

The 7-Day Self-Love Reset Challenge

A Simple Daily Practice to Reset Your Mindset, Prioritize You, and Reclaim Your Peace

By Cynthia Shone | Instagram: @un.scripted_journey | Website: cynthiashone.com

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Welcome

This challenge is your invitation to stop running on autopilot and start living in alignment with what truly serves you. Every day for the next 7 days, you'll commit to one small, powerful act of self-love. Let this reset be the spark that brings you back home—to yourself.

How to Use This Challenge

- ✓ Choose a start date
- ✓ Print or save this guide
- ✓ Spend 10–15 mins each day on the prompt
- ✓ Journal your thoughts or feelings each day
- ✓ Share your journey on social with #SelfLoveReset and tag @un.scripted_journey

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Day 1 – Grace Check-In

Where can I offer myself more compassion this week?

✓ Reflection Space:

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Day 2 – Set One Boundary

What's one boundary I can set or reinforce that protects my peace?

✓ Reflection Space:

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Day 3 – One Wellness Ritual

What's one thing I can do today to honor my health and energy?

✓ Reflection Space:

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Day 4 – Write a Loving Affirmation

Speak to yourself the way you would a close friend.

✓ Reflection Space:

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Day 5 – Say No Without Explaining

Release the need to over-explain your no.

✓ Reflection Space:

☐

Day 6 – Celebrate Something Small

Acknowledge a small win—because they build big change.

✓ Reflection Space:

☐

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Day 7 – Reflect + Release

Ask yourself: What do I need more of? What can I release?

✓ Reflection Space:



Bonus: What Comes Next?

- Continue with weekly grace check-ins
- Keep a boundary journal
- Start a 30-day self-talk tracker
- Share your biggest lesson from this challenge

Stay Connected

Want more tools, mindset shifts, and real-talk on living your unscripted life?

Grab more resources at www.cynthiashone.com and subscribe for updates.