

ALIVE2LIVING™ PRESENTS

RADIANT RESET

14-Day Nervous System & Lifestyle Recalibration

*A structured reset designed for women 35+ to move from
fatigue, fog, and overwhelm into clarity, energy,
and full-body regulation—without relying on willpower.*

14 DAYS

3 PHASES

FULL-BODY RESET

ALIVE2LIVING™

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The Biology Behind the Reset

Understanding why this works—so you can trust the process.

Your Nervous System & Homeostasis

At a biological level, the nervous system operates according to one fundamental principle: **homeostasis**—your body's built-in drive to maintain a stable internal state. Every system in your body, from your hormones to your sleep cycles to your energy levels, is governed by this same impulse toward equilibrium. When that equilibrium is chronically disrupted—by stress, hormonal shifts, poor sleep, or years of running on empty—the entire system compensates in ways that feel like fatigue, brain fog, and overwhelm.

Homeostasis works for you. When you give your body the right inputs consistently, your system recalibrates. The Radiant Reset is built entirely around this mechanism.

Why Simple Actions Can Feel Hard

Most wellness programs skip this critical truth: your brain is neurologically wired to avoid perceived stressors—even beneficial ones. This is not a willpower problem. It is a survival feature.

When you encounter something unfamiliar or mildly uncomfortable—cold water, stillness, putting down your phone, slowing down—your brain's threat-detection system fires a signal: *danger, avoid*. This happens even when the stressor would ultimately restore your health. Stillness feels threatening when your nervous system has been calibrated to urgency. Cold exposure registers as a threat before it registers as medicine. Slowing down feels like falling behind.

WHAT THE BRAIN PERCEIVES	WHAT THE BODY ACTUALLY RECEIVES
Cold = threat signal	Cold = circulation + cortisol regulation
Stillness = discomfort	Stillness = vagal activation + deep repair
Slowing down = weakness	Slowing down = hormone recalibration
Phone avoidance = FOMO	Phone avoidance = nervous system recovery

The Radiant Reset Approach

This program does not ask you to override your biology through force. Instead, it works *with* your nervous system—introducing micro-doses of beneficial stress in a graduated, progressive sequence. Over 14 days and three distinct phases, you will systematically lower your threat response to practices that heal. What once felt hard becomes your new baseline. What once felt impossible becomes your new standard.

**This is not a detox. It is a recalibration.
Not a sprint. A system upgrade.**

Alive2Living™ is a structured nervous system and lifestyle recalibration designed to help women 35+ move from fatigue, fog, and overwhelm into clarity, energy, and full-body regulation—without relying on willpower.

01

Step-by-step daily instructions that remove guesswork and keep you moving forward—even on your lowest-energy days.

02

Simple, progressive techniques that meet you where you are and build genuine resilience over time, not just temporary calm.

03

A behavioral science-backed approach to embedding new practices so they actually stick—no motivation required.

04

A clear morning-to-evening rhythm with built-in reflection points that eliminate decision fatigue and overthinking.

05

Curated prompts for each day designed to create mental clarity, process stored emotion, and anchor your identity shift.

**Every element of this program was designed to work together as a system.
Skip nothing. Trust the sequence.**

PHASE 1

GOAL: Safety in the Body

Before you can rebuild, your body needs to know it is safe. Phase 1 quiets the noise, slows stimulation, and anchors you into the present moment through breath, stillness, and rhythm.

- Diaphragmatic Breathwork
 - Morning Silence Practice
 - Digital Stimulation Reduction
 - Sleep Optimization
 - Presence-Based Nutrition
-

DAY 1 • PHASE: STABILIZE

Create Safety in the Body

MORNING PROTOCOL

- Drink 16 oz warm lemon water upon waking
- 5-min diaphragmatic breathing: inhale 4, hold 4, exhale 6
- No phone for the first 30 minutes of your morning
- State one intention for the day out loud

MIDDAY CHECK-IN

- 5 minutes of natural light exposure outside
- Body scan: notice where you hold tension, breathe into it
- Eat lunch without screens—full sensory presence

EVENING WIND-DOWN

- Dim lights 1 hour before bed
- 3-min progressive muscle relaxation from feet upward
- Write in your journal using today's prompts
- No food 2 hours before sleep

Nervous System Focus: *Today is about establishing a baseline. No forcing. Just noticing.*

