

Heidi
HORNE



THE 21-DAY RESET CHALLENGE TRACKER

One Minute a Day. Lasting Change.

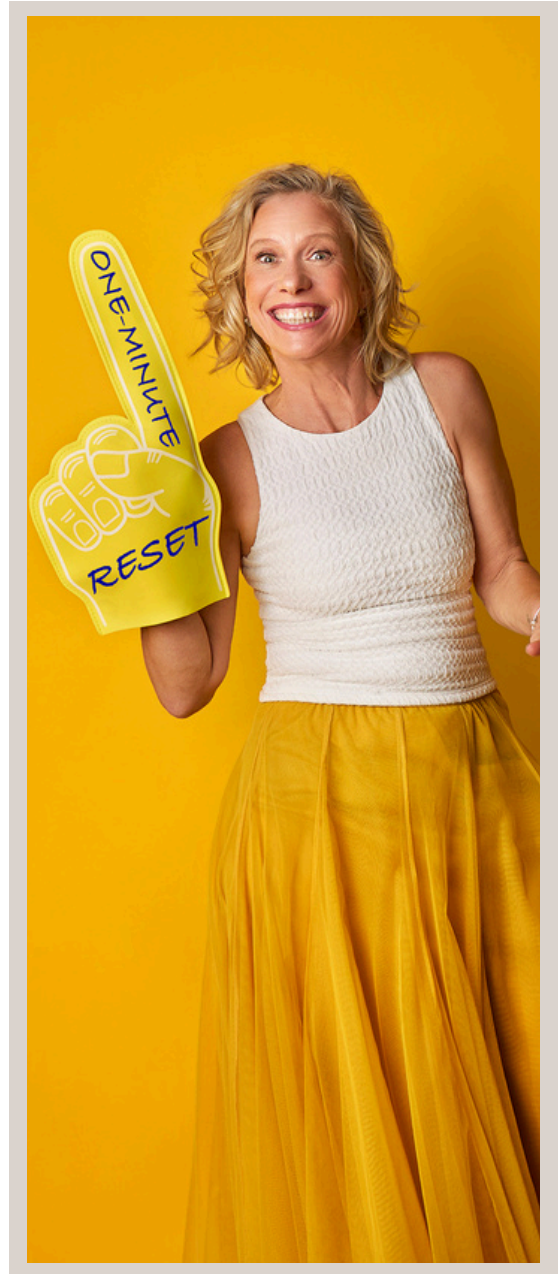
This tracker is here to help you stay consistent through your 21-day reset.

Just tick off each day as you go, jot down a quick note, and celebrate your progress!

- One minute is enough to reset.
- Small daily actions = big long-term shifts.
- It's not about being perfect — it's about showing up.

