

FREE GUIDED WORKBOOK

Your 7-Day Positive Reset

Seven gentle days of affirmations, honest reflection, and small actions. Set aside ten quiet minutes each day. There is nothing to prove here - only a chance to reconnect with yourself.

1

grounded affirmation

1

honest reflection

1

useful action

NO EMAIL REQUIRED. START WHEN READY.

No pressure. No magical promises. No perfect streak required.





DAY 01 OF 07

Clear the noise

TODAY'S AFFIRMATION

"I release the thoughts that no longer deserve space in my day."

REFLECT

What thought, expectation, or worry are you ready to set down today?

ONE USEFUL ACTION

Take five slow breaths. With each exhale, name one thing you do not need to carry right now.

Close with one sentence: What do I want to remember from today?



DAY 02 OF 07

Speak with kindness

TODAY'S AFFIRMATION

"The voice inside me can be a place of safety."

REFLECT

What would you say to someone you love if they felt exactly as you do?

ONE USEFUL ACTION

Write that sentence where you will see it tomorrow morning.

Close with one sentence: What do I want to remember from today?



DAY 03 OF 07

Notice the good

TODAY'S AFFIRMATION

"Small moments of goodness are still worthy of my attention."

REFLECT

Name three ordinary things that supported, delighted, or comforted you today.

ONE USEFUL ACTION

Thank one person - or yourself - for something that often goes unnoticed.

Close with one sentence: What do I want to remember from today?



DAY 04 OF 07

Protect your energy

TODAY'S AFFIRMATION

"A gentle boundary is an act of care, not rejection."

REFLECT

Where are you saying yes while your mind or body is asking for space?

ONE USEFUL ACTION

Practice one kind, clear sentence: 'I do not have room for that today.'

Close with one sentence: What do I want to remember from today?



DAY 05 OF 07

Take the next step

TODAY'S AFFIRMATION

"I do not need the whole path. I only need my next honest step."

REFLECT

Which meaningful goal could you move forward in ten focused minutes?

ONE USEFUL ACTION

Set a ten-minute timer and begin before you feel completely ready.

Close with one sentence: What do I want to remember from today?



DAY 06 OF 07

Celebrate your growth

TODAY'S AFFIRMATION

"My progress counts, even when it has been quiet."

REFLECT

What can you handle, understand, or believe now that once felt difficult?

ONE USEFUL ACTION

Write yourself one sentence of genuine recognition.

Close with one sentence: What do I want to remember from today?



DAY 07 OF 07

Choose your direction

TODAY'S AFFIRMATION

"I can enter my next chapter with intention and trust."

REFLECT

What feeling do you want to practice carrying into the next thirty days?

ONE USEFUL ACTION

Choose one tiny daily ritual that supports that feeling. Keep it simple enough to repeat.

AFTER DAY 7

Keep one practice that helped. Choose another reset, or preview the 30-day workbook when you want more structure.

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