Micro-Habit of the Day: Place your phone charger outside the bedroom tonight.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *Where in my body do I feel the most tension right now? What might it be holding?*
2. *What does 'safety' feel like to me—have I felt it recently?*
3. *What is one thing I can release from today?*

DAILY CHECKPOINT

- Completed morning breathwork
- Phone-free first 30 minutes
- One meal eaten in full presence
- Evening wind-down completed

DAY 2 • PHASE: STABILIZE

Breath as an Anchor

MORNING PROTOCOL

- 16 oz warm water + pinch of sea salt (minerals matter)
- Box breathing: 4 in, 4 hold, 4 out, 4 hold — 5 rounds
- Write 3 gratitudes before looking at any screen
- Gentle neck rolls and shoulder shrugs to release overnight tension

MIDDAY CHECK-IN

- Drink 8 oz of water mindfully — no rushing
- Notice your breath: are you breathing shallowly? Correct it.
- Eat a fruit-forward snack for glucose stabilization

EVENING WIND-DOWN

- Phone off or DND by 8:30 PM
- Legs-up-the-wall pose for 5 minutes (vagal activator)
- Chamomile or passionflower tea
- Journal and set tomorrow's intention tonight

Nervous System Focus: *Breath is your fastest regulatory tool. Every breath is a vote for safety.*

Micro-Habit of the Day: Take one deep breath before every meal today. Just one.

ALIVE2LIVING™ JOURNALING PROMPTS

1. How does my body feel compared to yesterday—even subtly?
2. What story am I currently telling myself about my energy or health?
3. If my body could speak, what would it ask me to stop doing?

DAILY CHECKPOINT

- Completed box breathing
- Drank adequate water
- Screens off by 8:30 PM
- Legs-up-the-wall completed

DAY 3 • PHASE: STABILIZE

Slowing Down Stimulation

MORNING PROTOCOL

- Warm water + ginger (anti-inflammatory start)
- 10-min slow walk outside — no earbuds, no phone
- 4-7-8 breathing: inhale 4, hold 7, exhale 8 — 4 rounds
- Eat breakfast sitting down with no media

MIDDAY CHECK-IN

- Audit your inputs: social media, news, conversations — are they draining?
- 2-minute stillness break: eyes closed, no task, just breathing
- Hydrate with coconut water or fruit-infused water

EVENING WIND-DOWN

- Single-task your entire evening — one thing at a time only
- Epsom salt foot soak (20 min) to support magnesium absorption
- Read physical pages (not a screen) for 15 minutes
- Lights out by 10:30 PM

Nervous System Focus: Overstimulation keeps cortisol elevated. Stillness is the antidote.

Micro-Habit of the Day: Set one stimulation-free hour today — no notifications, no noise.

ALIVE2LIVING™ JOURNALING PROMPTS

1. What stimulation am I most addicted to, and how does it serve me?
2. What would genuinely restful look like for me tonight?
3. Name one habit that depletes you. What would replacing it feel like?

DAILY CHECKPOINT

- Outdoor walk without devices
- Practiced single-tasking
- Epsom salt soak completed
- In bed by 10:30 PM

DAY 4 • PHASE: STABILIZE

Rest as a Healing Tool

MORNING PROTOCOL

- 10 minutes of silence before any activity
- Humming or toning for 3 minutes (directly vibrates the vagus nerve)
- Light fruit-based breakfast: smoothie or whole fruit plate
- Write your top 3 priorities — nothing more

MIDDAY CHECK-IN

- Body check-in: rate energy 1–10. No judgment, just data.
- 5-min mindful stretch: hips and shoulders (stored tension sites)
- Step outside barefoot if possible (grounding practice)

EVENING WIND-DOWN

- Warm shower with intentional deep breathing
- Overhead lights off — use lamps or candles only
- 10-min guided body scan meditation
- Sleep by 10 PM

Nervous System Focus: *Rest is not a reward. It is the mechanism through which your system repairs.*

Micro-Habit of the Day: Say 'I am safe' out loud three times today. Notice what you feel.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *What does my body need most right now that I keep ignoring?*
2. *How do I feel about rest — is it earned or a right?*
3. *Describe a version of yourself that is fully regulated. What does she do differently?*

DAILY CHECKPOINT

- 10 minutes of morning silence
- Completed humming/toning
- Midday body check-in done
- Lights out by 10 PM

DAY 5 • PHASE: STABILIZE

Integrating the Foundation

MORNING PROTOCOL

- Water, breathwork, and silence — your Phase 1 trinity
- Journal your Phase 1 review (see prompts)
- 15-min gentle yoga or stretching flow
- Whole fruit breakfast — notice your digestion response

