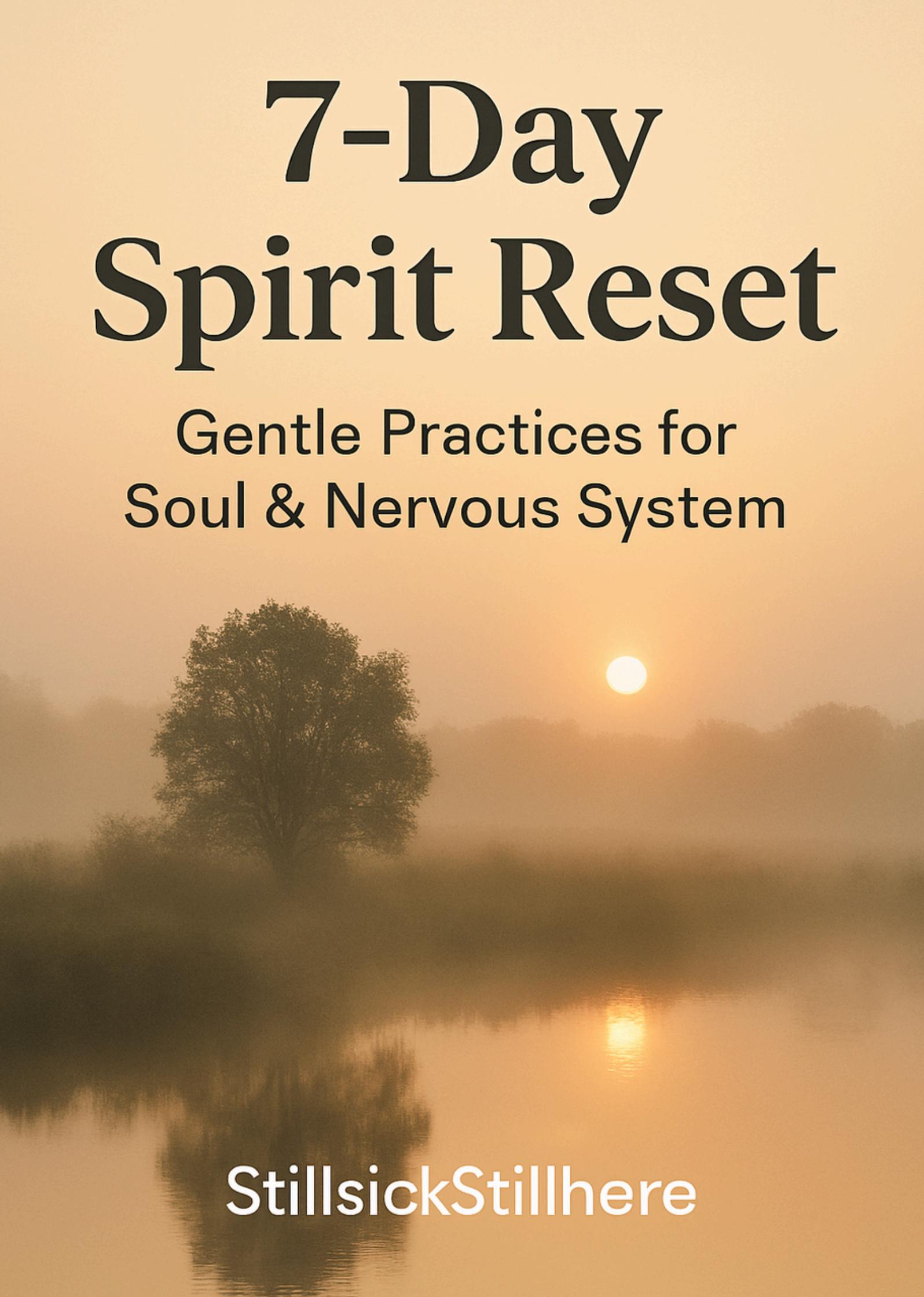


# 7-Day Spirit Reset

Gentle Practices for  
Soul & Nervous System

A serene landscape with a misty lake, a large tree, and a rising sun. The sun is a bright white circle in the upper right, with its reflection on the water. The tree is a dark silhouette on the left. The background is a soft, hazy orange and yellow.

StillsickStillhere

# Intro

**This is your gentle reset.**

Over the next 7 days, you're invited to slow down, listen in, and reconnect with yourself – without forcing, rushing, or chasing transformation. These practices are short, sensory, and soul-rooted, designed for days when your brain and body feel scattered or heavy. Take what works, leave what doesn't, and remember: healing is not a performance.

# **Breath + Light**

**Practice: Sit in a comfortable position. Imagine warm golden light entering on your inhale, filling your chest. On each exhale, picture it expanding through your body. Repeat for 3–5 minutes.**

**Reflection: Which part of your body feels the most at peace after this?**

**Affirmation: I am held in light and love.**

# **Barefoot Grounding**

**Practice: Step outside (or stand on a natural surface indoors). Place bare feet on the ground, close your eyes, and feel the textures beneath you. Notice temperature, pressure, and sensation.**

**Reflection: What does “being supported” feel like in your body?**

**Affirmation: The earth is my anchor.**

# **Gratitude Sip**

**Practice: Hold a cup of water or tea. Before drinking, speak or think of one thing you're thankful for. Sip slowly, imagining that gratitude flowing into every cell.**

**Reflection: Which gratitude word or image feels strongest right now?**

**Affirmation: I flow with ease and grace.**

# **Sky Pause**

**Practice: Step outside or look through a window. Spend 2–3 minutes noticing the colours, textures, and movement of the sky. Let your gaze soften.**

**Reflection: How does this widen or shift your inner space?**

**Affirmation: There is more room than I thought.**

# Hand Over Heart

**Practice: Place one hand on your chest, the other on your belly. Breathe in for 4, hold for 4, out for 6. Repeat five cycles.**

**Reflection: What words of comfort do you wish someone would say to you today? Whisper them to yourself.**

**Affirmation: I speak to myself with tenderness.**

# **Candle Focus**

**Practice: Light a candle (or visualise one if you can't light it). Watch the flame for a few breaths, noticing its movement. Imagine your own energy steadying like that flame.**

**Reflection: What do you want this light to remind you of in the coming days?**

**Affirmation: I am steady in my centre.**

# Letting Go Breath

**Practice: On your inhale, picture the tension you've carried this week gathering in your body. On your exhale, release it like mist into the air. Repeat until you feel lighter.**

**Reflection: What have you let go of, even slightly?**

**Affirmation: I release what is not mine to hold.**

# Closing Page

**Short wrap-up with gentle  
CTA:**

You've just completed the 7-Day Spirit Reset. Return to these pages whenever you need to re-anchor. If you loved this, you'll find more grounding tools and spiritual healing resources in my Ko-fi store.