



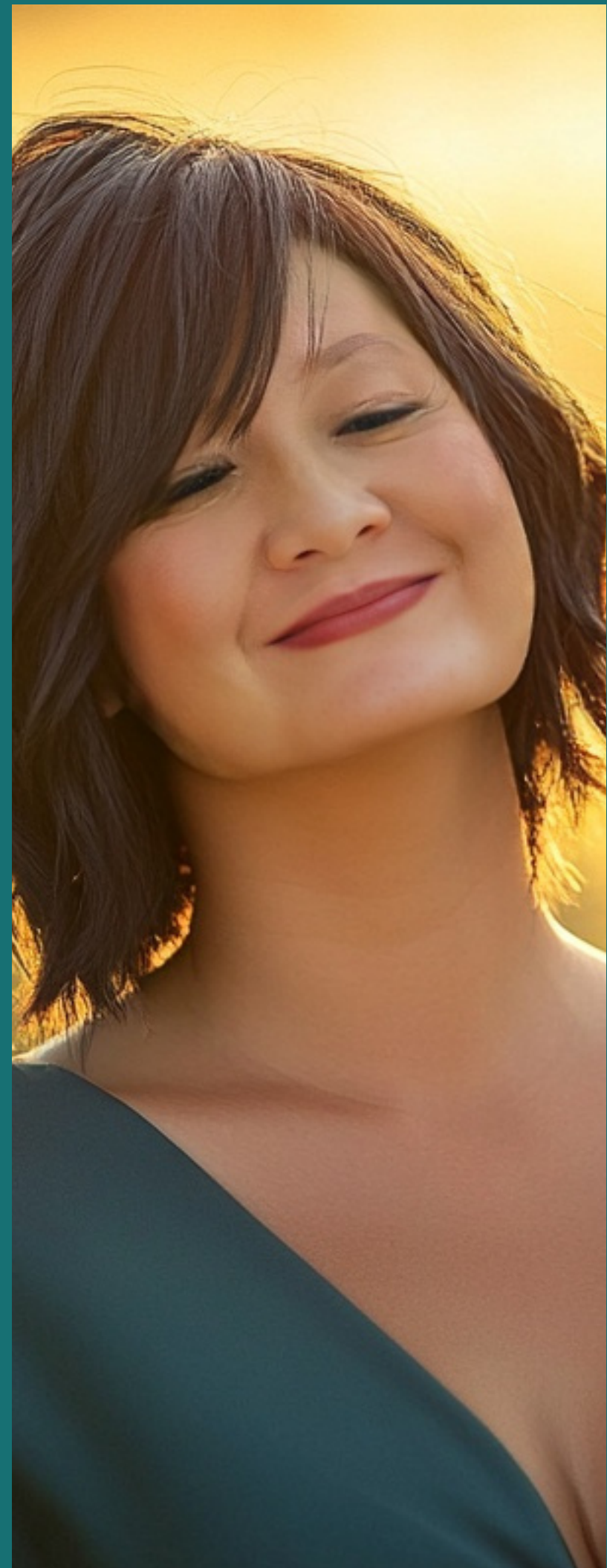
THE RESET STARTER GUIDE

A 5-Minute Ritual to Reclaim Your Calm + Begin Again

BY KIMBERLY RUSSELL



Part of the RESET & Rise™ Series

A close-up photograph of a woman with dark, wavy hair, smiling gently. She is wearing a dark blue or black top. The background is a warm, golden-yellow color, suggesting a sunset or sunrise.

Welcome -

IF YOU'RE HOLDING THIS GUIDE, IT MEANS SOMETHING INSIDE YOU IS READY FOR CHANGE. NOT A FULL OVERHAUL—BUT A QUIET BEGINNING.

This simple RESET Starter Guide is designed to help you pause, breathe, and reconnect with your strength in just 5 minutes.

It's a preview of the deeper work we do inside The Radiant RESET, a transformational 8-week journey that guides you from emotional overwhelm to embodied clarity.