MIDDAY CHECK-IN

- Review checkpoints from Days 1–4. What patterns do you notice?
- Write one sentence: how does your body feel vs. Day 1?
- Gratitude practice: name 5 specific things about your physical body

EVENING WIND-DOWN

- Create your ideal evening ritual and actually do it tonight
- All digital engagement limited after 7 PM
- Prepare your mind for Phase 2: read the Phase 2 intro
- Set your intention for what regulation means to you

Nervous System Focus: *You have built a foundation. Phase 2 begins building resilience on top of it.*

Micro-Habit of the Day: Write 'I am regulated' somewhere you will see it each morning.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *What shifted in me during Phase 1, even subtly?*
2. *What resistance did I notice — and what does that tell me?*
3. *What am I choosing to leave behind as I move into Phase 2?*

DAILY CHECKPOINT

- Phase 1 review completed
- Consistent with morning trinity
- Digital limits honored after 7 PM
- Intentions set for Phase 2

PHASE 2

REGULATE

GOAL: Control + Resilience

Now that your body has a foundation of safety, you are ready to introduce graduated challenge. Phase 2 trains your stress response to activate, discharge, and recover with precision.

CORE PRACTICES

- Cold Exposure (Progressive Micro-Doses)
 - Somatic Movement
- Shaking & Tremoring Practices
 - Power Breathwork
- Cortisol Pattern Awareness

DAYS 6–10

DAY 6 • PHASE: REGULATE

Introduction to Beneficial Stress

MORNING PROTOCOL

- Water + breathwork (now automatic — keep it)
- Cold water on face and wrists for 30 seconds
- 5-min bodyweight movement: squats, lunges, arm circles
- Set your regulation intention for the day

MIDDAY CHECK-IN

- Cortisol check: are you reactive or responsive right now?
- 10-min walk with intentional arm swing (bilateral stimulation)
- Fuel with whole plant foods — prioritize leafy greens and fruit

EVENING WIND-DOWN

- Cold water rinse on neck and shoulders after shower — 20 seconds
- Shaking and tremoring practice: 3 minutes of full-body micro-shaking
- Journal and checkpoint review
- Maintain same bedtime as Phase 1

Nervous System Focus: Beneficial stress applied in micro-doses teaches your system that it can handle more than it thinks.

Micro-Habit of the Day: Every time you wash your hands today, add 10 seconds of cold water.

ALIVE2LIVING™ JOURNALING PROMPTS

1. How did my body respond to cold water this morning? What story came up?
2. Where in my life am I avoiding discomfort that could make me stronger?
3. What does 'regulated' mean to me right now versus Day 1?

DAILY CHECKPOINT

- Cold face/wrist rinse completed
- Movement protocol done
- Shaking practice completed
- Sleep schedule maintained

DAY 7 • PHASE: REGULATE

Movement as Medicine

MORNING PROTOCOL

- Water, breathwork, cold face rinse — now your baseline
- 20-min movement: brisk walk, dancing, or bodyweight circuit
- Post-movement shake out: let your body discharge naturally
- Eat within 45 minutes of movement for glycogen support

MIDDAY CHECK-IN

- Micro-dose movement: 10 jumping jacks or 10 squats
- Bilateral tapping: alternate tapping knees for 2 minutes (somatic reset)
- Hydrate heavily — movement increases demand

EVENING WIND-DOWN

- Gentle evening stretch: hip flexors, hamstrings, chest opener
- Progressive relaxation after your movement day
- Track your energy: was it higher today?
- Early bedtime — your body is rebuilding tonight

Nervous System Focus: *Movement metabolizes stored stress hormones. It is not optional—it is biological.*

Micro-Habit of the Day: Put on music and move for 3 minutes at any point today. No structure required.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *How did my body feel during and after movement today?*
2. *What emotions surfaced through physical activity?*
3. *Who am I becoming through this process?*

DAILY CHECKPOINT

- Completed 20-min movement
- Post-movement shake out done
- Bilateral tapping completed
- Hydration goal met

DAY 8 • PHASE: REGULATE

Cold Exposure Escalation

MORNING PROTOCOL

- Power breathwork: 30 deep breaths, hold, recover — 3 rounds
- Cold shower: start warm, end with 45 seconds of cold
- Notice the mental narrative — observe without obeying it
- Post-shower: stand tall, breathe, feel the aliveness

