



LIVE WITH LOVE

RESET



RESET

It is so easy to get caught up in everything going on around us, everything we need to do, our goals, ambitions and expectations that we can often forget to slow down and take care of ourselves to make sure we are living to our fullest potential. If you are not moving through your day with a full gas tank your going to find emotions rise and often find yourself reacting rather than responding to situations making things more difficult than they need to be!

I invite you to move through this guide with an open mind on allowing yourself to create space to hit the reset button, clear your mind, open your hearts and give yourself permission to be the BEST version of yourself. Hitting Reset on our mindset and daily routines isn't something we only do once, it needs to be incorporated into a regular routine of our healthy lifestyles!

I have been burnt out many times in life and I have learned the importance of preventing that from happening and building my toolbox with tips to keep momentum and positive enthusiasm towards everything going on!! Sending you love on your journey to RESET!!!

-Crystal!

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BENEFITS OF A RESET

HAPPINESS

When we clear our minds of mess and chaos it creates more space for Joy!

RELAXATION

When we feel organized in life we can relax fully rather than stressing about the things we could be doing!

ENTHUSIASM

When we take a break from working on a project or task we can come back to it with the similar enthusiasm we had when we started it!

ORGANIZATION

It is easy to get lost in the chaos when you constantly have your foot on the gas pedal! When we take time to organize we can find clarity and excitement.

STABILITY

Taking a break helps us come back to things with 2 feet on the ground ready to run with steady legs.

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Sunday Reset Ideas

- Journal
- Meal Prep
- Spend time in nature
- Declutter
- Connect with loved ones
- Meditate
- Clean your living space
- Have a bath
- Turn off technology

SUNDAY RESET

Sundays are a great day to prep your mind for the week ahead and most importantly to take time for yourself to recharge your mind and body so that you can show up as the best version of yourself in the coming days! Braindump in the space below all the things you could do on a Sunday(or whatever day feels like a Sunday to you!) to set yourself up for success!

BRAINSTORM!

[illegible]

RESET

BRAINSTORM!

In the space below write down everything you can think of that
you would like to shift in your world.

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BRAINSTORM!

In the space below write down everything you can think of that is distracting you from living your best life.

[illegible]

BRAINSTORM!

[illegible]

Journal Entry

JUST AN ORDINARY DAY

Imagine you are starting from a clean slate, what does that look and feel like for you? Does it change what you would do or how you would do things? Write down what your journey would look like right now if you were completely starting from a fresh state.

[illegible]

My Ultimate Healthy Grocery List

Veggies

Snacks

Fruits

Canned Goods

Grains

Herbs & Spices

Protein

Condiments

Dairy

Beverage

Cleaning Checklist

WEEK:

**FOCUS ON HOW GOOD YOU WILL
FEEL IN A CLEAN SPACE!!!!**

LIVING ROOM

KITCHEN

TOILET

SHOWER

HALLWAY

OTHER CHORES

MIND RESET

Date: _____

1

WHAT HABITS DO I
NEED TO SHIFT?

2

WHAT AFFIRMATIONS CAN I
USE TO SHIFT MY HABITS

3

WHAT IS AN OLD BELIEF I
NEED TO LET GO?

4

WHAT AFFIRMATION CAN I
USE TO SHIFT OLD BELIEF?

5

WHAT IS SOMETHING I
WANT TO EXPERIENCE?

