THE 90-DAY CLARITY PLANNER

The 90-Day "Mind Over Age Journey"

@MINDOVERAGE



Daily structure, companion, and mindset support for women 50+, especially in menopause, to regain clarity, memory, and calm—naturally.

Name: .....

“I honestly thought I was losing my mind. The lists, the lost words, the exhaustion. This planner didn’t just help me get organized —it helped me find myself again.”

— Diana Tsiantis, 54 - Detroit, Michigan



Welcome
& The "Why"

Hello there, and welcome! I'm delighted you've discovered "**The Menopause Brain Fog & Focus Planner.**"

If you're here, you're likely feeling that something has changed. It may be harder **to find the right words.** You may feel like your thoughts are getting confused, or you may be forgetting why you entered the room.

First, let me say: **You're not alone**—and you're certainly not imagining it.

Menopause is a significant transition, and it can bring a whirlwind of changes, including frustrating brain fog, memory loss, insomnia, and anxiety. These are all real symptoms of menopause, caused by the natural changes in estrogen, cortisol, and sleep.

This planner was designed specifically for you — the **woman over 50** facing the hormonal shifts of menopause and postmenopause, who still wants to feel as sharp, focused, calm, and capable as you were before.

The good news is that you're holding a tool designed with you in mind. I faced a similar difficult situation shortly after my 53rd birthday.

This planner isn't just about to-do lists; it's about understanding, gentle structure, and **rediscovering your incredible capacity for focus and clarity.**

It's about empowering you to navigate this phase with more ease and confidence. Through a calming structure, simple habits, and moments of reflection, you can gently rewire your routines to support your brain health naturally.

You can use this planner daily or whenever your mind needs **a helping hand!**



The "Why" Behind Menopause Brain Fog

So, what's really going on?

During perimenopause and menopause, our hormone levels, particularly estrogen, can fluctuate and decline. **Estrogen plays a crucial role in brain function,** as it's involved in processes such as memory, verbal fluency, and attention.

When our hormones are on a rollercoaster, our cognitive function can feel shaky. It's not just hormones, though! Sleep disturbances (**hello, night sweats!),** increased stress, mood changes, and even diet or lifestyle factors can all contribute to that feeling of mental fog.

Understanding this isn't just dwelling on the problem; it’s about acknowledging that it's a real, physiological experience. And **the more we know,** the better we can support ourselves.

Menopausal brain fog **is not a personal failing;** it is a physiological response to hormonal changes.

As our hormones, particularly estrogen, fluctuate, they affect the neurotransmitters that manage our thinking, mood, and memory. Estrogen plays a crucial role in supporting brain energy, focus, and memory.

When its levels change, our brain's internal communication can become a little... staticky.

Add the sleep disruption and stress that often accompany this phase, and it's no wonder our minds feel scattered.

Here’s the most important thing to remember: **Your brain isn't broken!** It's adapting. And you can give it the tools it needs to adapt with more ease and grace.

So, start with a morning intention. End with an evening reflection.

Use the tips and trackers to **stay connected to your body,** your mind, and what matters most.

The "*Mind Over Age*" philosophy isn't about fighting a natural process; it's about using the wisdom you already possess to **support your mind,** body, and spirit as they adapt.

Use this planner not just as another task but as a daily ritual of self-care. It's your space to untangle your thoughts, celebrate small wins, and gently guide your brain back to clarity.
You've got this!

For the days when your thoughts feel scattered and your focus feels lost, let this be your guide back to clarity. We're in this together!

Now, turn the page and let's begin!

With calm and strength,



Demi Nasiou
2025 - Mind Over Age™

Month #1

www. mindoverage.com

Monthly Mental Reset

Clear the clutter. Celebrate the clarity.

Moments of Growth & Joy

(What did you accomplish or stay consistent with? Think about personal growth, health habits, or anything that made you proud.)

- ☐ Personal growth
- ☐ Health habits
- ☐ Mindset shifts
- ☐ Anything else that brought joy



Areas for Gentle Attention

(Where did you feel stuck, foggy, or challenged? Gently notice patterns in mood, focus, or energy without judgment.)

Key Insights & Lessons

(What is one important thing this month taught you about what your mind and body need to thrive?)

Favorite Memory

(Describe one specific moment, no matter how small, that brought you a sense of peace or happiness this month.)

My Vision for the Month Ahead

(A creative space for your intentions. Use it for inspiring words, affirmations, drawings, or digital clippings that represent the clarity and energy you are cultivating.)



My Mantra for the Month

(Choose one powerful thought to carry with you.)
"My brain deserves peace, purpose, and clarity."



My Monthly Patterns

	Overall Mood (e.g., calm, anxious, mixed)	Overall Sleep (e.g., restful, broken, low)	Key Observation (e.g., "I felt best on weeks I walked daily")
WEEK 1			
WEEK 2			
WEEK 3			
WEEK 4			

My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

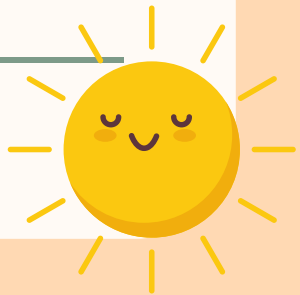
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

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My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

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A Gentle Midday Check-In

TUESDAY

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Support I've given my brain:

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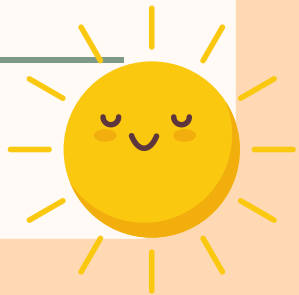

My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

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Today's Clarity Anchor

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A Kind Thought for My Mind

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A Gentle Midday Check-In

WEDNESDAY

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Support I've given my brain:

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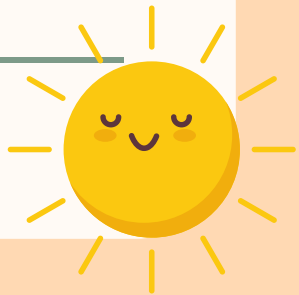

My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

THURSDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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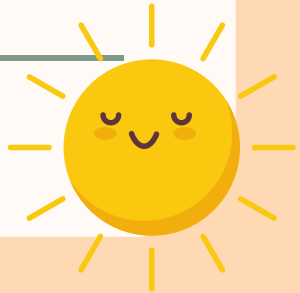


My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

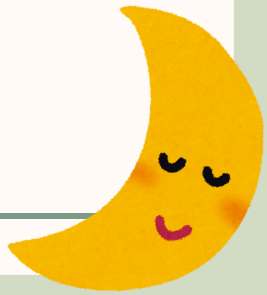
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

FRIDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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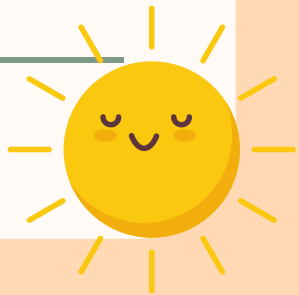

