



PAUSE + RELEASE

Theme: Letting Go to Make Room

FOCUS

Identifying and releasing the mental, emotional, and physical weight that may be keeping you stuck.

JOURNAL PROMPT

What am I holding onto that no longer serves me emotionally, physically, mentally, or spiritually? What would it feel like to release it?

ACTION TASKS

Choose one or more activities that feel meaningful or achievable for you today.

- Complete a 10-minute life inventory and identify what is draining your energy.
- Declutter one physical space (drawer, closet, purse, desk, or inbox).
Create a "release list" of thoughts, habits, fears, obligations, or relationships that no longer align with who you are becoming.
- Spend five minutes sitting quietly and noticing what thoughts repeatedly surface.
- Have an honest conversation with yourself about what you may be avoiding.

DAILY AFFIRMATION

I release the weight I no longer need.
I am creating space for peace, clarity, and growth.

DAILY QUOTE

Sometimes letting go is an act of far greater power than defending or hanging on.

— Eckhart Tolle



RETURN TO YOUR CENTER

Theme: *Reconnect with Your Core Identity*

FOCUS

Realigning with your values, beliefs, purpose, and inner wisdom.

JOURNAL PROMPT

Who am I beneath the noise, expectations, responsibilities, and labels? What do I truly value? What parts of myself deserve more attention in this season?

ACTION TASKS

Choose one or more activities that resonate with you today.

- Identify your top three values.
 - Choose one value and intentionally honor it through an action today.
Create a "center anchor"—a word, object, scripture, quote, symbol, or image that reminds you who you are and what matters most.
 - Write a letter to yourself describing the person you are becoming.
 - Spend time doing something that makes you feel fully alive and connected to yourself.
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CORE PRACTICE

Centering Practice

Sit quietly. Breathe in for four counts. Breathe out for four counts. Repeat. Say aloud: "I am grounded. I am whole. I return to my center."

DAILY AFFIRMATION

I remember who I am and what matters most. I am aligned with purpose, peace, and possibility.



RESET + REIMAGINE

Theme: *Creating the Life You Desire*

FOCUS

Visioning, dreaming, and stepping into aligned action.

JOURNAL PROMPT

What kind of life do I want to create from here? What does my most authentic life look and feel like? What would I pursue if fear did not get a vote?

ACTION TASKS

Choose one or more activities that inspire you today.

- Write a letter to your future self six months from now describing your life and growth.
- Choose one small but meaningful action you can take within the next seven days.
- Create a mini vision board using images, words, or phrases.
- Write three "I am becoming..." statements.
- Identify one habit to start, one habit to stop, and one habit to strengthen.

CORE PRACTICE

Reset Moment

Stand tall. Stretch your arms wide. Take a deep breath. Say aloud: "I am ready." I choose to reset and rise.

DAILY AFFIRMATION

I am the author of my life. I boldly step into the next version of me.

DAILY QUOTE

And suddenly you know: It's time to start something new and trust the magic of beginnings.

— Meister Eckhart

FINAL REFLECTION

My Promise to Myself

I, _____, commit to honoring the person I am becoming by taking the following step:

THIS IS MY PROMISE TO MYSELF

Signature: _____ Date: _____

Your journey continues — one gentle step at a time.

WHAT'S NEXT?

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

If you are ready to go deeper and create lasting change,
you are invited to continue your journey with

The 3-Week Life Reset.

More clarity. More alignment. More YOU.
Let's keep building the life you were created for.

RESOURCES & NEXT STEPS

- **Explore programs & coaching**
Explore upcoming programs, coaching, and resources at theadantablueprint.com
- **Join the community**
Join the community for inspiration, encouragement, and updates.
- **Keep showing up**
Continue showing up for yourself. You are worth it.

Thank you for showing up for yourself.



*You do not have to become someone else.
You simply have to return to who you were always meant to be.*

