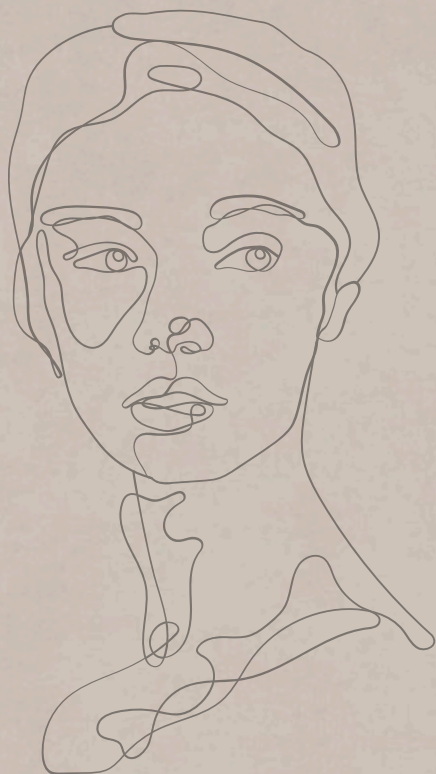


Becoming *Her*

7 Day Reset



Welcome!

This is not about becoming someone else.

It is about reconnecting with yourself.

Over the next 7 days, you will take small steps towards rebuilding self-trust, protecting your energy, and becoming more intentional with your choices.

You do not need to have everything figured out.

You do not need to feel ready.



You only need to begin

The woman you want to become is built through the choices you make from this moment forward.

*Your body
knows you're
ready for your
next chapter
before you do*

Woman's Chapter

DAY 1 Decide to Change

Change begins
with a decision.

Many people stay stuck because they keep *thinking* about changing instead of *choosing* it.

Today is about drawing a line between the old chapter and the new one.

Decide to change.

1 Reflection

Ask yourself honestly:

What life am I no longer willing to live?

You could think about:

- habits that drain you
- relationships that shrink you
- the version of you that survives instead of lives

Be truthful, not polished and on the next page jot down the answer.

DAY 1 Decide to Change

These prompts may help to get you started:

- I am no longer willing to live a life where I...
- I am tired of pretending that...
- Deep down, I know that...
- If nothing changes, in one year I will feel...
- The cost of staying the same is...

What life am I no longer willing to live?

.....

.....

.....

.....

.....

.....

.....

.....

.....

DAY 1 Decide to Change

2 Write a Decision Statement

This is a declaration of your next chapter.

Keep it clear and firm.

Formula:

I am no longer available for _____.

I now choose _____.

Examples:

- I am no longer available for chaos. I now choose peace.
- I am no longer available for abandoning myself. I now choose self-respect.
- I am no longer available for surviving day to day. I now choose growth.
- I am no longer available for waiting to be chosen. I now choose myself.

I am no longer available for:

.....
.....
.....

I now choose:

.....
.....
.....

DAY 1 Decide to Change

3 Mini Commitment (Do Today)

Choose one small action that proves your Decision Statement is real.

Examples:

- unfollow draining accounts
- go for a walk
- tidy your room
- delete the old message thread
- drink water and start again
- say no to something misaligned

My action today:

.....

.....

.....

4 Closing Reminder

You do not need to know every step.

You only need to decide you're done with the old one.

DAY 2 Remove What Drains You

You can't build a peaceful life on top of constant drains.

Before you add better habits, you need to **remove what's quietly exhausting you.**

Growth isn't only about doing more. It's about **carrying less.**

1 Reflection

Ask yourself:

**Where is my energy going...
without giving anything back?**

Not everything that feels familiar is healthy.

Not everything you're used to is meant to stay.

On the next few pages, go through each area honestly. No judgement — just awareness.

DAY 2 Remove What Drains You

2A People

- Who leaves me feeling heavy, anxious, or small?
- Who only reaches out when they need something?
- Who do I feel I have to perform for?

.....

.....

.....

.....

.....