Let this be your first step back to yourself.

What is a RESET?

A RESET is not about doing more—it's about realigning with what matters. It's a shift in breath, in energy, in direction. And it starts small.

This guide uses my signature RESET Method:

Release

Embody

Soothe

Elevate

Transform

Let's walk through it together.



5-MINUTE RESET RITUAL

(Use this anytime you feel off, heavy, or disconnected.)

RELEASE

(1 min)

Close your eyes. Inhale deeply. Exhale with sound. Shake out your hands or shoulders.

Say: "I release what I don't need to carry."

EMBODY

(1 min)

Place one hand on your heart, one on your belly. Breathe slowly. Feel your body. Notice your breath.

Speak aloud: "I am here. I am safe."

SOOTHE

(1 min)

Light a candle, sip tea, mist your face—engage one sense gently. Let your body know it's allowed to soften.

ELEVATE

(1 min)

Stand tall. Stretch your arms overhead.

Say aloud: "I am worthy of clarity. I rise with grace."

TRANSFORM

(1 min)

Write one word. Let that word guide your next choice.

Journal prompt: "What do I want to feel next?"

CLOSING AFFIRMATION

"I can begin again at any moment. My RESET is always within reach."

Breathe it in. Whisper it out. Carry it with you.

WANT TO GO DEEPER?

If this mini ritual made you feel lighter, clearer, or more grounded—imagine what 8 weeks of guided transformation could do.

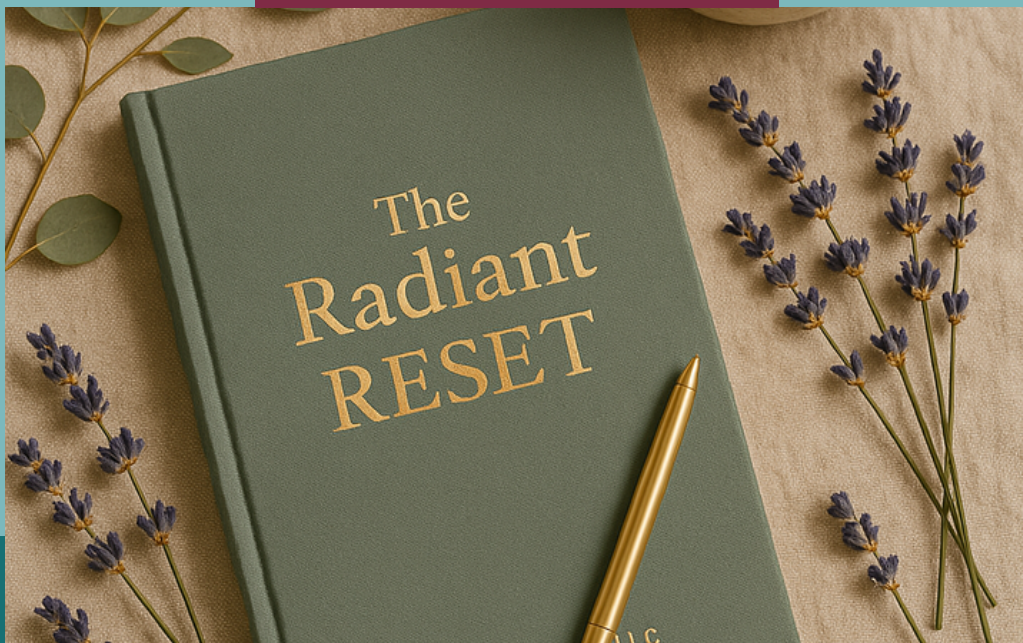
♥ You're already on the waitlist for the free webinar where I'll walk you through the transformation.

You'll be the first to receive your invitation.

Until then—keep this promise close:

"You are allowed to begin again."

Kimberly



HELLO@222SUNSHINE.COM

WWW.222SUNSHINE.COM

FOLLOW US ON INSTAGRAM @222SUNSHINE_RAYS