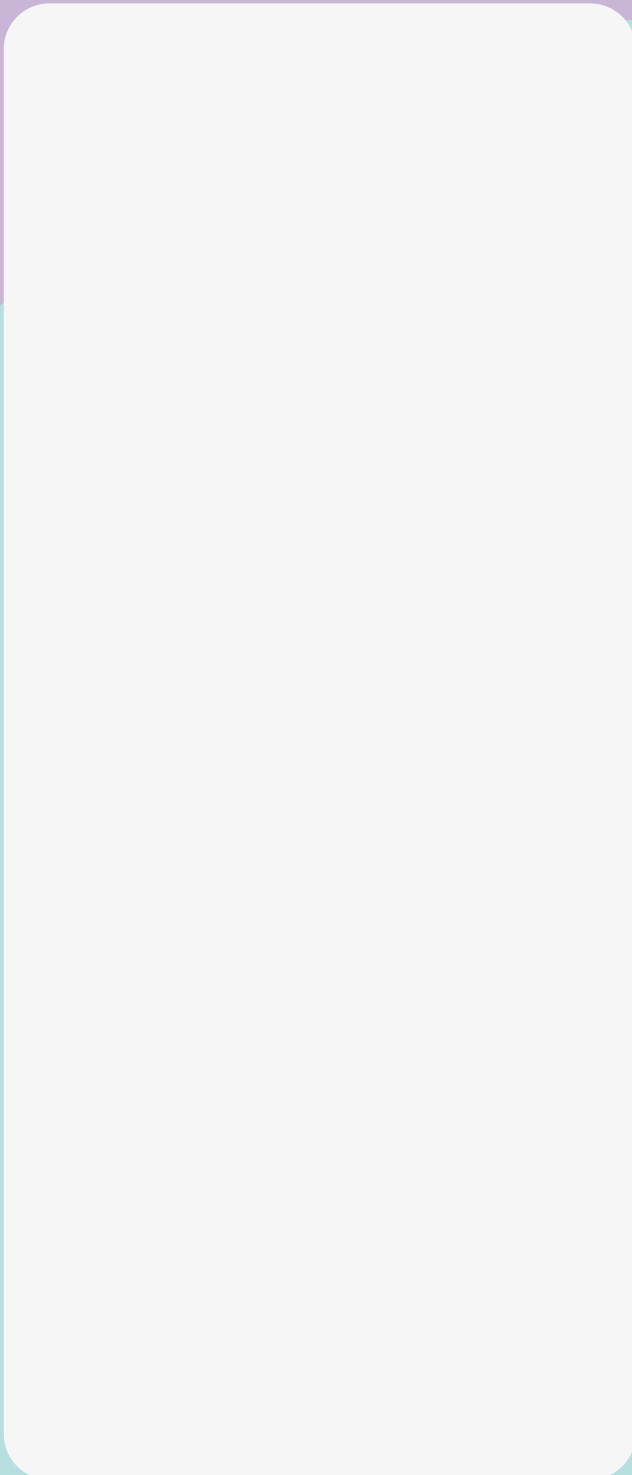
6

WHAT AFFIRMATION CAN I
USE TO EXPERIENCE THIS?

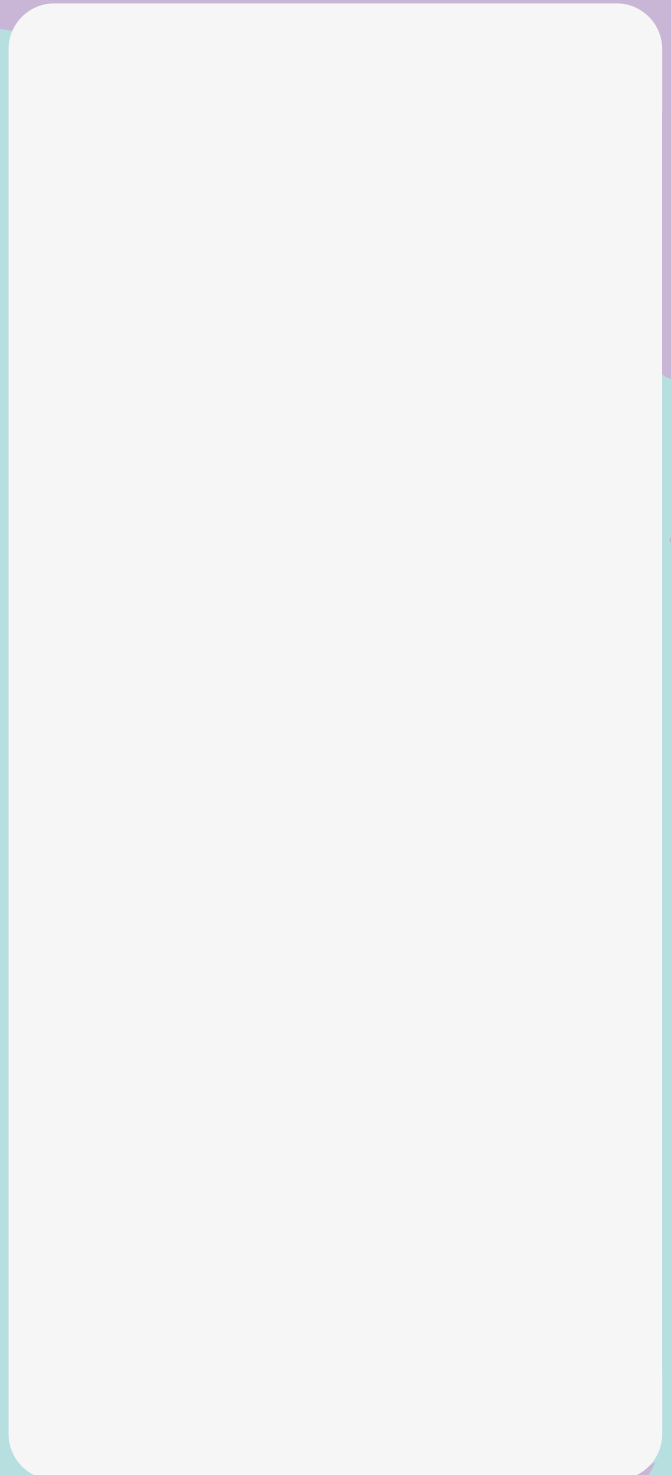
WALK IT OUT

Feeling overwhelmed? Or need to make a decision on something important? Get outside and walk it out!! Write down in the first column your thoughts prior to the walk and then when you return write down your new perspective thoughts after the walk! See what shifted!

BEFORE THE WALK:

A large, empty white rectangular box with rounded corners, intended for writing thoughts before the walk. It is positioned on the left side of the worksheet, set against a teal background that features a faint, stylized illustration of a person walking.

AFTER THE WALK:

A large, empty white rectangular box with rounded corners, intended for writing thoughts after the walk. It is positioned on the right side of the worksheet, set against a teal background that features a faint, stylized illustration of a person walking.

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FOR WHEN YOU FEEL STUCK

In the boxes below come back to the things you love and list them for each topic. This will help you come back to your way so you can move through any resistance that shows up for you!

RELATIONSHIPS

YOUR HOME

NATURE

HOBBIES

CAREER

HEALTHY EATING

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