



THE 7-DAY
Reset



A simple way to get back to yourself—
without quitting your life.

Hey Friend,

**If you've been holding everything together on the outside...
but quietly feeling off, overwhelmed, or tired inside—
this is for you.**

This guide was created with you in mind. If you're tired of surviving, if your voice has felt small or your peace far away, know this: you are not broken—you are not broken—you're carrying too much for too long without a reset.

This isn't therapy.

This isn't another routine to keep up with.

This is a reset you can actually sustain—even on your busiest days.

The 7-Day Reset is simple on purpose: three minutes a day to calm your body, protect your energy, and remember who you are.

It will help—if you commit. Not to perfection, but to show up. Breathe when you say you will. Try the boundary line even if your voice shakes.

Write one small win even if it feels tiny. That's how steady comes back: one gentle step, repeated.

Getting your flavor back matters because you only have one life—and it's too precious to spend numbed out, overexplaining, or running on fumes.

Your peace protects your purpose. Your “no” makes space for your best yes.

Your glow isn't for performance; it's the quiet light that lets you see your own path again.

So start where you are. Read slowly. Do today's three minutes. If you miss, restart—no shame.

Let this be your week of soft power: peace first, then power.

By Day 7, you'll feel the difference—because you practiced it. And if this works for you... there's a deeper way to rebuild your energy, your boundaries, and your life without burnout. I'll share that with you at the end.

I'm honored to walk beside you.

**With love,
Yolanda**

The Glow Pledge

(Read aloud, then sign)

I choose peace over perfection.

For the next 7 days, I will show up for myself in small, steady ways—three minutes at a time. When life gets loud, I will restart instead of quit. My pace is mine—and I don't rush what matters.

My Commitments (initial each)

- ___ I will do **one daily ritual** (≤ 3 min), **one script**, and **one small win**—every day.
- ___ I will set my **Peace Baseline (1-10)** today and check it again on Day 7.
- ___ I will **protect my sleep** with a simple wind-down tonight.
- ___ I will **use clear, kind boundaries** and repeat my line once without over-explaining.
- ___ I will stop being hard on myself while I'm trying to grow.
- ___ I will **limit late-night doom-scrolling** that steals my calm.
- ___ I will **ask for help** or seek professional care if I need more support.
- ___ I will track **one small win** each day so my brain sees progress.
- ___ I will keep this pledge **private and safe**; my story and pace are mine.
- ___ I will measure success by **consistency, not intensity**.

Signature: _____

Date: _____

Printed Name: _____

"God, help me keep this promise to myself. Order my energy, protect my peace, and meet me in these small, steady steps. Amen."

Place this pledge where you can see it daily. Read it each morning before you begin **The 7-Day Reset** by Yolanda Dean.

How This Works

Each day has three parts:

You don't need more time—you need a moment that's yours.

- **Ritual (Body)** — a 1–3 minute nervous-system reset.
- **Script (Voice)** — one ready-to-say boundary or advocacy line.
- **Win (Identity)** — write one small win to prove progress.

What you need: a pen, your phone timer, a calm corner (candle/journal optional).

Pick your windows: Morning : / Midday : / Evening :

Gentle rule: Missed a day? Start today. Consistency over intensity.

Day 0 — Set Your Ground

Why this day matters: You start honest—measure where you are, set a realistic pace, and remove friction so follow-through is easy.

Benefits: Less overwhelm, clear expectations, a ready “ritual station.”

How-to:

- **Peace Baseline (1–10):** Circle today's number (1 = frantic, 10 = steady).
- **Capacity Check:** What can you actually do this week? (3 mins/day is enough.)
- **Ritual Station:** Place candle + pen + journal/affirmation card together.
- **Optional prayer/intent:** “God, order my energy and protect my peace.”

Affirmation: I begin gently. Peace grows here.

Day 1 — Calm Your Body (3 minutes)

Why this day matters: You teach your body to downshift on command; calm body → clear mind.

Benefits: Faster calm, fewer spirals, better focus within minutes.

- **Ritual (4/6 Breath):** Sit tall. Inhale nose 4. Exhale mouth 6. Repeat 6 rounds. Drop shoulders after each exhale.
- **Script (for yourself):** “I can reset in one breath.”
- **Win:** What felt even 1% softer?

Affirmation: Peace is my baseline—even on busy days.

If anxious: add a 20-second “five things you see” scan after the breaths.

How This Works

Day 2 – One Clear Priority (3 minutes)

Why this day matters: Focus beats frenzy. One must-do kills decision fatigue and builds momentum.

Benefits: More finished tasks, less mental noise, lighter guilt.

- **Ritual:** Look at your list. Choose one must-do for today. Move the rest to **Later** or **Delegate**.
Set a **10-minute** timer to start.
- **Script (work):** “I’m at capacity—what should we deprioritize to meet this?”
- **Script (home):** “I can’t take that on today; here’s what I can do.”
- **Win:** What single task did you start or finish?
Affirmation: One clear thing is enough today.

Day 3 – Boundaries That Bless (3 minutes) You don’t need a long explanation to honor your limits.

Why this day matters: Practicing calm, short lines prevents over-explaining and protects your energy.

Benefits: Fewer after-hours pulls, clearer expectations, more stamina.

- **Ritual** (practice out loud—twice): Say one line calmly, then stop.
 - “I’m not available after 6 pm; I’ll respond in the morning.”
 - “Let’s keep this within scope; otherwise we’ll need a change request.”
 - “No, thank you.” (full stop)
- **Skill tip:** Breathe → say the line → silence → repeat once if pressed.
- **Win:** Where did you hold a boundary or prepare one?
Affirmation: My “no” protects my peace and my purpose.