My Evening Reset

FRIDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SATURDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

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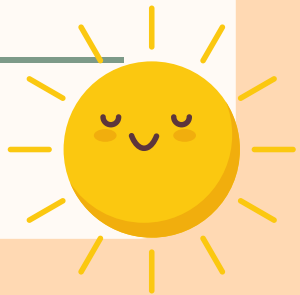

My Evening Reset

SATURDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
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- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

SUNDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

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My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

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A Gentle Midday Check-In

SUNDAY

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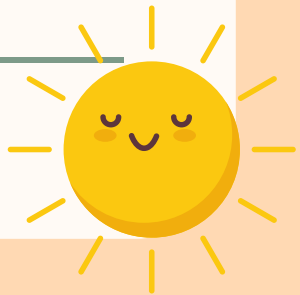


My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

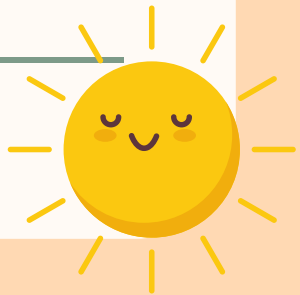
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

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What's on my mind right now?

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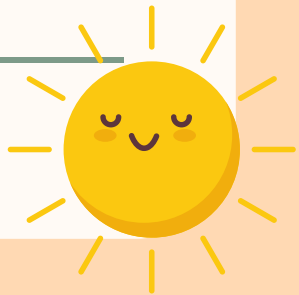

My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
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- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

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Today's Clarity Anchor

Check the one that will ground you most:

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A Gentle Midday Check-In

WEDNESDAY

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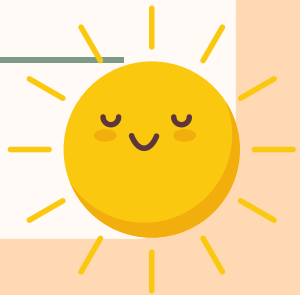

My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
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- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

THURSDAY

My Mood & Energy:

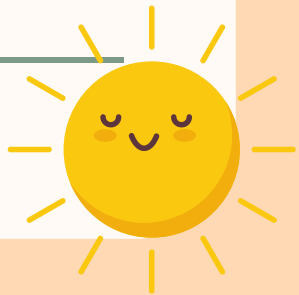
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
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A Kind Thought for My Mind

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A Gentle Midday Check-In

FRIDAY

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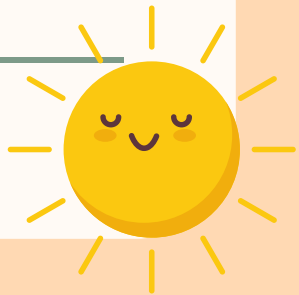

My Evening Reset

FRIDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

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My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

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My 3 Gentle Intentions

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☐ _____

☐ _____

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A Kind Thought for My Mind

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A Gentle Midday Check-In

SATURDAY

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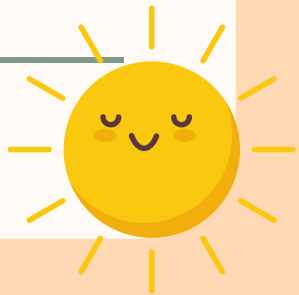

My Evening Reset

SATURDAY

My Brain Fog Meter:

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My Intention for Restful Sleep:



Morning Clarity Routine

SUNDAY

Today I want to feel:

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My 3 Gentle Intentions

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☐ _____

☐ _____

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A Gentle Midday Check-In

SUNDAY

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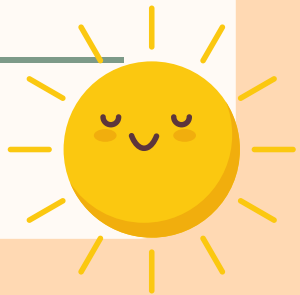

My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

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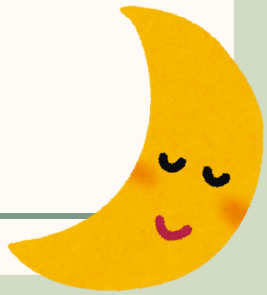
My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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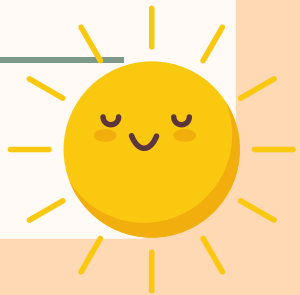
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

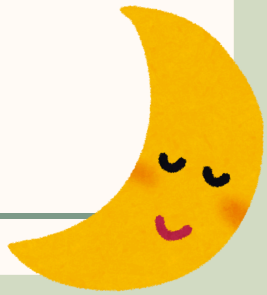
_____

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:

_____



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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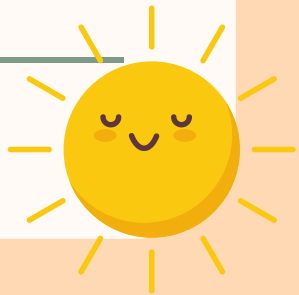
What does my mind need now?



My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

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My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

WEDNESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

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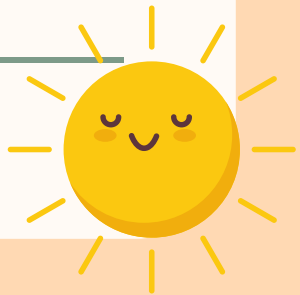

My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
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My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

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A Gentle Midday Check-In

THURSDAY

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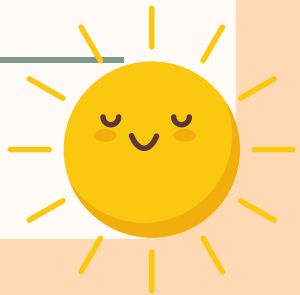

My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

_____

My Wind-Down Ritual:

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My Intention for Restful Sleep:

_____



Morning Clarity Routine

FRIDAY

Today I want to feel:

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☐ _____

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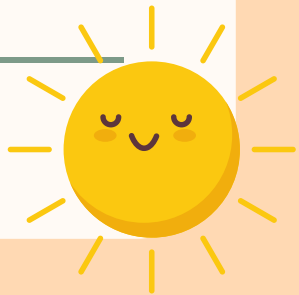

My Evening Reset

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My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

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My 3 Gentle Intentions

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A Gentle Midday Check-In

SATURDAY

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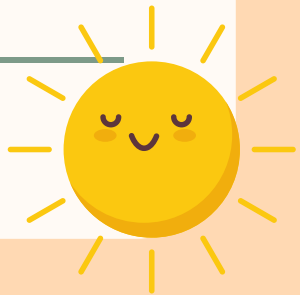

My Evening Reset

SATURDAY

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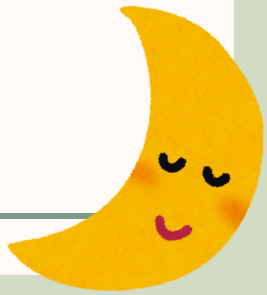

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SUNDAY

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My 3 Gentle Intentions

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A Gentle Midday Check-In

SUNDAY

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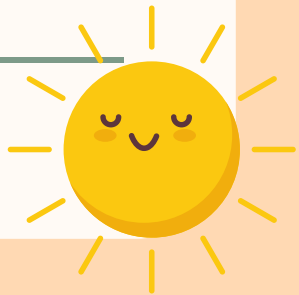

My Evening Reset

SUNDAY

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A Win or Moment of Gratitude:

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My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

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(What did this week teach you about what your mind and body truly need?)