**Some connections survive because of history,
not alignment.**

What could you do to remove this drain? Ideas:

- Reduce time/contact
- Stop overexplaining
- Stop being constantly available
- Create emotional distance

.....

.....

.....

.....

.....

.....

.....

.....

DAY 2 Remove What Drains You

2B Apps & Digital Space

- Which apps make me compare myself?
- What accounts leave me feeling behind or not enough?
- How much time do I spend scrolling vs living?

.....

.....

.....

.....

.....

Your environment shapes your mindset.

What could you do to remove this drain? Ideas:

- Unfollow draining accounts
- Mute or block where needed
- Set app limits
- Replace scrolling with something grounding

.....

.....

.....

.....

.....

.....

.....

.....

.....

DAY 2 Remove What Drains You

2C Habits

- Which habits leave me feeling worse after?
- Where am I avoiding responsibility?
- What do I keep doing that doesn't serve me?

.....

.....

.....

.....

.....

**Some habits feel comfortable
but keep you stuck.**

What could you do to remove this drain? Ideas:

- Identify one habit to reduce (not eliminate all at once)
- Replace it with something small and supportive
- Focus on consistency, not perfection

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

DAY 2 Remove What Drains You

2D Thoughts

- What do I repeatedly tell myself that isn't helping me?
- What assumptions do I keep believing?
- Where am I harshest on myself?

.....

.....

.....

.....

.....

Not every thought deserves your attention.

What could you do to remove this drain? Ideas:

- Notice the thought without reacting
- Question it: "Is this actually true?"
- Replace it with something more grounded

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

DAY 2 Remove What Drains You

3 Mini Commitment (Do Today)

You don't need to fix everything at once.

Just choose one thing to remove or reduce today.

My choice:

.....

.....

.....

4 Closing Reminder

Peace doesn't come from adding more.

It comes from removing what was never meant to stay.

DAY 3 Clean Your Space

Your environment reflects your internal state — and it also shapes it.

Clutter doesn't just sit around you.
It sits in your mind.

Today isn't about perfection.
It's about creating a space that supports the version of you you're becoming.

1 Reflection

Ask yourself honestly:

Does my environment support peace... or chaos?

Look around your space honestly.

- Does it feel calm?
- Does it feel heavy?
- Does it feel like the old version of you?

Over the next few pages are some options to help reset some of your spaces. You can do as much or as little as you like.

You may find that these areas don't need a reset. In which case, use them as prompts to reset another area of your life.

DAY 3 Clean Your Space

2A Reset Your Bedroom

Your bedroom should feel:

safe, calm, relaxing

Quick Reset (30–60 mins):

- Make your bed
- Clear surfaces (bedside table, desk)
- Throw away rubbish
- Open a window
- Add something calming (candle, book, soft lighting)

Ask Yourself:

- Does this space feel peaceful?
- What small change would make it feel lighter?

.....

.....

.....

.....

.....

.....

.....

.....

.....

DAY 3 Clean Your Space

2B Reset Your Wardrobe

Your clothes affect how you feel.

Think about:

- What do I wear when I feel confident?
- What do I keep “just in case”?
- What doesn’t reflect who I’m becoming?

.....

.....

.....

.....

.....

.....

.....

.....

.....

Take Action:

- Remove 5–10 items you don’t wear
- Put aside anything that doesn’t feel like “you anymore”
- Organise what remains neatly

Truth:

You don’t need more clothes.
You need alignment.

DAY 3 Clean Your Space

2C Reset Your Phone

This is one of the biggest hidden drains.

Audit:

- Who do I follow?
- What content do I consume daily?
- Does it make me feel better or worse?

.....

.....

.....

.....

.....

.....

.....

.....

.....

Quick Reset:

- Unfollow accounts that trigger comparison
- Mute people/content that drain you
- Delete apps you don't need
- Organise your home screen

Optional:

Set a daily screen time limit.