Day 4 – Micro-Joy & Identity (3 minutes)

Why this day matters: Tiny pleasures nudge mood chemistry and help you feel like **you** again.

Benefits: Noticeable lift in mood, renewed sense of self, more steadiness.

- **Ritual:** Choose **one comfort** now (tea, song, sunlight on face, lotion on hands). Do it **90 seconds**.
- **Prompt:** Write one sentence: “I feel most like me when...”
- **Win:** Name the smallest thing that lifted your mood.
Affirmation: Joy counts in teaspoons.

How This Works

Day 5 – Workday Peace Pack (3 minutes total)- This is for the days when work doesn't stop... but you still need to.

Why this day matters: You place quick resets inside the workday where stress spikes.

Benefits: Smoother meetings, fewer rumination loops, protected evenings.

- **Before work (1 min):** Three rounds 4/6 breath; unclench jaw; drop shoulders.
- **After tough meeting (1 min):** Write What's mine / What's not—act only on “mine.”
- **2 pm crash (1 min):** Stand, roll shoulders ×10, slow water sip, one deep exhale.
- **Script** (Slack/email): “Circling back in the morning; I'm offline after 6 pm.”
- **Win:** Which moment did you reset instead of spiral?

***Affirmation:** One clear thing is enough today.*

Day 6 – Sleep That Restores (tonight, 10 minutes)

Why this day matters: Sleep repairs your brain and body; without it, everything is harder.

Benefits: Deeper rest, steadier mood, better focus and patience tomorrow.

- **Wind-down Checklist:**
 - 1. Lights down (lamps, not overhead)
 - 2. Phone docked away from bed
 - 3. Stretch neck/shoulders/hips (30 sec each)
 - 4. Long exhale (4/6 breath ×4)
 - 5. Close the loop: write tomorrow's one priority
- *If you wake at night:* Hand on heart, 4/6 breath ×6; name **three** safe things in the room.
- **Win:** What helped you feel even a little more ready for sleep?

***Affirmation:** Rest is work my body does for me. I am safe to sleep.*

How This Works

Day 7 – Advocate With Receipts (3–5 minutes)

Why this day matters: Clear notes and a concise ask make your voice harder to dismiss.

Benefits: More clarity, stronger advocacy, actionable next steps; visible progress.

- **HR/Manager Prep:**
 - **Situation (facts):** _____
 - **Impact:** _____
 - **Ask (clear, time-bound):** _____
- **Medical Prep (if needed):** Symptoms / frequency / what helps / questions.
- **Script (meeting open):** “For clarity and alignment, here’s what I’m requesting...”
- **Re-measure Peace Baseline (1–10):** Circle today’s number; note your +1 to +3 lift.
- **Win:** What changed for you this week?

Affirmation: *My voice is clear. My notes are enough. My peace is non-negotiable.*

12 Bonus Boundary Scripts

(Keep/Use Anytime)

You don't need to say more—just say it calmly.

- 1 That timeline doesn't work; here's what I can meet.
- 2 To add that, we'll need to remove something else.
- 3 I'm not available for that today.
- 4 Please speak to me respectfully; otherwise we'll reschedule.
- 5 Let's document next steps so we're aligned.
- 6 I can help for 15 minutes—after that I'm out.
- 7 That's not my role; the right contact is ___.
- 8 I can't host this time—coffee next week?
- 9 I'm stepping away to rest. I'll reply tomorrow.
- 10 I'm not comfortable with that; my alternative is ___.
- 11 I don't have the capacity; thank you for understanding.
- 12 Let's keep this within scope.

Affirmations:

Peace is my baseline	Guilt is not my GPS
Soft, not silent	I'm not behind; I'm becoming
My "no" is holy	I am the calm in my room
I don't audition for respect	I give myself soft starts and clean stops
Rest is productive on me	I honor my capacity—no debates
I keep my energy expensive	Joy counts in teaspoons
I'm not for urgent pings after hours	I celebrate small wins like big ones
If it costs my peace, it's too high	I return to myself again and again
I choose steady over busy	My voice is steady and sure
I can reset in one breath	I decline with dignity
I'm allowed to take up space	I choose people who choose my peace
Boundaries bless me and the people I love	Purpose doesn't require burnout
I release what isn't mine to carry	Confidence looks quiet on me
I am safe to slow down	I let rest do its work
My pace is wise and right on time	I ask for what I need—without apology
I speak clearly, then I stop	I leave what drains me—without drama

Affirmations:

God's got me; I've got me	I'm building a life I don't need to escape
Scope is love—for my time and my talent	Being strong includes being soft
I'm worthy of care on ordinary days	Today, one clear thing is enough
I am not available for chaos	My glow is earned and protected

Affirmation: Peace is my baseline.

Tip (how to affirm): say it out loud on your **exhale** three times, same words every time, while dropping your shoulders—present-tense + calm body makes it stick.

We wish you Blessings on your journey— if this guide helped, please visit our website and **sign up for our gentle emails** for the latest updates on products and events, so we can keep supporting you with small, steady wins.

If this helped you—even a little—don't stop here.

This is just the reset.
The deeper work is where things really shift.

Join my private list for simple tools, quiet resets, and access to upcoming workshops designed for women navigating real pressure.

→ Join here: www.yolandadean.com

If you feel like you need more personalized support, I open a limited number of private sessions.