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My Gentle Plan for the Week Ahead

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(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

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🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

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Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
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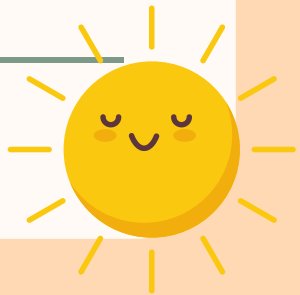
What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

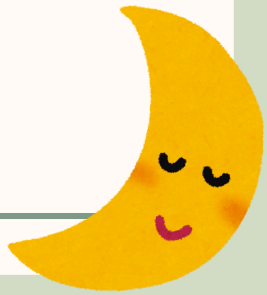
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

My Mood & Energy:

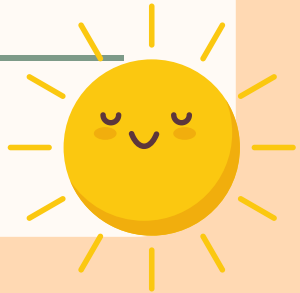
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
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- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

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My 3 Gentle Intentions

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A Gentle Midday Check-In

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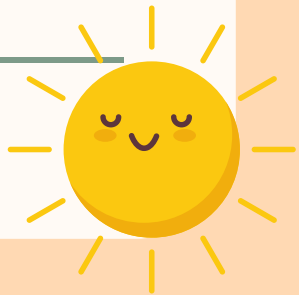

My Evening Reset

WEDNESDAY

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My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

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My 3 Gentle Intentions

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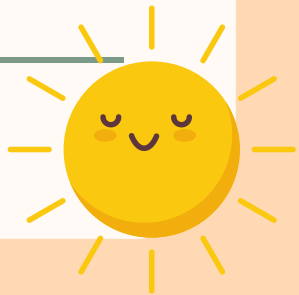

My Evening Reset

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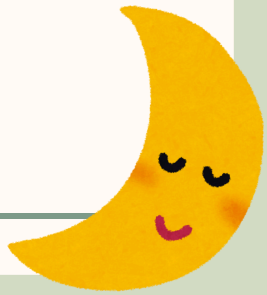

Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

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- ☐ _____
- ☐ _____

Today's Clarity Anchor

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A Kind Thought for My Mind

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A Gentle Midday Check-In

FRIDAY

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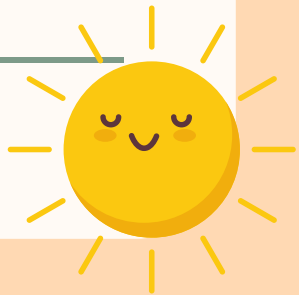

My Evening Reset

FRIDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

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My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

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Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SATURDAY

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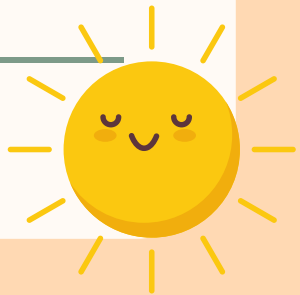

My Evening Reset

SATURDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

_____

My Wind-Down Ritual:

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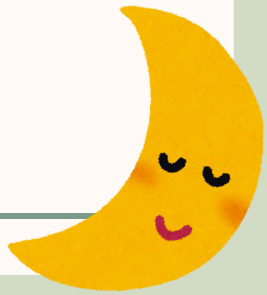
My Intention for Restful Sleep:

_____



Morning Clarity Routine

SUNDAY

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My 3 Gentle Intentions

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☐ _____

☐ _____

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A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SUNDAY

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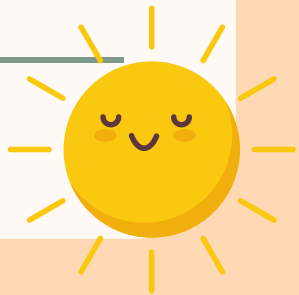

My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
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- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

My Notes & Thoughts

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Month #2

www. mindoverage.com

Monthly Mental Reset

Clear the clutter. Celebrate the clarity.

Moments of Growth & Joy

(What did you accomplish or stay consistent with? Think about personal growth, health habits, or anything that made you proud.)

- ☐ Personal growth
- ☐ Health habits
- ☐ Mindset shifts
- ☐ Anything else that brought joy



Areas for Gentle Attention

(Where did you feel stuck, foggy, or challenged? Gently notice patterns in mood, focus, or energy without judgment.)

Key Insights & Lessons

(What is one important thing this month taught you about what your mind and body need to thrive?)

Favorite Memory

(Describe one specific moment, no matter how small, that brought you a sense of peace or happiness this month.)

My Vision for the Month Ahead

(A creative space for your intentions. Use it for inspiring words, affirmations, drawings, or digital clippings that represent the clarity and energy you are cultivating.)



My Mantra for the Month

(Choose one powerful thought to carry with you.)
"My brain deserves peace, purpose, and clarity."



My Monthly Patterns

	Overall Mood (e.g., calm, anxious, mixed)	Overall Sleep (e.g., restful, broken, low)	Key Observation (e.g., "I felt best on weeks I walked daily")
WEEK 1			
WEEK 2			
WEEK 3			
WEEK 4			

My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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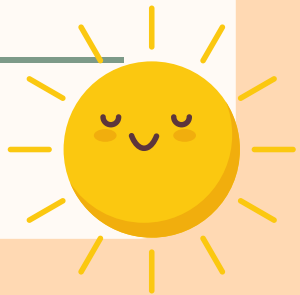
What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

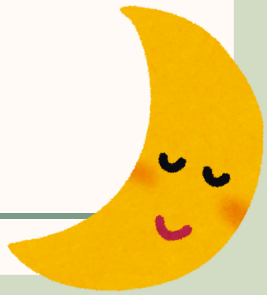
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

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A Gentle Midday Check-In

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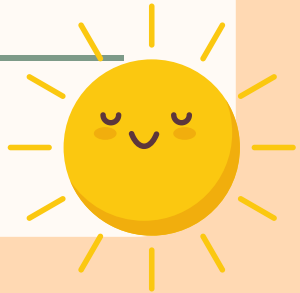

My Evening Reset

TUESDAY

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A Win or Moment of Gratitude:

