



The 14 Day Reset

A simple way to feel clear, in control,
and start again.

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WELCOME

This is not about being perfect.

This is about resetting your life simply and honestly.

If you've been stuck, overwhelmed, or disconnected from yourself...

this is your space to pause, reflect and begin again.

Over the next 14 days, you will:

Get clear

release what's been holding you back

rebuild intention

Take this one day at a time.

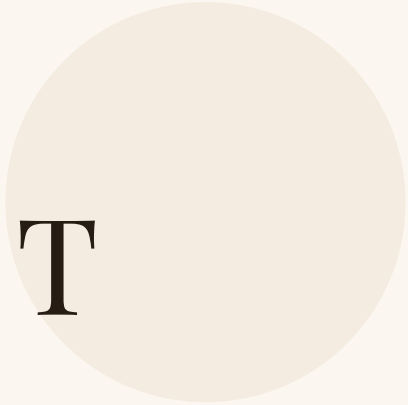
No pressure. Just progress.

This is your reset.

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DAY 1

LIFE AUDIT



What feels off in your life right now?

1. What is draining me?

2. What am I avoiding?

3. Where do I feel stuck?

You are not stuck. You are becoming aware.

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WHAT NEEDS TO CHANGE?

Be honest. Be direct. No over thinking

2. What must I stop doing

2. What do I need more of?

**3. What is one thing I can
change immediately**

Today's Decision:

Small changes create real momentum.

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DAY 2

EMOTIONAL RESET

You cant move forward while holding everything in.

***Take a moment to be honest with
yourself***

**What emotions have I been
holding in?**

**What have been weighing on me
lately?**

What do I need to release

You are allowed to let this go.

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DAY 3

MENTAL DECLUTTER

Clear your mind so you can think clearly again.

*write everything that is on your mind right now.
no order. no judgement. just get it out*

What's on my mind right now?

Whats keeps repeating in my thoughts?

Whats is causing me the most stress?

You don't need to hold everything in your
head.

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DAY 4

MONEY REALITY

CHECK

Clarity with your money brings control.

No judgement. Just awareness

What is my current income?

What are my main expenses?

Where am I overspending or unclear?

How does my money situation make me feel?

You cant change what you avoid.

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DAY 5

BODY RESET

Your body needs care, not punishment.

Start simple. No extremes

How have I been treating my body lately?

Am I getting enough rest?

How is my eating and hydration?

One small way I can support my body today:

Small care creates real change.

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DAY 6

CONFIDENCE CHECK

Confidence is built through honesty and small actions

Be real with yourself. No judgement.

Where am I doubting myself right now?

What am I capable of that I've been holding back on?

What small action would build my confidence today?

One thing I will do today (no matter how small):

Confidence grows when you follow through.

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DAY 7

REST & REFLECT

Progress happens when you pause and reflect

Take a moment to slow down and check in with yourself.

What have I become more aware of this week?

What has shifted even slightly?

What am I proud of myself for?

What do I need more of moving forward?

You don't need to rush your growth.

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DAY 8

BOUNDARIES

Protecting your energy is not selfish. It's necessary.

Be honest about where you are overgiving.

Where am I saying yes when I really mean no?

Who or what is draining my energy?

What boundary do I need to set?

One boundary I will start today:

You teach people how to treat you.

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DAY 9

DECLUTTER YOUR LIFE

You can't move forward while holding onto everything

Start small. Choose a few things to release today.

**What in my life feels cluttered or
overwhelming?**

What am I holding onto that I no longer need?

What would I gain by releasing it?

What can I let go of today?

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3 things I will remove or clear
today:

1. _____

2. _____

3. _____

Letting go creates space for better.

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DAY 10

SELF-WORTH

You accept what you believe you deserve.

Be honest, not harsh.

Where in my life am I settling for less than I deserve?

What have I been tolerating that doesn't feel right?

What would change if I truly valued myself more?

One way I will honour myself today:

You deserve more than what you've been settling for.

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DAY 11

VISION RESET

You can't move toward a life you haven't imagined clearly.

Don't focus on perfection. Focus on what you truly want more of.

What kind of life do I want to create for myself?

How do I want to feel daily?

What matters most to me moving forward?

One thing I want to prioritise in my next chapter:

Clarity creates direction.

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DAY 12

ROUTINE BUILDING

Small routines create lasting change.

Don't build a perfect routine. Build one you can actually maintain.

What is one healthy habit I want to build?

What part of my day needs more structure?

What simple routine would support me right now?

My non-negotiable daily reset habit:

Consistency matters more than intensity.

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DAY 13

IDENTITY SHIFT

You are not becoming someone new. You are returning to yourself.

Think about the version of you that you are growing into.

Who am I becoming?