DAY 3 Clean Your Space

3 Mini Commitment (Do Today)

Pick one small space and make it feel intentional.

Examples:

- a clean bedside table
- a reading chair
- a tidy desk
- a candle + book setup

My calm space:

.....

.....

.....

4 Closing Reminder

You don't need a new life overnight.

You just need a space that supports the woman you're becoming.

DAY 4 Stop Waiting to Feel Ready

Confidence rarely comes before action.

Most women wait until they feel ready, certain or fearless before making a change — but readiness is built through movement, not waiting.

Every small action teaches you that you are capable.

1 Reflection

Ask yourself honestly:

What area of my life have I been postponing because I don't feel "ready" yet?

It could be:

- Send the message
- Apply for the opportunity
- Start the workout
- Post the idea
- Set the boundary
- Begin the project
- Go somewhere alone
- Say what you really feel

DAY 4 Stop Waiting to Feel Ready

2 Truth Reminder

You do not become confident before you begin.

You become confident because you began.

Most growth happens after:

- the uncomfortable first step
- the awkward beginning
- the decision to try anyway

Waiting for perfect timing often becomes another form of avoidance.

3 Think About This

If you waited until you felt fully ready for everything in life...

How much would never begin?

Growth requires movement before certainty.

DAY 4 Stop Waiting to Feel Ready

4 Journal

What decision or action have I been delaying?

.....
.....
.....
.....

What am I afraid might happen if I begin?

.....
.....
.....
.....

What could happen if I finally stopped waiting?

.....
.....
.....
.....
.....
.....

DAY 4 Stop Waiting to Feel Ready

5 Action: Moving Forwards

Choose one small action today that moves you forward.

Not perfectly.

Not dramatically.

Just honestly.

It could be:

- send the message
- apply for the opportunity
- go for the walk
- start the routine
- say no
- begin the project
- have the conversation

Small movement still counts.

My Action Today:

.....
.....

DAY 4 Stop Waiting to Feel Ready

6 Mini Commitment

From today, I will stop waiting to feel ready before changing my life.

Yes

7 Closing Reminder

You do not need to feel ready to begin.

You only need to decide that your future matters more than your fear.

DAY 5 Cut Validation Addiction

Constantly seeking approval from other people slowly disconnects you from yourself.

The more your worth depends on validation, the harder it becomes to hear your own voice clearly.

Today is about noticing where you look for permission, reassurance, or acceptance — and beginning to return that power to yourself.

1 Reflection

Ask yourself honestly:

Where do I seek approval the most?

Maybe through:

- social media
- relationships
- appearance
- achievements
- productivity
- people pleasing
- constantly needing reassurance

Think about where your mood or self-worth changes depending on how other people respond to you.

DAY 5 Cut Validation Addiction

2 Truth Reminder

Validation feels good.

But when you rely on it constantly, your confidence becomes fragile.

You begin:

- changing yourself to be liked
- overexplaining your choices
- fearing judgement
- needing reassurance before trusting yourself

And over time, you stop asking:

“What do I want?”

because you become focused on:

“What will make people approve of me?”

DAY 5 Cut Validation Addiction

3 Approval Can Become Addictive

Validation can temporarily feel like:

- confidence
- security
- certainty

But external approval is unstable.

Some people will misunderstand you.

Some will judge you.

Some will never fully see your value.

That cannot become the thing that determines your worth.

4 Returning to Yourself

The woman you're becoming:

- trusts her own decisions more
- needs less reassurance
- stops overexplaining herself
- understands that not everyone needs to approve of her life

She still values connection.

But she no longer abandons herself to receive it.

DAY 5 Cut Validation Addiction

5 Journal

When do I feel most affected by other people's opinions?

.....
.....
.....
.....

What approval am I still chasing?

.....
.....
.....
.....

What would change if I trusted myself more deeply?

.....
.....
.....
.....
.....
.....

DAY 5 Cut Validation Addiction

6 Choose One Promise

Pick something realistic.

Not impressive.

Not extreme.