MIDDAY CHECK-IN

- Hunger check: eating from boredom, stress, or actual hunger?
- 10-min slow nature walk: observation practice (see, hear, smell)
- Mineral-rich hydration: coconut water, fruit, or electrolyte water

EVENING WIND-DOWN

- Body gratitude practice: thank each part for what it does
- Cold cloth on back of neck for 2 minutes before sleep
- No alcohol or caffeine after 2 PM; no heavy food after 7 PM
- Visualize tomorrow's version of yourself

Nervous System Focus: Cold exposure activates the vagus nerve, lowers inflammation, and trains your stress response to recover faster.

Micro-Habit of the Day: Name one discomfort you've been avoiding. Write it down. Sit with it.

ALIVE2LIVING™ JOURNALING PROMPTS

1. What happened in my mind when the cold water hit? What does that reveal?
2. How is my relationship with discomfort shifting?
3. What would I do differently if I fully trusted my body?

DAILY CHECKPOINT

- Completed power breathwork
- Cold shower (45 seconds)
- Nature walk completed
- Evening cold cloth done

DAY 9 • PHASE: REGULATE

Recalibrating the Stress Response

MORNING PROTOCOL

- Full power breathwork or box breathing session
- Cold shower — now aiming for 60 seconds at the end
- 25-min strength movement: push-ups, squats, planks
- Protein-rich plant breakfast: lentils, hemp seeds, tempeh, or pea protein smoothie

MIDDAY CHECK-IN

- Cortisol audit: identify your personal stress triggers this week
- Identify one boundary you need to set — write it down
- 10 minutes of intentional silence at midday

EVENING WIND-DOWN

- NSDR: 20-min yoga nidra or body scan
- Reflect on your strength: physical and emotional
- Epsom salt bath or foot soak with lavender
- Protect your sleep window fiercely

Nervous System Focus: *Resilience is not the absence of stress — it is the speed of your recovery from it.*

Micro-Habit of the Day: Set one non-negotiable boundary today and honor it without explaining.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *What stressors am I carrying that are not mine to hold?*
2. *How has my capacity for discomfort changed since Day 1?*
3. *What boundary do I need to set — and what has stopped me?*

DAILY CHECKPOINT

- Cold shower: 60 seconds
- Strength session completed
- Midday silence practiced
- NSDR completed

Integration & Consolidation

MORNING PROTOCOL

- Morning ritual now self-directed — trust what you've built
- Cold shower: push for 90 seconds
- 30-min movement of your choice — enjoyment is the goal
- Nourishing whole-food meal eaten with full presence

MIDDAY CHECK-IN

- Phase 2 review: how have you changed in regulation capacity?
- Rate yourself: reactivity, energy, clarity compared to Day 6
- Share one insight with your journal or accountability partner

EVENING WIND-DOWN

- Create your personal 'regulation menu': 5 practices that work for you
- Design your Phase 3 intentions
- Celebrate yourself — this is a major milestone
- Deep, protected sleep

Nervous System Focus: *You have trained your nervous system. Phase 3 is about embodying the new you.*

Micro-Habit of the Day: Write your 3 non-negotiable daily practices — the ones you keep no matter what.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *What version of myself showed up in Phase 2?*
2. *What am I most proud of from the last 5 days?*
3. *What do I want to expand into in Phase 3?*

DAILY CHECKPOINT

- Cold shower: 90 seconds
- Phase 2 self-review completed
- Regulation menu written
- Phase 3 intentions set

PHASE 3

EXPAND

GOAL: Embodiment of a New Standard

Regulation without identity shift is temporary. Phase 3 anchors your new nervous system baseline into who you are— so the reset becomes the life.

CORE PRACTICES

- Clarity Practices
 - Energy Architecture
 - Identity Declaration Work
 - Future-Self Visualization
 - Post-Reset Protocol Design
-

DAYS 11–14

Clarity & Energized Living

MORNING PROTOCOL

- Full morning ritual: water, breathwork, movement, nourishment
- Cold shower — 90 seconds minimum
- Clarity journaling: stream-of-consciousness writing for 10 minutes
- State your identity out loud: 'I am a regulated, energized woman'

MIDDAY CHECK-IN

- Clarity check: what decision have I been postponing? Address one today.
- High-vibrancy meal: raw fruit, leafy greens, sprouts, seeds
- 10-min visualization of your post-reset life

