

YOUR 7-DAY ENERGY RESET PLAN

Tactical next steps to protect your capacity without sacrificing your goals

The R.E.S.T. Framework

R – Reclaim your time

E – Exhale the burnout

S – Sit with intention

T – Trust the process

"R.E.S.T. is the new revenue plan."

A gift from the DFW Juneteenth Wellness & Empowerment Retreat
Presented by Nicole Richards | Change Purpose Action Coaching LLC
Produced by TIH Signature Experiences

An Introduction to the R.E.S.T. Framework

If you've found your way here, chances are you feel a deep, persistent exhaustion that goes beyond simple tiredness. You might feel like you're constantly juggling a dozen roles and pushing through no matter the cost. I want to tell you something important before we begin: **You are not lazy. You are not broken. You are actually running on empty.** This guide is designed to help you understand why you feel this way and provide a practical blueprint for reclaiming your energy and power.

1. The Problem You're Not Imagining: Beyond Simple Tiredness

For many high-achieving individuals, especially women, there's an unspoken pressure to be the "strong one." This isn't just a feeling; it's a well-documented pattern called the **"Superwoman Schema."** It's the deeply ingrained obligation to manifest strength, carry everyone's burdens, and succeed despite having limited resources.

This schema is built on five core pillars that may feel intensely familiar:

- The obligation to appear strong, telling everyone "I'm fine" even when you are slowly falling apart on the inside.
- Suppressing your emotions to protect others or maintain an image of composure, fearing that being assertive will get you labeled as the "angry black woman."
- Resisting asking for help or showing any sign of vulnerability, because you've learned that you can only rely on yourself.
- Pushing through with limited resources rather than pausing to rest or strategize, believing that more effort is the only solution.
- Putting others' needs before your own self-care, leaving yourself at the very bottom of a list that never seems to get shorter.

When you operate from this place, burnout isn't a risk; it's an inevitability. To escape this cycle, you don't need to work harder. You need a fundamental shift in how you view your most valuable resource: your energy.

2. The Paradigm Shift: Why Rest is Your Most Valuable Asset

We have been conditioned to see rest as a reward for hard work—a vacation you earn or a weekend you deserve after a grueling week. It's time to dismantle that belief entirely.

"Rest is not your reward for work... Rest is the requirement for you to get to the next level of wealth."

For a modern leader, entrepreneur, or professional, your value isn't generated by trading time for dollars. It's generated through the quality of your judgment. As business leader Alex Hormozi argues, at a certain level, you are paid for your judgment, not your labor. He tells the story of how, by intentionally unplugging, he achieved his lowest resting heart rate and highest Heart Rate Variability. This state of deep rest allowed him to "see color" again and close a year's worth of revenue in a single day.

When you are exhausted, your judgment is impaired. You pull punches. You miss the big deals because you're too busy fighting small fires. You cannot make million-dollar decisions from a deregulated state.

Rest, therefore, is not an indulgence. It is a non-negotiable strategy for protecting your multimillion-dollar decision-making asset: **Your Brain**. The R.E.S.T. framework is the practical tool to help you implement this new paradigm.

3. The R.E.S.T. Framework: A Practical Blueprint for Change

R.E.S.T. is an actionable framework designed to move you from a state of constant burnout to one of ease and command. Each letter represents a principle and a practice you can implement today to begin rebuilding your capacity.

R is for Reclaim

- **The Principle:** This is about owning your time, not just managing it. It's the practice of ensuring your calendar reflects your priorities, not a repository of other people's demands or meetings that exist only because of inertia.
- **Your First Step:** Perform a simple "calendar audit." Look at your calendar for this week and identify one thing that does not serve your highest priorities. It might be a recurring meeting for a project that's finished
- **The Impact:** This single action creates immediate capacity and sends a powerful signal to yourself that you are in control of your time.

E is for Exhale

- **The Principle:** This is the practice of regulating your nervous system to intentionally shift from a reactive "survival mode" to a strategic "executive mode." You cannot think clearly or make powerful decisions when the chaos takes over.
- **Your First Step:** Integrate a 90-second breathwork reset before any major moment in your day using the 4-4-8 method—inhale for 4 seconds, hold for 4 seconds, exhale for 8 seconds. Repeat three times.
- A "major moment" could be the transition from sleep to wakefulness before you get out of bed, the instant you see your kids running around in morning chaos, or the precious seconds between back-to-back meetings. Just pause and breathe. That extended exhale activates your parasympathetic nervous

system, your body's built-in calm-down signal so you can respond from clarity instead of chaos.

