUTE BRAIN DUMP!

Reclaim & Reignite

A 14-DAY WELLNESS RESET

DAY 5 | INTENTION: WRITE 3 WINS FROM THIS WEEK.

- 1.
- 2.
- 3.

DAY 6 | SET A WEEKLY MANTRA (E.G. I AM BUILDING MOMENTUM)

DAY 7 | INTENTION: WHAT DID I LEARN ABOUT MYSELF THIS WEEK?

Reclaim & Reignite

A 14-DAY WELLNESS RESET

DAY 8 | MINDSET: LISTEN TO A MOTIVATIONAL PODCAST.
WHAT ARE 3 HIGHLIGHTS?

- 1.
- 2.
- 3.

DAY 9 | MINDSET: WHAT DO I LOVE ABOUT MY BODY?

DAY 10 | MINDSET: PLAN A WEEK OF HEALTHY MEALS.

DAY 11 | MINDSET: WHAT'S TAKING UP SPACE IN MY MIND THAT
DOESN'T SERVE ME?

Reclaim & Reignite

A 14-DAY WELLNESS RESET

DAY 12 | MINDSET: SPEND THE NIGHT PAMPERING YOURSELF!
WRITE 3 WAYS YOU PLAN TO DO SO.

- 1.
- 2.
- 3.

DAY 13 | MINDSET: WHO/WHAT GIVES ME ENERGY? WHAT DRAINS ME?

DAY 14 | MINDSET: WHAT SHIFTED FOR ME THESE TWO WEEKS?