

My Free 3-Day Energy Reset

A simple, realistic jumpstart to
reclaim your energy—mentally,
physically, and emotionally.



WELCOME TO YOUR 3-DAY ENERGY RESET!

Intro Message:

If you've been feeling drained, scattered, or stuck in survival mode, this reset is for you. Over the next 3 days, you'll gently reconnect with your body, nourish your mind, and spark momentum toward real energy, without burnout or extremes.

Whether you're in perimenopause, menopause, or need a reset, you're right on time.

Let's begin.

DAY 1 – RECLAIM YOUR MORNINGS

- **Focus:** Gentle movement + blood sugar balance
- **ACTION:**
 - Drink a full glass of water with minerals or lemon
 - Morning walk, stretches, or yoga (10–20 mins)
 - Eat a protein-rich breakfast (no sugar until later in the day)
- **MINDSET RESET:**
- “I don't rush energy—I create space for it.”

3-Day Energy Reset!

DAY 2 – STABILIZE YOUR MOOD

- **Focus:** Nervous system support
- **ACTION:**
 - Limit caffeine to one cup (if used)
 - Add magnesium or adaptogens (ashwagandha, lemon balm, etc.)
 - Mid-day breathwork or 5-minute meditation
 - PEMF or infrared light session if available
- **MINDSET RESET:**
- “Stillness is powerful. I honor rest as part of my rhythm.”

DAY 3 – REBUILD YOUR RHYTHM

- **Focus:** Sustainable habits
- **ACTION:**
 - Wake and sleep at the same time
 - Eat dinner before 7:30 pm or 2hrs before bedtime.
 - Wind down with herbal tea and screen-free time
 - Reflect: What's working? What feels good?
- **MINDSET RESET:**
- “This is the new standard, not a temporary fix.”