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My Wind-Down Ritual:

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My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

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Today's Clarity Anchor

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A Kind Thought for My Mind

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A Gentle Midday Check-In

WEDNESDAY

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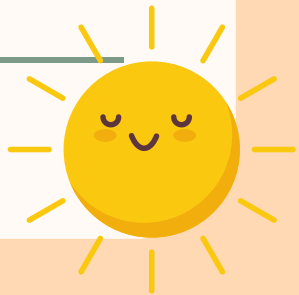

My Evening Reset

WEDNESDAY

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Morning Clarity Routine

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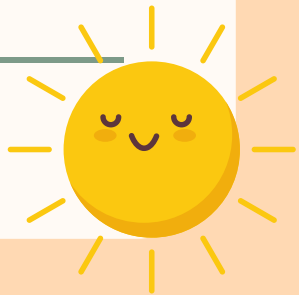

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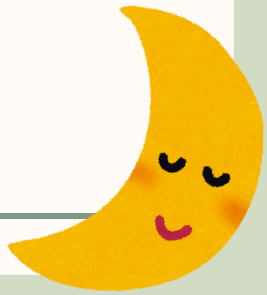

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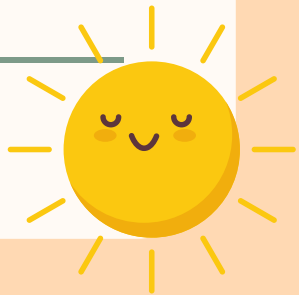

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My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

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My 3 Gentle Intentions

☐ _____

☐ _____

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SATURDAY

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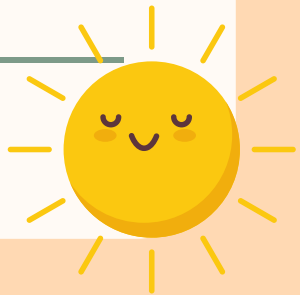
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

SATURDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

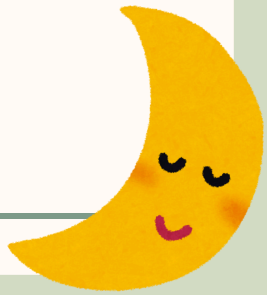
_____

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:

_____



Morning Clarity Routine

SUNDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SUNDAY

My Mood & Energy:

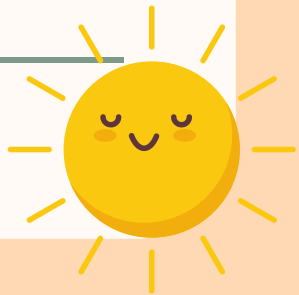
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

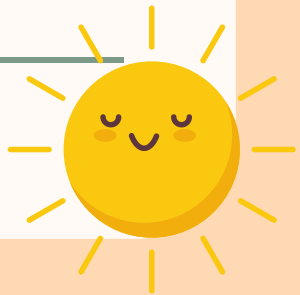
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

My Mood & Energy:

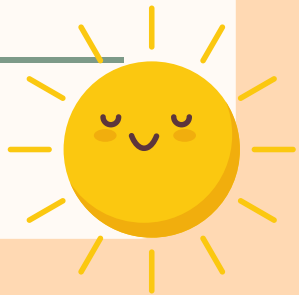
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

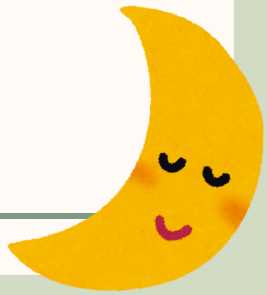
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

WEDNESDAY

My Mood & Energy:

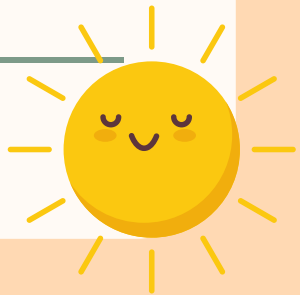
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

THURSDAY

My Mood & Energy:

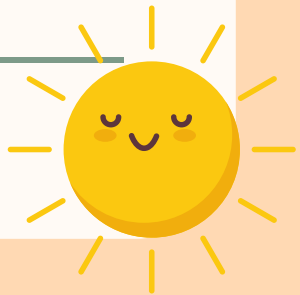
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

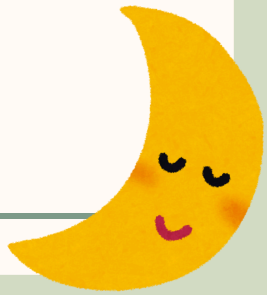
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

FRIDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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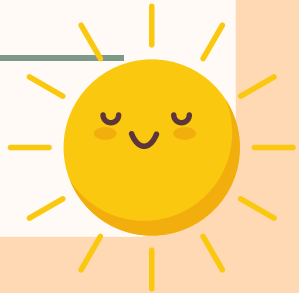
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

FRIDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SATURDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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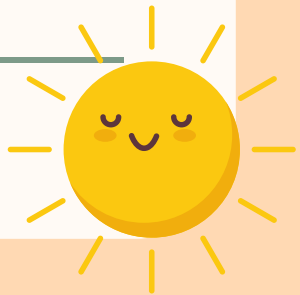


My Evening Reset

SATURDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

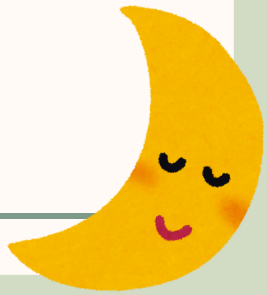
_____

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:

_____



Morning Clarity Routine

SUNDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SUNDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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- [ ] Took a Screen Break
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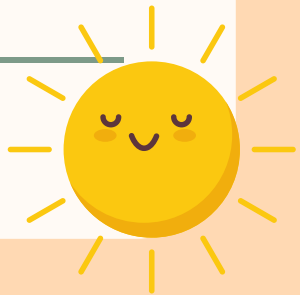
What does my mind need now?



My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

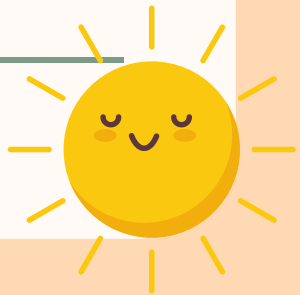
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
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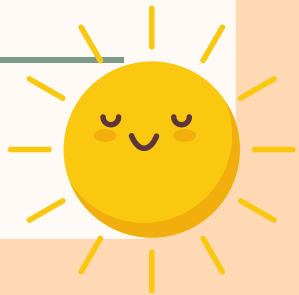
What does my mind need now?



My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

WEDNESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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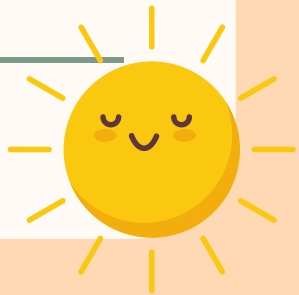
What does my mind need now?



