



1-DAY

FALL RESET

*A full day of rejuvenation for
your body, mind and soul.*



WELCOME TO YOUR FALL RESET

A whole day of taking care of your body, mind, and soul — how wonderful does that sound? Just like what you've been needing? Good.

You deserve it.

Make sure you hydrate yourself well throughout the day and ditch the electronics as much as possible during your 1-day reset.

You'll be so glad you did.

Your 1-day reset is about recharging your batteries, mentally and physically, so choose a day that works well for you and enjoy!

Morning

1-Day Fall Reset

Hydrating Tea.

Breathing Exercises
+ Quiet Time.

Nourishing
Breakfast.

Cup of Tea + Small
Snack.



START OFF YOUR DAY

Upon rising, wake up slowly and mindfully. Lie in bed and feel yourself waking up. Give yourself the time that you normally may not be able to on an ordinary morning.

After you get up from your bed, enjoy a warm cup of hot water with fresh lemon. It's fantastic to start your day with this, as it's very hydrating and aids in kicking your digestion into gear for the day.

Mix 6-8oz of warm water and squeeze in a half of a lemon. You can add in some fresh ginger as well for added benefits. Sip slowly and enjoy.





HAVING SOME QUIET TIME



Find a comfortable space to have some quiet time before you start your day. Spend some time in meditation, prayer, or doing some breathing exercises. Just be still, relax, and be present.

If you need some guidance, download a free meditation app such as Headspace to guide you through your time.

Stay in this space for as long as you need.



NOURISHING BREAKFAST

Prepare yourself a healthy, nourishing breakfast. This could mean many different things, so choose intuitively what your body is asking you for. Keep it healthy and simple.

This could mean a green smoothie, an egg with a side of an avocado, or wilted spinach with veggies.



MID-MORNING SNACK + TEA

Make sure you are hydrating yourself with fresh water throughout the day. This will flush out built-up toxins and keep you feeling great during your reset.

If you feel the need for a pick-me-up or a small snack, enjoy a cup of green tea and a handful or two of your favorite raw nuts.

Afternoon

1-Day Fall Reset

Light Lunch.

Light Exercise.

Snack.

Nap.





ENJOY A LIGHT, HEALTHY LUNCH

Enjoy a fresh salad with your favorite veggies, olive oil and lemon juice, some marinated veggies wrapped in lettuce leaves, or another of your favorite light, healthy lunches.

Take your time eating your meal, enjoying every texture and flavor, chewing each bite thoroughly. Place your fork down between each bite and have a tall glass of fresh water afterward.

If the weather permits, enjoy your lunch outside in the sunshine.



TAKE A STROLL

After you enjoy your leisurely lunch, put on your favorite comfortable walking shoes and take a stroll outside in nature.

Spend about 20-30 minutes (or more, if your heart desires) outside, enjoying your surroundings and digesting your food.

Breathe in the fall air deep into your lungs and be calmed by the nature surrounding you.



ENJOY SOME DOWNTIME

When you return from your stroll, do something that relaxes and recharges you. This could mean reading a book under your favorite blanket, taking a nap, or anything else that you may love doing.

Take your time. Enjoy your downtime. Enjoy this time until evening arrives and it's time to start winding down your day.

Evening

1-Day Fall Reset

Hot Bath.

Healthy Dinner.

Hot Tea.

Journaling.

Quiet Time.





PAMPER YOURSELF

Pamper yourself before you end your day with either a hot bath at home or if you feel like you need more stress relief than a bath can assist with, schedule a massage for yourself for this evening.

Throw some Epsom salts in your bath to help with relieving your stress and detoxifying the body, and if you have some high-quality essential oils, put a few drops in your bath as well!



DINNER TIME!

Just like lunch today, choose a healthy, simple dinner to end your day with.

A warm veggie soup is my go-to on my reset days.

Toss your favorite veggies into some vegetable broth and simmer. Enjoy!



HOT TEA + JOURNALING

Wrap up your day by getting cozy with a warm cup of calming tea (chamomile, lavender, hibiscus are some great options) to begin winding down for bed.

Spend a little while journaling whatever comes to mind. This may feel awkward at first, but think of it as a 'brain dump.' You'll be surprised what comes out and how much you can write. End your journaling time by writing down five things you are grateful for.



REJUVINATE AND SLEEP

Crawl in bed with a smile on your face and a book in your hand. Enjoy the rest of your evening and have a great night of sleep!

Tomorrow morning, check in with yourself and see how you feel. Do you feel different than usual? Was your reset a success?

How often can you do a reset — once a month? Once a week? Begin using this practice regularly in your life and see what all changes.

MEET YOUR COACH

Would you like some personal support in becoming the best version of yourself?

I'd love to chat with you about your health goals. Contact me today!

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Wholistic Woman

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