

# THE 7-DAY RESET

## FOR WOMEN 50+

Hair • Skin • Body • Spirit • Energy • Joy

**Seven days to come back to yourself.**

This is not a detox.  
It is not about becoming younger.  
It is about becoming more intentional, nourished, active and alive.

**FOR THE NEXT SEVEN DAYS: INTENTION OVER AUTOPILOT.**

# HOW THIS RESET WORKS

---

*Simple enough to start. Meaningful enough to feel.*

For seven days, focus on seven small daily habits. You do not need to do them perfectly. The goal is to notice how you feel when you consistently give your body, mind and spirit a little more attention.

*Progress, not perfection. Notice what helps - then keep what works.*

## 1. MORNING LIGHT

Step outside for 5-10 minutes of natural morning light when possible. Breathe, notice the sky and let your body know the day has begun.

## 2. INTENTION WATER

Before your first glass of water, pause, take one breath and choose an intention for the day. Then drink slowly.

## 3. MOVE

Track your steps or movement. Start with your normal amount and gently build from there.

## 4. 2-MINUTE SCALP RESET

Use the pads of your fingertips to gently move and massage your scalp - temples, sides, crown and back.

## 5. NOURISH

Add something anti-inflammatory and nourishing instead of obsessing over everything you should remove.

## 6. SPIRIT + GRATITUDE

Meditate, pray, sit quietly, spend time in nature, journal, use your intuition or write down three things you are grateful for.

## 7. EVENING RESTORE

Step outside around sunset if possible, release the day, then finish with simple skincare and a few slow breaths.

# YOUR DAILY RITUALS

---

*The practices you will repeat all seven days.*

## INTENTION WATER

Before drinking your first glass of water, hold it for a moment. Take one slow breath and choose how you want to meet the day.

- ☐ Today I choose peace.
- ☐ Today I choose strength.
- ☐ Today I choose joy.
- ☐ Today I trust myself.
- ☐ Today I am open to something good.

*We don't have to prove that thoughts physically change water to benefit from the ritual.  
Instead of beginning the day on autopilot, you begin it with intention.*

## NOURISH

Choose from foods such as berries, leafy greens, broccoli, cauliflower, salmon, sardines, avocado, extra-virgin olive oil, walnuts, chia, flax, sweet potatoes, tomatoes, colorful peppers, citrus, ginger, turmeric, garlic, green tea, fermented foods if tolerated, and moringa leaf powder added to food or a smoothie if desired.

The reset focuses more on what you can ADD than on deprivation.

## NATURAL NIGHTTIME SKIN RITUAL

Gently cleanse. Moisturize if needed. Finish with a few drops of argan oil plus a tiny amount of castor oil if your skin tolerates it. Warm it between your hands and gently press or massage into the face and neck. Patch-test first; use argan oil alone if castor oil does not agree with your skin.

# DAY 1 - NOTICE

---

*Start exactly where you are.*

Do not try to overhaul your life today. Day 1 is about noticing your starting point without judgment.

- ☐ Morning light
- ☐ Intention water
- ☐ Record your normal steps
- ☐ 2-minute scalp massage
- ☐ Eat something nourishing
- ☐ Spiritual practice or gratitude
- ☐ Evening skin ritual

**Today's intention:**

---

**Today's steps:**

---

**How do I actually feel right now?**

---

---

**What does my body seem to need more of?**

---

---

**OPTIONAL BASELINE: Take a simple photo of your face and hair/scalp. No filters.  
No judgment. Just a record of where you are beginning.**

# DAY 2 - NOURISH

---

*Feed yourself better - not less.*

Today, deliberately add color and nourishment to your plate.

- ☐ A colorful fruit or vegetable
- ☐ A good source of protein
- ☐ A healthy fat
- ☐ Comfortable hydration
- ☐ Berries or leafy greens somewhere today

**Today's nourishing choice:**

\_\_\_\_\_

**Today's steps:**

\_\_\_\_\_

**MANTRA: I nourish myself because I matter.**

**Something my body thanked me for today:**

\_\_\_\_\_

\_\_\_\_\_

**Three things I am grateful for:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## DAY 3 - LIFT

---

*A little attention for your face and posture.*

Continue your daily reset habits. Today, add only two simple facial exercises. There should be gentle engagement - never pain or strain.

### CHEEK LIFT

Make a gentle "O" with your mouth. Use your cheek muscles to create an upward smile. Hold briefly, relax, and repeat 5-10 times.