My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

THURSDAY

My Mood & Energy:

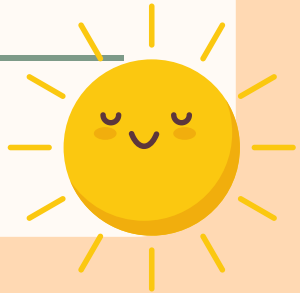
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

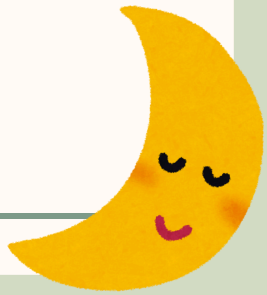
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
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My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

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A Gentle Midday Check-In

FRIDAY

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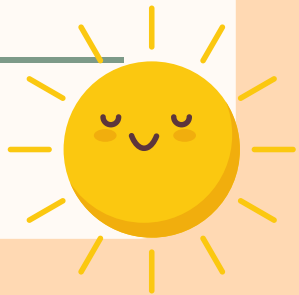

My Evening Reset

FRIDAY

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My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

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Today's Clarity Anchor

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A Kind Thought for My Mind

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A Gentle Midday Check-In

SATURDAY

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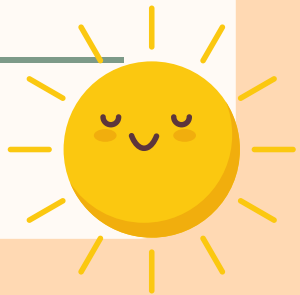

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My Intention for Restful Sleep:



Morning Clarity Routine

SUNDAY

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My 3 Gentle Intentions

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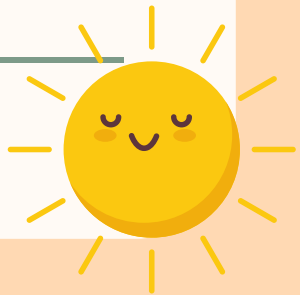

My Evening Reset

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My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
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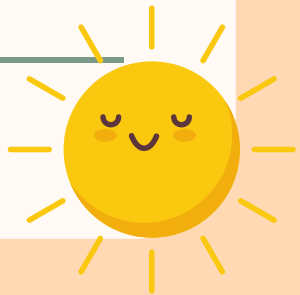
What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
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- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

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A Kind Thought for My Mind

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A Gentle Midday Check-In

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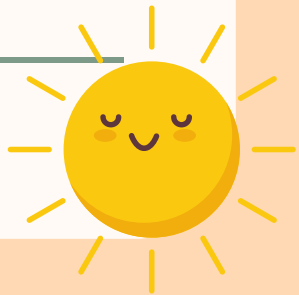

My Evening Reset

TUESDAY

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A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

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My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

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My 3 Gentle Intentions

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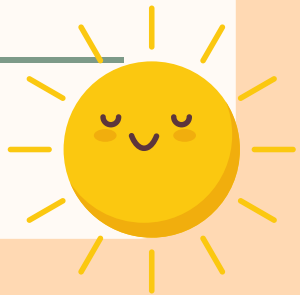

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My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

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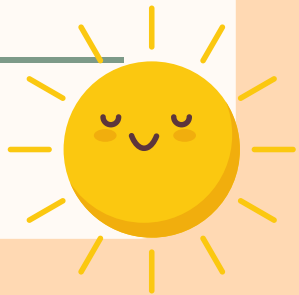

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My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

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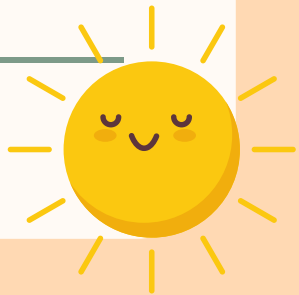

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My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

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A Gentle Midday Check-In

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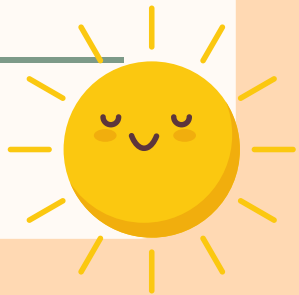

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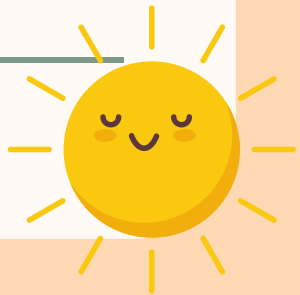

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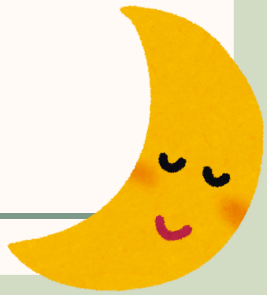

My Notes & Thoughts

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Month #3

www. mindoverage.com

Monthly Mental Reset

Clear the clutter. Celebrate the clarity.

Moments of Growth & Joy

(What did you accomplish or stay consistent with? Think about personal growth, health habits, or anything that made you proud.)

- ☐ Personal growth
- ☐ Health habits
- ☐ Mindset shifts
- ☐ Anything else that brought joy



Areas for Gentle Attention

(Where did you feel stuck, foggy, or challenged? Gently notice patterns in mood, focus, or energy without judgment.)

Key Insights & Lessons

(What is one important thing this month taught you about what your mind and body need to thrive?)

Favorite Memory

(Describe one specific moment, no matter how small, that brought you a sense of peace or happiness this month.)

My Vision for the Month Ahead

(A creative space for your intentions. Use it for inspiring words, affirmations, drawings, or digital clippings that represent the clarity and energy you are cultivating.)



My Mantra for the Month

(Choose one powerful thought to carry with you.)
"My brain deserves peace, purpose, and clarity."



My Monthly Patterns

	Overall Mood (e.g., calm, anxious, mixed)	Overall Sleep (e.g., restful, broken, low)	Key Observation (e.g., "I felt best on weeks I walked daily")
WEEK 1			
WEEK 2			
WEEK 3			
WEEK 4			

My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

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🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

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What's on my mind right now?