EVENING WIND-DOWN

- List 10 things your new standard includes
- Identify what drains your energy — begin eliminating one source
- 5-min deep breathing before sleep
- Visualize waking up energized tomorrow

Nervous System Focus: *Clarity is not something you find. It is something you create through regulation.*

Micro-Habit of the Day: Make one decision today from your regulated self, not your stressed self.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *What does clarity feel like in my body today?*
2. *What has this reset revealed about what I truly need?*
3. *What is the first decision I will make from my regulated self?*

DAILY CHECKPOINT

- Cold shower maintained
- Clarity journaling completed
- Identity statement spoken
- Visualization completed

Energy Optimization

MORNING PROTOCOL

- Sunrise or early light exposure within 30 minutes of waking
- Breathwork + cold shower — your natural energy stack
- 35-min movement: blend cardio and strength
- Eat for mitochondrial health: colorful fruit, leafy greens, healthy fats

MIDDAY CHECK-IN

- Energy audit: when do you peak and dip? Redesign your schedule.
- 20-min power rest (deep stillness, not sleep)
- Hydration + electrolytes check

EVENING WIND-DOWN

- Build more of what energizes, less of what drains
- Blue light limit: glasses or night mode from 7 PM
- Magnesium glycinate before bed (supports deep sleep)
- In bed by 10 PM

Nervous System Focus: *Energy is not something you have or don't have. It is something you cultivate through system-level choices.*

Micro-Habit of the Day: Do one thing today purely because it energizes you — no productivity required.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *When do I feel most alive and energized? What creates that state?*
2. *What habits from this reset will I carry into my permanent life?*
3. *What version of health am I now living into?*

DAILY CHECKPOINT

- Early light exposure completed
- 35-min movement session done
- Energy audit written
- Blue light limited after 7 PM

Identity Anchoring

MORNING PROTOCOL

- Write your 'New Standard' declaration — who you are now
- Cold shower with intentional breath — feel your own resilience
- Movement that challenges you: go slightly beyond your edge
- Nourish your body like the woman you are becoming

MIDDAY CHECK-IN

- Identity integration: how are others noticing your shift?
- Write your personal protocol — morning, midday, evening — in your own words
- Connect with your Alive2Living™ community or accountability partner

EVENING WIND-DOWN

- Letter to future self: where will she be in 90 days?
- Full-body appreciation ritual: name what each part has done for you
- Release anything that does not belong in your new standard
- Sleep as celebration

Nervous System Focus: *Identity is not assigned. It is practiced, repeated, and embodied through daily action.*

Micro-Habit of the Day: Introduce yourself differently today — internally or externally — as the woman you are now.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *Who am I now that I was not on Day 1?*
2. *What is my new standard — and what will I protect it from?*
3. *What would I tell a woman who is exactly where I was 13 days ago?*

DAILY CHECKPOINT

- Identity declaration written
- Personal protocol designed
- Letter to future self written
- Community connection made

Embodiment of a New Standard

MORNING PROTOCOL

- Your full morning ritual — now yours, not a program's
- Cold shower: celebrate your capacity
- Movement: honor your body with full effort
- Eat a celebratory, nourishing whole-food meal

MIDDAY CHECK-IN

- Final reset review: compare Day 1 you to Day 14 you
- Identify your top 5 permanent practices going forward
- Share your transformation — journal, community, or trusted person

EVENING WIND-DOWN

- Design your post-reset 30-day maintenance protocol
- Write your commitment to yourself: what you will protect and prioritize
- Evening ritual: breathe, reflect, receive
- Sleep knowing you have changed at a cellular level

Nervous System Focus: *You did not just complete a program. You recalibrated the foundation from which everything in your life is built.*

Micro-Habit of the Day: This is no longer a habit. This is who you are.

ALIVE2LIVING™ JOURNALING PROMPTS

1. *How has my relationship with my body transformed over 14 days?*
2. *What does my nervous system feel like now compared to Day 1?*
3. *What is my first step tomorrow as the regulated, energized woman I am now?*

DAILY CHECKPOINT

- Full morning ritual completed
- Reset review written
- Post-reset 30-day plan created
- Self-commitment written



YOU DID IT.

14 days. 3 phases. One nervous system recalibrated.

You moved from surviving to regulating.

From fog to clarity.

From depletion to embodied vitality.

This is not the end. This is your new baseline.

ALIVE2LIVING™
Book a Discovery Call