

THE SEPTEMBER Reset

12 SIMPLE WAYS TO FEEL LIKE YOURSELF AGAIN AFTER A CHAOTIC SUMMER

Same you...
just more
energized,
focused and
ready for what's
next. ♥



Nourish Your Body

- ☐ 1. **Eat Regular, Nourishing Meals**
Focus on protein, produce, fiber, healthy fats, and real food. No more grazing and skipping meals!
- ☐ 2. **Reset Your Sleep Routine**
Aim for consistent bed and wake times so you can feel rested, focused and energized.
- ☐ 3. **Ease Back Into Your Regular Routine**
Rebuild your routine gradually. Start with the anchors that help you feel grounded.
- ☐ 4. **Start Strength Training Again**
Build muscle, boost your metabolism, increase energy, and feel strong—inside and out.
- ☐ 5. **Get Outside & Move Every Day**
Fresh air, natural light and movement help your mood, energy and overall well-being.
- ☐ 6. **Make Healthy Food Easier**
Stock your kitchen, plan simple meals, and keep nourishing options within reach.



Calm Your Mind

- ☐ 7. **Take Back a Little Time for Yourself**
No to-do lists. No distractions. Just you. Even 10 minutes can make a big difference.
- ☐ 8. **Clear the Mental Clutter**
Brain dump, then decide what to delegate, delete, postpone or simplify.
- ☐ 9. **Put Something Inspiring Back Into Your Life**
Read a great book, listen to a podcast, journal, or surround yourself with uplifting content.



Reset Your Life

- ☐ 10. **Reset One Area of Your Environment**
Choose one space (kitchen, bedroom, closet, car, etc.) that's been stressing you out and give it a refresh.
- ☐ 11. **Do Something That Makes You Feel Like YOU Again**
Reignite your passions, hobbies, creativity, style, friendships or adventure. Remember who you are beyond your responsibilities.
- ☐ 12. **Put Something on the Calendar to Look Forward To**
A girl's night, a hike, a date, a concert, a weekend away—make it something you're genuinely excited about.



My Feel-Good Five

THE FIVE THINGS THAT HELP ME FEEL MOST LIKE MYSELF:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



ONE THING I'M
LETTING GO OF
THIS SEPTEMBER:



ONE THING I'M
LOOKING FORWARD TO
THIS SEPTEMBER:



A Little Reflection

How do you want to feel
by the end of September?

What's one small step
you can take today?
