

A 21-Day Identity Reset

REMEMBER HER

Stop living as the version of you that survival created
and start becoming the woman you actually are.

Remember Her.

You didn't lose yourself overnight.

You adapted.

You survived.

You became who life required you to be.

You slowly disappeared in the roles, the responsibilities,
the expectations.

“But that version of you... is not who you are.”

Remember Her.

What This Is



This is not another thing to do.

This is a daily return to yourself.



5–10 minutes a day. No catching up.

Just showing up. Not perfectly. Just honestly.

This is not about fixing your life.
This is about remembering who you are inside it.

Consistency creates identity.

The 5-Minute Reset Method

PROMPT
(Awareness)

Observe the
survival pattern
without judgment.

SCRIPT
(Identity)

Consciously choose
who you are today.

STAND
(Embodiment)

Shift your physical
posture to match
your truth.

SPEAK
(Integration)

Anchor the
identity through
mirror work.

Remember Her.

The Commitment

I am ready to remember who I am.

Signature: _____

Date: _____

Remember Her.

WEEK 1: SEE HER

I see where I've been living disconnected from myself.

Remember Her.

Day 1 – The Weight of the Armor

1. You didn't disappear. You built armor to survive.
Today, we just notice how heavy it is.

2. PROMPT

Where am I carrying weight that isn't mine?
What truth do I already know? _____

3. SCRIPT

I am the woman who _____.
I choose _____.
I no longer _____.

4. STAND: Stand taller

[] Slow your breath

[] Drop your shoulders

5. SPEAK: *I am safe putting the armor down.*

Remember Her.

Day 2 — The Silent Adapting

1. You became agreeable because it was safer than being real.

2. PROMPT

Where have I been abandoning my own boundaries to keep the peace?

What am I avoiding saying out loud? _____

3. SCRIPT

I am the woman who _____.

I choose _____

I no longer _____.

4. STAND: Unclench your jaw

[] Take a deep breath

[] Choose yourself once today

5. SPEAK: *My needs are not a burden.*

Remember Her.

Day 3 — The Performance Trap

1. You've been showing up as who you think you need to be... not who you actually are.

2. PROMPT

Where am I performing instead of being real?

What am I afraid would happen if I showed up honestly? _____

3. SCRIPT

I am the woman who shows up as herself. _____.

I choose honesty over approval. _____

I no longer shrink to fit expectations. _____.

4. STAND Relax your shoulders

[] Make eye contact

[] Say one honest thing today

5. SPEAK: *I am safe being seen.*

Remember Her.

WEEK 2: MEET HER

I allow myself to reconnect without running.

Remember Her.

Day 8 — Dropping the Guilt

1. You cannot shame yourself into a new identity.
The return requires grace.
2. PROMPT
What am I holding against myself?
Where can I offer myself forgiveness for simply surviving? _____

3. SCRIPT
I am the woman who _____.
I choose _____.
I no longer _____.
4. STAND Place a hand on your heart
[] Slow your breath
[] Release the tension in your hands
5. SPEAK: *I know you've been trying. I forgive you.*

Remember Her.

Day 9 — Sitting in the Quiet

The noise of the world drowned her out.
The quiet is where you meet her again.

2. PROMPT

What feelings come up when I am entirely alone with myself?
What is the quiet trying to tell me? _____

3. SCRIPT

I am the woman who _____.
I choose _____.
I no longer _____.

4. STAND Close your eyes for 30 seconds

- ☐ Ground your feet flat
- ☐ Let go of the need to be productive

5. SPEAK: *I am not powerless here.*

Remember Her.

Day 10 — Hearing the Inner Voice

1. Anxiety screams. Intuition whispers.
It is time to listen to the whisper.

2. **PROMPT**

What have I been blaming others for, when deep down I knew the truth?
What does my truest self want me to know today? _____

3. **SCRIPT**

I am the woman who _____.
I choose _____.
I no longer _____.

4. **STAND** Lift your chin

[] Breathe into your stomach
[] Trust your first answer

5. **SPEAK:** *I trust myself.*

Remember Her.

WEEK 3: BE HER

I move through life as her now.

Day 15 — Drawing the First Line

1. Boundaries are not walls.
They are the doors that let your true self out.

2. **PROMPT**

What is one thing I must say “no” to today?

What am I protecting by drawing this line? _____

3. **SCRIPT**

I am the woman who _____.

I choose _____.

I no longer _____.

4. **STAND** Stand taller

☐ Speak calmly but firmly

☐ Do not over-explain your “no”

5. **SPEAK:** *My space is sacred.*

Remember Her.

Day 16 — Speaking Without Apology

1. You do not need to apologize for taking up the space you were born into.
2. **PROMPT**
Where do I reflexively apologize when I haven't done anything wrong?
What would it feel like to simply state my reality? _____

3. **SCRIPT**
I am the woman who _____.
I choose _____.
I no longer _____.
4. **STAND** Remove “just” and “sorry” from your vocabulary today
[] Keep your head up
[] Own your voice
5. **SPEAK:** *I speak my truth clearly and without fear.*

Remember Her.

Day 17 — Choosing Myself First

1. Choosing yourself is not a betrayal of others.
It is the end of betraying yourself.

2. **PROMPT**

If I put myself absolutely first today, what would I do differently?
What am I ready to stop sacrificing? _____

3. **SCRIPT**

I am the woman who _____.
I choose _____.
I no longer _____.

4. **STAND** Take a dedicated break

☐ Do one thing purely for your own joy
☐ Breathe deeply

5. **SPEAK:** *I am my own highest priority.*

Day 21 — The Integrated Woman

1. You are no longer performing. You are simply breathing.
You are simply here.

2. **PROMPT**

Who was I 21 days ago?

Who am I today? _____

3. **SCRIPT**

I am the woman who remembers.

I choose to stay awake to myself.

I no longer abandon who I am.

4. **STAND** Look yourself directly in the eyes

[] Smile softly

[] Step into your day fully embodied

5. **SPEAK:** *I am her.*

You didn't become her overnight.

You remembered her.

Piece by piece.

Choice by choice.

And the moment you started choosing yourself again—everything began to shift.

Remember Her.

**You are not broken.
You are not behind.
You are not becoming someone new.**

You are returning to yourself.

Welcome back.

Ready to go deeper?

The next step is becoming her—daily.

Join the Remember Her community
to continue the journey.