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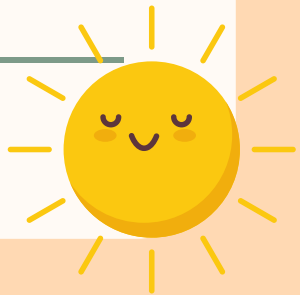
What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
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My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

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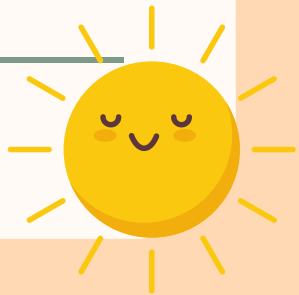

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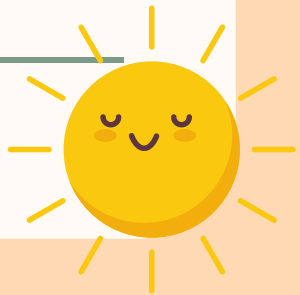

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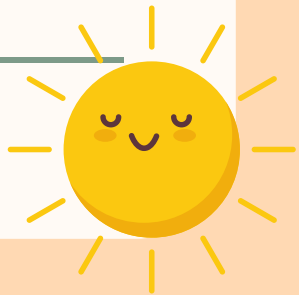

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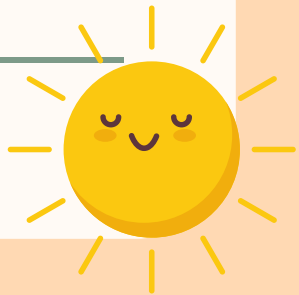

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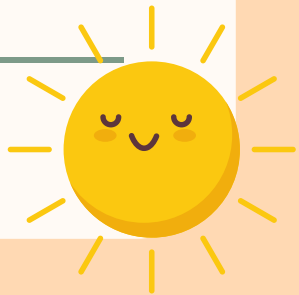

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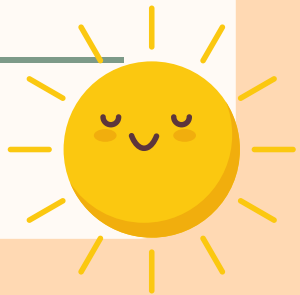

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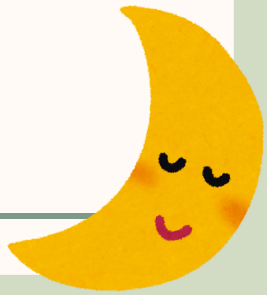

My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
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My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

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A Gentle Midday Check-In

MONDAY

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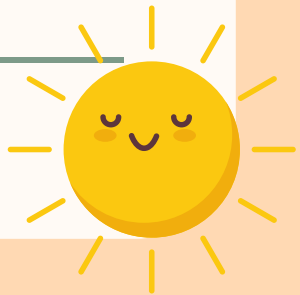

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MONDAY

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Things I'm Letting Go Of Before Sleep:

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My Intention for Restful Sleep:

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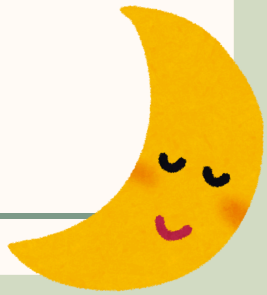

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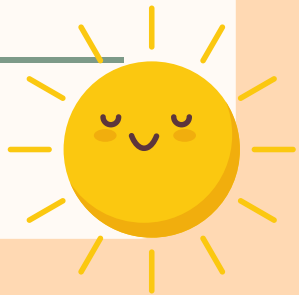

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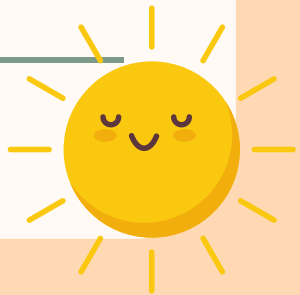

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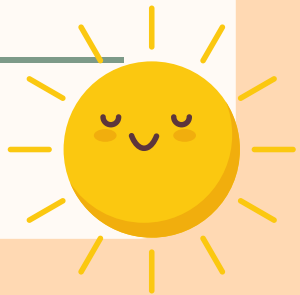

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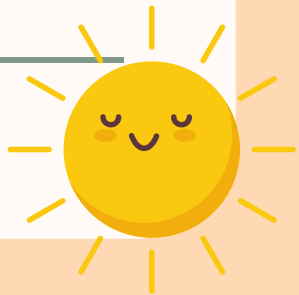

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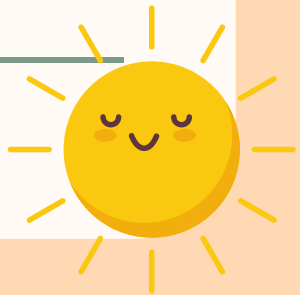

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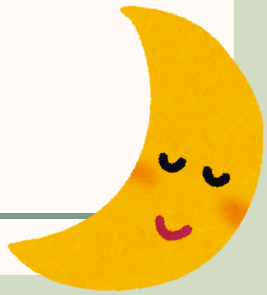

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Check the one that will ground you most:

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- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SUNDAY

My Mood & Energy:

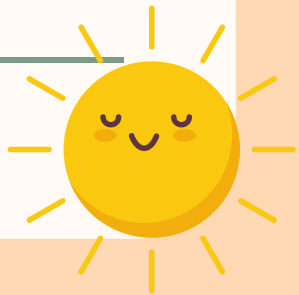
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

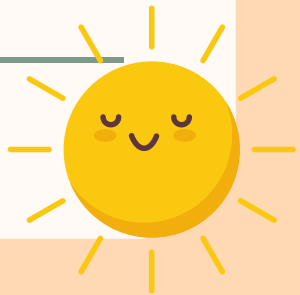
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

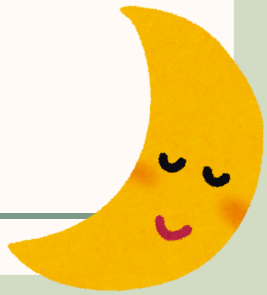
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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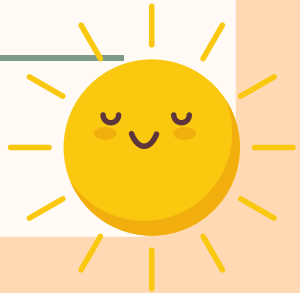
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

WEDNESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
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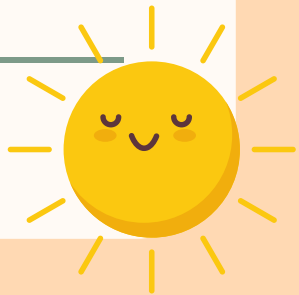
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

THURSDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

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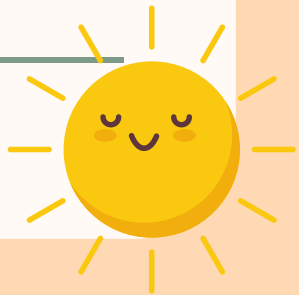
What does my mind need now?



My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

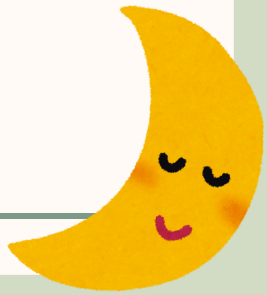
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

FRIDAY

My Mood & Energy:

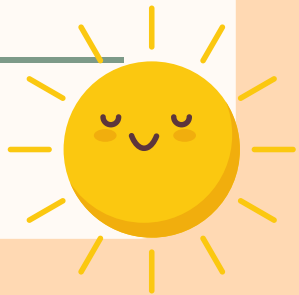
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

FRIDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SATURDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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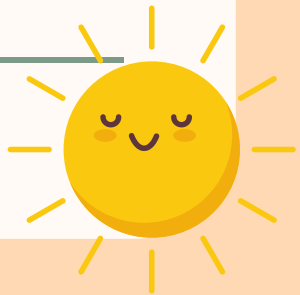
What does my mind need now?



