BONUS: 7-Day Stress-Free Reset Habit Tracker

Welcome to your **7-Day Stress-Free Reset**! This tracker will guide you to create simple, daily rituals that replace wine with healthier ways to relax and unwind. Over the next 7 days, you'll implement daily habits designed to reduce stress, so you can feel more relaxed and centred without relying on alcohol.

How to Use This Tracker:

- **Choose Your Rituals**: Select 1-3 stress-free rituals from the list below. You can choose different rituals each day or repeat the ones that work best for you.
- **Track Your Progress**: Mark off each day when you complete the ritual(s) you've chosen.
- **Reflect**: Each evening, use the reflection space to note how you felt before and after doing the ritual(s).
- **Accountability**: Completing this tracker will give you a clear picture of how consistent you've been in managing your stress without alcohol.

Section 1: Stress-Free Rituals to Choose From

These simple rituals can help you unwind, release tension, and reduce stress naturally:

1. **Mindful Breathing** – Practice deep breathing for 3-5 minutes, focusing on slow, intentional breaths.
2. **Progressive Muscle Relaxation** – Tense and relax each muscle group in your body, starting from your toes and working your way up.
3. **Visualization** – Picture a peaceful place (e.g., a beach or forest) and imagine yourself there for 5-10 minutes.
4. **Gentle Stretching or Yoga** – Engage in light stretching to relieve muscle tension, or do a short yoga routine.
5. **Journalling** – Write down your thoughts, stressors, or things you're grateful for.
6. **Nature Walk** – Go for a walk outside, focusing on your surroundings and the present moment.
7. **Hot Bath or Shower** – Take a relaxing bath or shower, perhaps adding calming essential oils or bath salts.

8. **Herbal Tea Ritual** – Prepare a warm cup of herbal tea, taking time to enjoy each sip slowly.
9. **Reading or Listening to Music** – Choose a book or listen to calming music for a mental break.

💡 **Pro Tip:**
Don't overcomplicate it! Start with one or two rituals and build consistency before adding more.

Section 2: Daily Tracker

Use this section to track your progress for the next 7 days. Check off each ritual as you complete it, and reflect on how it made you feel.

Day	Ritual 1	Ritual 2	Ritual 3	Reflection (How did I feel before and after?)
Day 1	☐	☐	☐	
Day 2	☐	☐	☐	
Day 3	☐	☐	☐	
Day 4	☐	☐	☐	
Day 5	☐	☐	☐	
Day 6	☐	☐	☐	
Day 7	☐	☐	☐	

💡**Pro Tip:**
Be honest with yourself! Use the "Reflection" column to observe how you felt before and after each ritual. If a ritual isn't working for you, try another one the next day.

Section 3: Daily Ritual Prompts

In this section, you'll find prompts to guide you through each ritual and help you focus your attention on the experience. Each day, fill in your thoughts to reflect on how the ritual impacts your stress and relaxation levels.

Day	Ritual completed	What was the most calming part of this ritual?	How do you feel after completing the ritual?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

💡 **Pro Tip:**
Don't rush through this! Taking a few minutes to reflect on how you feel will make the tracker more meaningful and give you deeper insight into your progress.

Section 4: Weekly Reflection

At the end of your 7-day reset, take some time to reflect on your experience. This will help you evaluate how well these rituals worked for you and whether you want to continue incorporating them into your routine.

4.1: Weekly Summary

- **Total Days I Successfully Completed Rituals**: _____
- **Rituals I Enjoyed Most**: _____
- **Rituals I Struggled With**: _____
- **How did I feel at the beginning of the week versus the end?**

4.2: What Was the Biggest Challenge?

- **What stressor did I notice made it hardest for me to stick with my rituals?**

4.3: What I'll Keep Doing Next Week

- **What new habits or rituals will I continue to practice?**

Pro Tip:
Keep the momentum going! After the reset, try to incorporate your favourite rituals into your daily routine for lasting change.

Section 5: Long-Term Goal Setting

Reflect on how these 7 days have helped you manage stress and reduce your reliance on wine. Use this section to set a long-term goal for how you will manage stress moving forward.

5.1: Long-Term Stress-Relief Goals

- **I want to feel less reliant on wine for stress relief by**: _____
- **In 1 month, I aim to**: _____

5.2: Support Systems

- **What support systems can I rely on to stay consistent with my new stress-relief habits?**

_____

_____

Conclusion:

Congratulations on completing your **7-Day Stress-Free Reset**! You've made an important step toward unwinding without relying on alcohol. As you continue, remember that these rituals are tools to help you feel more balanced, relaxed, and in control. The more you repeat them, the more they become new, mini habits. Keep using the tracker to stay accountable, and be gentle with yourself as you continue your journey.

Pro Tip:
Your new rituals are investments in your well-being. Take time to celebrate your small wins, *however insignificant they may seem*, and continue building habits that support your long-term health and relaxation.

Next Steps:

- Continue using this tracker to stay consistent with your stress-relief rituals.
- Explore new rituals or variations of what worked best for you.
- Share your progress with a friend or accountability partner for added support.