HOW TO USE IN 3 STEPS

- Print it or keep digital.
- Tick daily resets.
- Reflect weekly



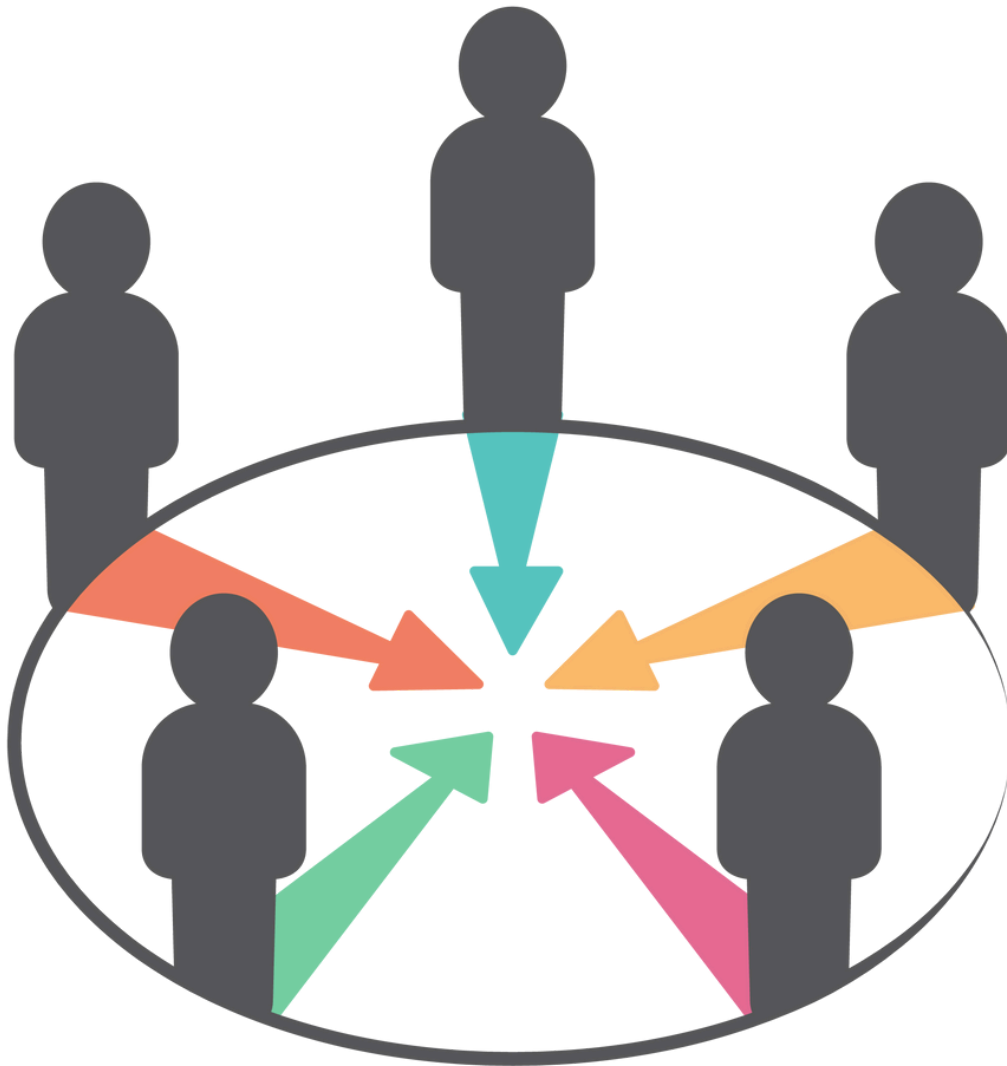
“—————

Reminder: It's for implementation after reading the book;
You've learned the tools in the book.
Now let's put them into action.

—————”

Week 1

Awareness & Alignment



Awareness

Day 1

DATE: / /

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S M T W T F S

Calm the Chaos

Breathe in for 4, hold 2, out for 6.
Calm your system.

Did It?

☐

 **Reflection:**

Day 2

DATE: / /

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S M T W T F S

The One-Minute Trigger Log

Notice & jot your stress triggers.

Did It?

☐

Reflection:

Day 3

DATE: / /

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S M T W T F S

The One-Minute Declutter Dash

One-minute tidy = Instant mental reset.

Did It?

☐

Reflection:

Day 4

DATE: / /

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S M T W T F S

Declutter Your Space

Clear one messy spot around you.

Did It?

☐

Reflection:

Day 5

DATE: / /

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The One-Minute Shake-Up

Shake, move, laugh — shift your energy fast.

Did It?

☐

Reflection:

Day 6

DATE: / /

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S M T W T F S

Nature Reset

Look at the sky, tree, or moon.
Breathe.

Did It?

☐

Reflection:

Day 7

DATE: / /

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S M T W T F S

The Energy Audit

Note 1 energy drain + 1 energy lift today.

Did It?

☐

Reflection:

End of Week Reflection:

“What’s one old habit I caught myself doing this week? How did I respond differently?”

“Want accountability?”

Share your progress using **#OneMinuteReset** or inside the app.

Week 2

Strength & Resilience



Day 8

DATE: / /

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The Gratitude Message

Pause + thank someone or note what matters.

Did It?

☐

Reflection:

Day 9

DATE: / /

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S M T W T F S

The One-Minute Focus Shift

Do one small thing with full
attention.

Did It?

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Reflection:

Day 10

DATE: / /

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The One-Minute Self-Care Check-In

Ask: “What do I need right now?”

Do it.

Did It?

☐

Reflection:

Day 11

DATE: / /

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S M T W T F S

The One-Minute Pause

One quiet minute. Just breathe.

Did It?

☐

Reflection:

Day 12

DATE: / /

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S M T W T F S

The One-Minute Deep Breathing Reset

In 4 – hold 2 – out 6. Six rounds.

Did It?

☐

Reflection:

Day 13

DATE: / /

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The One-Minute Affirmation Reset

Say: “ I’m strong enough for this.”

Did It?

☐

Reflection:

Day 14

DATE: / /

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S M T W T F S

The One-Minute Emotional Reset

Name the feeling. Release. Choose new.

Did It?

☐

Reflection:

End of Week Reflection:

“What challenge tested me most this week, and how did I grow from it?”

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“Want accountability?”

Share your progress using **#OneMinuteReset** or inside the app.

Week 3

Expansion & Integration



Day 15

DATE: / /

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The One-Minute Connection Ritual

Play 1 song that lifts you up.

Did It?

☐

Reflection:

Day 16

DATE: / /

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S M T W T F S

The Consistency Reset

Pick one reset & repeat it daily.

Did It?

☐

Reflection:

Day 17

DATE: / /

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The Visualisation Reset

Picture 2 paths. Notice which feels lighter.

Did It?

☐

Reflection:

Day 18

DATE: / /

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The Movement Reset

Stretch 30 sec + move 30 sec.

Did It?

☐

 **Reflection:**

Day 19

DATE: / /

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The Affirmation Reset

Repeat a phrase that grounds you.

Did It?

☐

Reflection:

Day 20

DATE: / /

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The Laughter Reset

Watch, remember, or share
something funny.

Did It?

☐

Reflection:

Day 21

DATE: / /

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S M T W T F S

The Celebration Reset

Note 3 wins & 1 habit you'll keep.

Did It?

☐

Reflection:

End of Week Reflection:

“What’s changed most about the way I approach myself, my habits, and my life after 21 days?”

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“Want accountability?”

Share your progress using **#OneMinuteReset** or inside the app.

Bonus

The Vision Reset

Visualise your ideal life & choose one small step toward it.

Did It?

☐

Reflection:



YOU'VE DONE IT!

**Let's Reflect And
Celebrate**

3 Wins I'm Proud Of

How I've Grown

Resets I'll Continue

Keep Going

Your Daily Reset Essentials

- ✓ One-Minute of Intentional Breathing
- ✓ Morning Gratitude or Affirmation
- ✓ Identify One Win for the Day
- ✓ Evening Reflection Question

Remember

- ✓ Small, consistent resets create lasting change.
- ✓ You don't need hours — one minute is enough.
- ✓ Showing up (even imperfectly) is what matters most.

Next Step

Keep this tracker somewhere visible. Revisit your favourite resets. Share your progress with **#OneMinuteReset** and inspire others to join.



You've built a reset habit
That's yours to keep. Be proud.
Keep going.