

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.”**