My Evening Reset

SATURDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

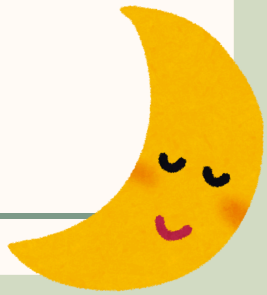
_____

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:

_____



Morning Clarity Routine

SUNDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SUNDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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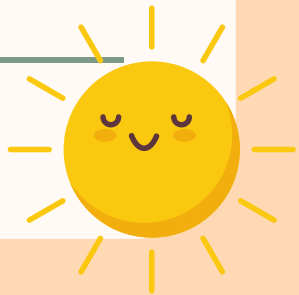
What does my mind need now?



My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



My Weekly Reflection

A gentle pause to listen, learn, and let go.

What supported my mind this week?

(Think about moments of calm, nourishing foods, restful sleep, or helpful habits.)

What challenged my focus?

(Gently consider any stressors, distractions, or patterns you noticed on foggy days. No judgment, just awareness.)

A lesson I'm taking with me...

(What did this week teach you about what your mind and body truly need?)

My Week Ahead

My Gentle Plan for the Week Ahead

My Brain-Friendly Habits

(Gently track your progress. Color in a circle for each day you practice a habit. It's about awareness, not perfection.)

💧 Hydration ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🚶‍♀️ Movement ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
😴 Quality Sleep ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
🧠 Mindful Moment ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S
📵 Screen-Down Time ◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

One Small Shift I Want to Try Next Week:

(What is one gentle experiment you can run? E.g., No phone for the first 30 mins of the day, trying a new herbal tea, journaling for 5 minutes.)

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Morning Clarity Routine

MONDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

MONDAY

My Mood & Energy:

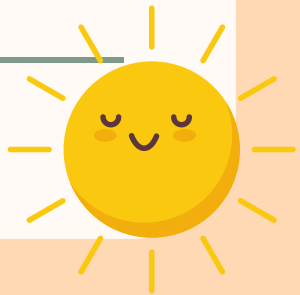
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

MONDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

TUESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

TUESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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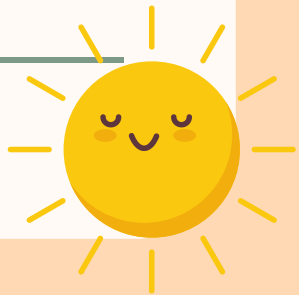
What does my mind need now?



My Evening Reset

TUESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

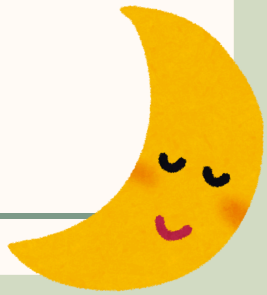
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

WEDNESDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

WEDNESDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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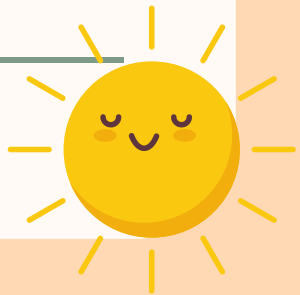

My Evening Reset

WEDNESDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

THURSDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

THURSDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
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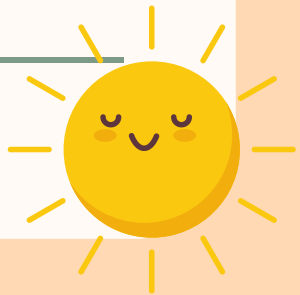


My Evening Reset

THURSDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

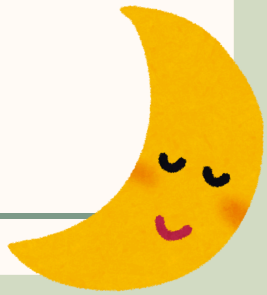
A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

FRIDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

- ☐ _____
- ☐ _____
- ☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

- ☐ Morning walk
- ☐ Protein breakfast
- ☐ Adaptogen
- ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

FRIDAY

My Mood & Energy:

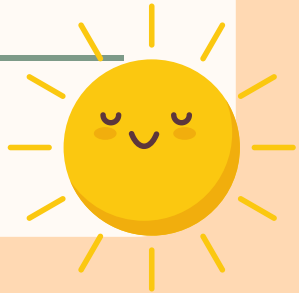
Foggy/Low ○ ○ ○ ○ ○ Clear/High

What's on my mind right now?

Support I've given my brain:

- [ ] Drank Water
- [ ] Had Nourishing Food
- [ ] Took a Movement/Stretch Break
- [ ] Took a Screen Break
- [ ] Paused for a Deep Breath

What does my mind need now?



My Evening Reset

FRIDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:



Morning Clarity Routine

SATURDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

Check the one that will ground you most:

☐ Morning walk ☐ Protein breakfast

☐ Adaptogen ☐ No screen before 10 AM

My Mood & Energy (Mark your spot on the scale)

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Kind Thought for My Mind

"I nourish my mind with peace and clarity today."

A Gentle Midday Check-In

SATURDAY

My Mood & Energy:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

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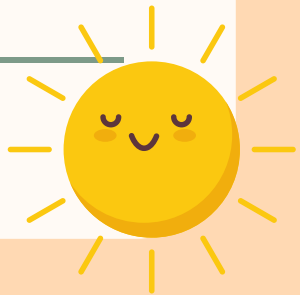


My Evening Reset

SATURDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

_____

Things I'm Letting Go Of Before Sleep:

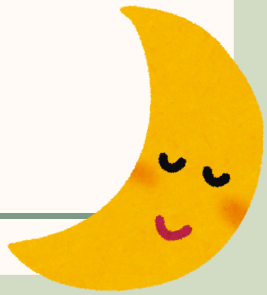
_____

My Wind-Down Ritual:

- [ ] Drank Herbal Tea
- [ ] Turned Screens Off Early
- [ ] Journaled My Thoughts
- [ ] Did Gentle Stretches

My Intention for Restful Sleep:

_____



Morning Clarity Routine

SUNDAY

Today I want to feel:

Circle the word that resonates most today:

Peaceful Energized Centered Clear

My 3 Gentle Intentions

☐ _____

☐ _____

☐ _____

Today's Clarity Anchor

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A Gentle Midday Check-In

SUNDAY

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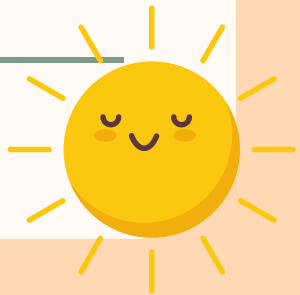

My Evening Reset

SUNDAY

My Brain Fog Meter:

Foggy/Low ○ ○ ○ ○ ○ Clear/High

A Win or Moment of Gratitude:

Things I'm Letting Go Of Before Sleep:

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My Intention for Restful Sleep:



My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

My Notes & Thoughts

After your Weekly Review, if you find you have more to say, feel free to use this 'Notes & Thoughts' page—a space for anything else on your mind. Let your thoughts flow freely.