What mindset do I want to leave behind?

What kind of energy do I want to carry moving forward?

One sentence that describes that version of me:

Change becomes real when you start seeing yourself differently.

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DAY 14

YOUR NEXT 30 DAYS

This is not the end of your reset. It's the beginning of your next chapter.

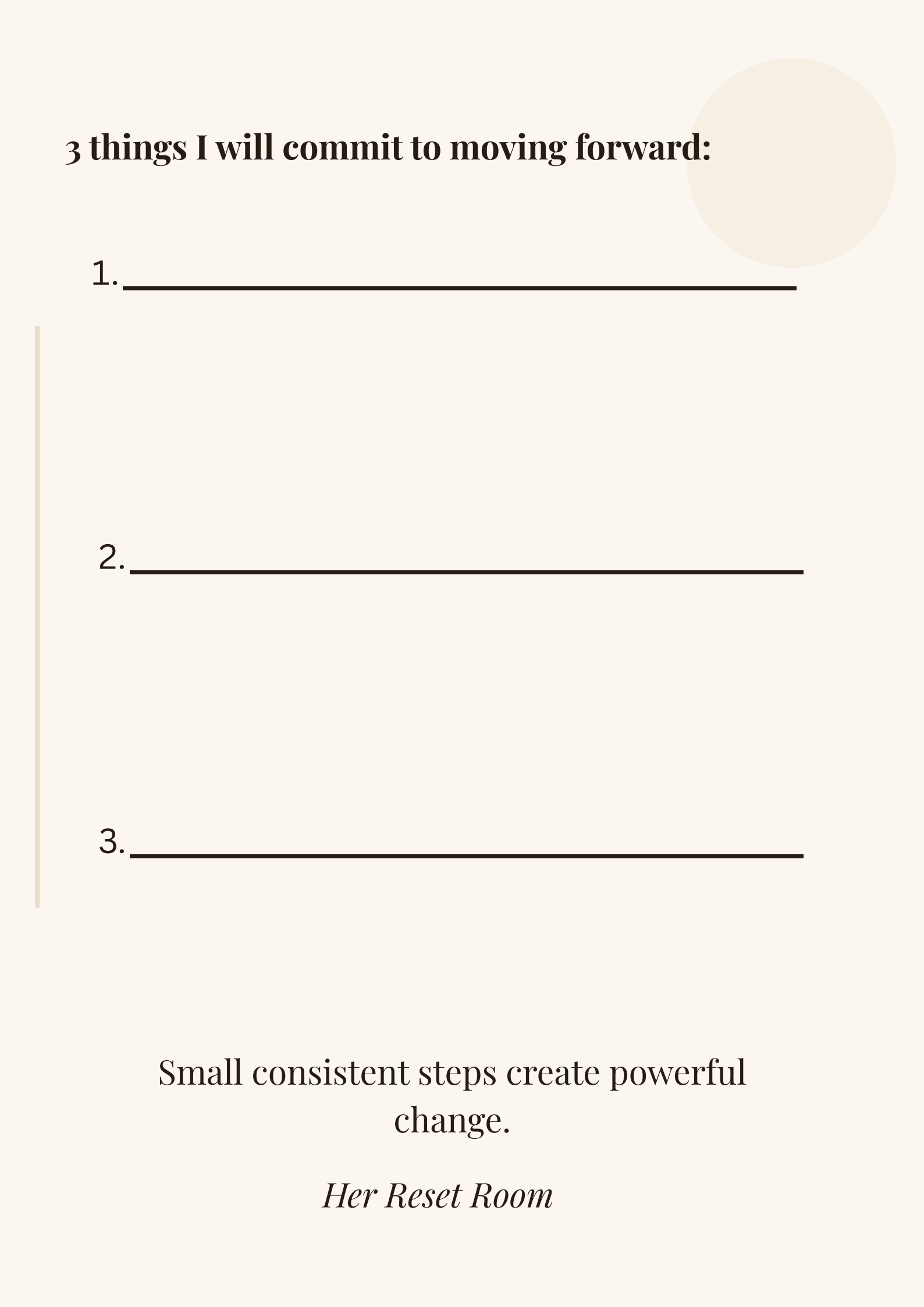
Focus on simple, realistic steps you can continue after today.

What do I want to continue doing after this reset?

What habits or changes have helped me most?

What do I want my next 30 days to feel like?

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3 things I will commit to moving forward:

1. _____

2. _____

3. _____

Small consistent steps create powerful
change.

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A Note For You

You showed up for yourself.

That matters more than you think.

This reset wasn't about doing everything perfectly.

It was about becoming more aware, more intentional, and more
aligned with yourself.

Keep going.

You don't need to rush.

You just need to stay connected to who you're becoming.

This is only the beginning.

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