☐ Cheek Lift complete

### JAW + NECK LIFT

Sit tall with relaxed shoulders. Lift your chin only slightly and gently pucker your lips upward as though kissing the sky. Hold about 5 seconds, relax, and repeat 5 times.

☐ Jaw + Neck Lift complete

**MANTRA: I take care of myself with love, not criticism.**

**One thing I appreciate about my body:**

---

---

**Three things I am grateful for:**

---

---

---

## DAY 4 - JOY

---

*Do something because you love it.*

Spend at least 15-20 minutes doing something simply because it brings you joy. It does not need to be productive.

- |                                                              |                                                           |
|--------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Garden                              | <input type="checkbox"/> Ride                             |
| <input type="checkbox"/> Paint                               | <input type="checkbox"/> Cook                             |
| <input type="checkbox"/> Create                              | <input type="checkbox"/> Write                            |
| <input type="checkbox"/> Dance                               | <input type="checkbox"/> Spend time with animals          |
| <input type="checkbox"/> Take photographs                    | <input type="checkbox"/> Learn something                  |
| <input type="checkbox"/> Play music                          | <input type="checkbox"/> Call someone who makes you laugh |
| <input type="checkbox"/> Work on an idea you keep postponing | <input type="checkbox"/> Something else                   |

**MANTRA: Joy is part of my health.**

**What did I do simply because I loved it?**

---

---

**How did I feel afterward?**

---

---

**What am I grateful for tonight?**

---

---

## DAY 5 - STRENGTHEN

---

*Ask your body for a little more.*

Today, move slightly more than you did on Day 1. You are not punishing your body - you are gently reminding it that it can adapt.

- ☐ A few hundred extra steps
- ☐ Another 5-10 minutes of walking
- ☐ A brisk section during your walk
- ☐ A short strength workout
- ☐ Chair squats
- ☐ Light weights or resistance bands
- ☐ Balance practice near a sturdy support

**Day 1 steps:**

---

**Today's steps:**

---

**MANTRA: I am still capable of becoming stronger.**

**Where would I like to feel stronger - physically or otherwise?**

---

---

# DAY 6 - QUIET

---

*Turn the volume down.*

At some point today, take five quiet minutes. No scrolling. No television. No multitasking. Sit outside, meditate, pray, breathe, or simply be still.

- ☐ Five quiet minutes
- ☐ Several slow breaths or physiological sighs

Physiological sigh: inhale through the nose, take a second small inhale, then make the exhale slow and long. Repeat a few times.

## IF YOU WAKE DURING THE NIGHT

Before reaching for your phone, keep your eyes closed and slow your breathing. Gently move your eyes side to side, make a slow circle in one direction and then the other, relax your eyes, imagine gently looking downward toward your nose, and finish with a long, slow exhale. Treat it as a relaxation experiment - not something you have to perform perfectly.

**MANTRA: I don't have to carry everything.**

**Something I can let go of:**

---

---

**Three things I am grateful for:**

---

---

---

## DAY 7 - REINVENT

---

*Look forward.*

Today is not really about finishing. It is about noticing what changed and deciding what you want to carry forward.

**What made me feel best this week?**

---

**What surprised me?**

---

**What gave me more energy?**

---

**What brought me joy?**

---

**What do I want MORE of in my life?**

---

**What do I want LESS of?**

---

**What am I passionate about right now?**

---

**Is there something I keep telling myself I am too old to begin?**

---

**If nobody else's opinion mattered, what would I try?**

---

# YOUR 7-DAY RESET TRACKER

Check the box. Notice the pattern. Keep what works.

| Day | Light                    | Intention<br>Water       | Move                     | Scalp                    | Nourish                  | Spirit /<br>Gratitude    | Evening<br>Restore       |
|-----|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## FINAL CHECK-IN

Energy: 1 2 3 4 5

Mood: 1 2 3 4 5

Sleep: 1 2 3 4 5

Connection to myself: 1 2 3 4 5

Joy: 1 2 3 4 5

The three habits I want to keep:

## ONE LAST QUESTION

---

**What if taking better care of yourself  
is not about fighting aging at all?**

**What if it is about becoming more alive?**

**You do not have to become the woman you were at 30, 40 or 50. You get to decide  
who you are becoming now.**

**What am I taking with me from these seven days?**

---

---

---

---

### **A gentle note**

This reset is for general education and self-care. It is not medical advice. Adjust movement, foods and skincare for your own health needs and stop anything that causes pain, irritation or other concerning symptoms.