- **The Impact:** This simple pause prevents your nervous system from spiraling, allowing clearer, more thoughtful responses rather than panicked reactions. you're not ignoring the moment you're meeting it as the CEO of your life, not a hostage to it.

S is for Sit

- **The Principle:** This is the discipline of creating silence to ask yourself what you actually want, separate from the expectations of your family, your team, or society. It's about connecting with your own truth.
- **Your First Step:** Create small moments of silence in your day to ask yourself, "What do I need right now?" or "What do I actually want?"
- **The Impact:** This practice builds profound self-awareness and ensures your actions align with your internal compass, not just external pressures.

T is for Trust

- **The Principle:** This is about trusting yourself, your intuition, and the regenerative power of the process. It's the radical belief that resting is not lazy; it is a declaration that you are worthy of care even when you are not producing for somebody else.
- **Your First Step:** Schedule one "non-negotiable self-investment" on your calendar this week. It could be a walk, reading a book, or simply sitting and doing nothing. Protect this time as fiercely as you would a meeting with your most important client.
- **The Impact:** Following through on this commitment builds self-trust and reinforces the life-changing habit of prioritizing your own well-being.

By integrating these four practices, you begin to rewire your internal operating system for a more sustainable and powerful way of being.

4. Your New Operating System: From Superwoman to Sovereign

The ultimate goal of the R.E.S.T. framework is to help you transition your identity. It's about taking off the tattered cape of the "Superwoman," who carries everything for everyone, and stepping into the power of the "Sovereign," who commands her own time, energy, and resources.

Here is a quick-reference guide to your first steps:

Component	Actionable First Step
Reclaim	Perform a calendar audit and remove one non-essential item this week.
Exhale	Practice a 90-second breathwork exercise before any major daily moment.
Sit	Create silence to ask yourself, "What do I actually want?"
Trust	Schedule and protect one non-negotiable self-investment on your calendar.

Your physical body is the engine of your wealth. If the engine blows, the legacy stops. Intentional rest is the fuel that makes it all possible.

Your 7-Day Journey

One intentional action each day to reconnect with your power and protect your energy. Each day builds on the R.E.S.T. framework you learned in the masterclass.

DAY 1 | R – RECLAIM

ACTION: Audit your calendar. Identify ONE meeting or commitment that drains you. Cancel, delegate, or decline it.

🔍 Reflection: What did I reclaim today? How did it feel?

DAY 2 | E – EXHALE

ACTION: Set 3 phone alarms for 90-second breathing breaks. Before you react, regulate.

🔍 Reflection: When did I pause today? What shifted?

DAY 3 | S – SIT

ACTION: 5 minutes of silence. No phone. Ask yourself: "What do I actually need today?" Write it down.

Reflection: What did I discover in the silence?

DAY 4 | T – TRUST

ACTION: Do ONE thing just for you. Not productive. Not for anyone else. Pure self-investment.

Reflection: What did I choose? Why did it matter?

DAY 5 | R – RECLAIM

ACTION: Say "no" to one request without over-explaining. "I don't have capacity for that right now."

Reflection: How did it feel to protect my capacity?

DAY 6 | E – EXHALE

ACTION: Create a transition ritual between work and home. Even 5 minutes counts.

Try one of these: listen to a song from your playlist that brings you joy, meditate, pray, dance it out, do a 4-4-8 breathwork reset, or simply sit in your car in silence before walking through the door.

Reflection: What ritual did I create? Will I continue it?

DAY 7 | S + T – SIT & TRUST

ACTION: Reflect: What shifted this week? Schedule your weekly non-negotiable self-investment for next week.

Reflection: My non-negotiable for next week:

THE RULE

Progress over perfection.

Miss a day? Pick up where you left off.

This is practice, not performance.

You are worthy of rest—even when you're not "productive."

READY FOR DEEPER TRANSFORMATION?

This 7-day reset is just the beginning. The DFW Juneteenth Wellness & Empowerment Retreat offers a complete immersion into the R.E.S.T. framework, 4 days of luxury wellness, powerful coaching, cultural celebration, and a community of high-capacity women who understand your journey.

June 18-21, 2026 | Dallas-Fort Worth, Texas

VIP Full Experience: \$9,500 Early-Bird
Commuter Experience: \$3,500 Early-Bird

✦ **Limited to 50 Women** ✦

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"Invest in Your Health, Wealth, and Yourself."

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