Nourish Your Brain

Simple ways to fuel your mind for clarity and focus.

EXTRA BONUS



Focus-Boosting Herbs & Supplements

Gentle allies for your mind.

- **Lion's Mane Mushroom**: Supports memory and nerve health.
- **Ginkgo Biloba:** May improve circulation to the brain.
- **Rhodiola Rosea:** Helps the body adapt to stress and eases fatigue.
- **Omega-3s (DHA/EPA):** The essential building blocks for brain cells.
- **Magnesium Glycinate:** Calms the nervous system for better sleep and less anxiety.
- **L-Theanine (from green tea):** Promotes a state of "calm focus" without drowsiness.



Brain-Nourishing Foods

Focus on color and quality.

- **Leafy Greens (spinach, kale):** Packed with brain-protective vitamins.
- **Berries (especially blueberries):** Antioxidants that reduce inflammation.
- **Walnuts & Chia Seeds**: Rich in plant-based Omega-3s.
- **Avocado & Extra Virgin Olive Oil:** Healthy fats for brain cell function.
- **Wild Salmon or Sardines:** The most potent source of DHA/EPA.
- **Dark Chocolate (70%+):** Improves blood flow and mood (in moderation).
- **Fermented Foods (kimchi, kefir):** A healthy gut supports a healthy brain.

"This information is for educational purposes only and is not a substitute for professional medical advice. Please consult with your healthcare provider before making changes to your diet or starting any new supplements."

Calm Your Mind

Simple practices to create mental space and reduce overwhelm.



Daily Mindfulness Practices

Five minutes of intentional quiet can change your entire day.

- **The 5-Minute Body Scan:** Lie down comfortably and bring gentle awareness from your toes to your head, noticing any sensations without judgment.
- **Mindful Walking:** For five minutes, walk without your phone, paying full attention to your body and the sounds around you.
- **Morning Sunlight:** Spend a few minutes outside shortly after waking to help regulate your sleep cycle and mood.
- **Box Breathing:** A Tool for Instant Calm
  - ***Step 1:*** Inhale slowly for 4 seconds.
  - ***Step 2:*** Hold your breath for 4 seconds.
  - ***Step 3:*** Exhale slowly for 4 seconds.
  - ***Step 4:*** Hold the exhale for 4 seconds. Repeat 4-5 times.



Digital Detox Tips

Reclaim your focus and peace from digital distractions.

- **Create a "Digital Sunset":** No screens for at least one hour before bed. This dramatically improves sleep quality.
- **Silence the Noise:** Turn off all non-essential notifications on your phone. Check your phone on your schedule, not at its demand.
- **Mindful Mornings:** Avoid looking at your phone for the first 30-60 minutes after waking. Give your brain a chance to wake up gently.
- **Schedule "White Space":** Intentionally schedule 10–15 minute blocks in your day with no screens, no podcasts, no input. Just be.



THANK YOU—AND KEEP GOING 💛

You have taken a powerful step for yourself.

With every page, you have chosen clarity, honored your needs, and treated your mind with kindness.

Remember that every small act of care adds up. A deep breath, a nourishing meal, **a good night's sleep,** a moment of quiet—these are not small things. They are the foundation of your well-being. Your efforts matter.

You are not alone on this journey!

Return to these pages whenever you need a reset, a moment of focus, or a gentle reminder of **how truly strong and wise you are.**



THANK YOU—AND KEEP GOING 💛

Your Journey Continues:

- **Revisit Your Favorites:** Reevaluate the routines and mantras that made you feel your best.

- **Deepen Your Clarity Practice:** This 90-day journey is a powerful foundation. Consider revisiting these pages or starting a fresh cycle to explore new insights and further strengthen your resilient mind.

- **Visit my Website:** Find connection, more tools, and ongoing support by visiting me at *mindoverage.com*.

- **Share Your Story:** Your success can inspire a friend who might be on a similar path. 💌

You have everything you need within you. Your mind, and your future self, thank you!

Find Your Guided Path

Your Journey, Your Pace.

You are holding **The 90-Day Mind Over Age Journey,** your deep dive into reclaiming focus and mental clarity. It's the cornerstone of the Mind Over Age System.

For those moments when you crave a more structured path—a guided tour with a clear beginning and end—I created two dedicated journeys built on the **Mind Over Age** philosophy.

The 90-Day Sleep & Calm Journey



Struggling with restless nights? This deep, transformative **90-day experience** is designed to turn restless nights into restorative sleep. This is where you master the art of calm and mental clarity—naturally.

This journey is perfect for you if:

- *Your mind races when your head hits the pillow.*
- *You struggle with waking up in the middle of the night.*
- *You want to build resilient habits for deep, restful sleep.*

The Brain Fog & Focus Guide



Ready for a deeper dive? This deep, **transformative experience** is designed to turn insights into lasting, life-changing habits. This is where you master your mindset for long-term focus and memory.

This journey is perfect for you if:

- *You are ready to commit to profound, long-term change.*
- *You want to build resilient habits for focus and memory.*
- *You want to fully embody the Mind Over Age philosophy.*

Ready for a Guided Path?

Explore the journeys and find the structure that's right for you.

Website: www.mindoverage.com/shop

I felt like I was losing my professional edge. The brain fog was making me doubt myself in meetings, and I was terrified of forgetting something important. This planner gave me a simple, gentle structure to rely on. It's not just about remembering tasks; it's about reclaiming my confidence.

— Bridget Walsh, 51 - Kinsale, Ireland

I was feeling so scattered and untethered. This planner became my morning ritual. It's more than a to-do list; it's a gentle companion that helped me reconnect with what I actually need each day. It's brought a sense of calm and purpose back into my life.

— Harper Williams, 58 - Mentor, Ohio

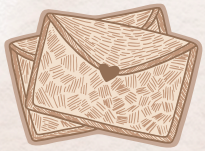
"Before this, my mind felt like a browser with 100 tabs open. I was exhausted just from trying to keep track of everything. The habit trackers and reflection prompts were a game-changer. They helped me finally see the patterns—what drained me and what fueled me. It's the first tool that's actually helped me quiet the noise."

Agnes Beaulieu, 53 - Edmonton, Canada

Thank You

For Your Order

Thank you for taking this decisive step for your mind. I'm thrilled for you to embark on your journey to clarity, and I look forward to supporting you every step of the way.



www. mindoverage.com