Just honest.

My promise today:

.....

.....

.....

At the end of the day, ask yourself:

Did I keep my promise?

If yes:

Be proud of that.

If no:

Do not shame yourself.

Get curious instead.

What got in the way?

.....

.....

DAY 5 Cut Validation Addiction

7 Mini Commitment

From today, I will stop measuring my worth through other people's opinions.

Yes

8 Closing Reminder

The more you trust yourself, the less desperately you need everyone else to.

DAY 6 Keep One Promise Daily

Confidence is not built through perfection. It's built through self-trust.

And self-trust grows every time you prove to yourself:

"I can rely on me."

Many people think confidence comes from appearance, success, or validation.

But real confidence is quieter than that.

It comes from consistently showing up for yourself — especially when no one is watching.

1 Reflection

Ask yourself honestly:

What promises do I keep breaking with myself?

Maybe you say:

- "I'll start tomorrow."
- "I'll go to bed earlier."
- "I'll stop texting them."
- "I'll take care of myself."
- "I'll stay consistent."

And every time you abandon those promises, your self-trust weakens a little. Not because you're lazy. Because your mind learns:

"My words don't mean much to me."

Today is about changing that.

DAY 6 Keep One Promise Daily

2 Truth Reminder

Confidence is not:

- always feeling motivated
- never doubting yourself
- having everything figured out

Confidence is knowing:

“I do what I say I’m going to do.”

Even in small ways.

Especially in small ways.

3 Small Promises

You do not need to transform your whole life overnight.

You only need to keep one promise today. That’s how trust is rebuilt.

Examples of Small Promises

- Drink more water
- Go for a 10-minute walk
- Journal for 5 minutes
- Put your phone down earlier
- Make your bed
- Read instead of scrolling
- Stretch before sleep
- Say no once
- Eat a proper meal
- Leave something that drains you

Small actions repeated consistently become identity.

DAY 6 Keep One Promise Daily

4 Journal

Where do I stop trusting myself?

.....

.....

.....

.....

What promise do I repeatedly avoid?

.....

.....

.....

.....

How would my life change if I trusted myself more?

.....

.....

.....

.....

.....

.....

DAY 6 Keep One Promise Daily

5 Choose One Promise

Pick something realistic.

Not impressive.

Not extreme.

Just honest.

My promise today:

.....
.....
.....

At the end of the day, ask yourself:

Did I keep my promise?

If yes:

Be proud of that.

If no:

Do not shame yourself.

Get curious instead.

What got in the way?

.....
.....

DAY 6 Keep One Promise Daily

6 Rebuilding Self-Trust

Every kept promise sends your mind a message:

“I am someone who shows up for herself.”

And over time, confidence stops feeling forced.

It becomes who you are.

7 Mini Commitment

From today, I will stop waiting to feel confident before taking action.

Yes

8 Closing Reminder

Confidence is not created in huge moments.

It is built quietly —
through the small promises you finally decide to keep.

DAY 7 Boundaries Begin Here

Boundaries are not selfish.

They are a form of self-respect.

Today is about choosing your peace instead of constantly overextending yourself.

1 Reflection

Ask yourself honestly:

Where do I say yes when I really mean no?

Maybe you say yes to:

- conversations you don't want to have
- plans you don't have energy for
- people who drain you
- extra responsibilities
- emotional access that no longer feels safe

Sometimes the hardest part of boundaries is not setting them.

It's believing you're allowed to.

DAY 7 Boundaries Begin Here

2 Why Boundaries Feel Uncomfortable

If you are used to:

- people pleasing
- avoiding conflict
- keeping everyone happy
- earning love through self-sacrifice

then boundaries can feel “mean” at first.

But discomfort is not always danger.

Sometimes it is growth.

3 What Boundaries Can Look Like

Boundaries do not need to be dramatic.

Sometimes they sound like:

- “I can’t make it.”
- “That doesn’t work for me.”
- “I need some space.”
- “I’m unavailable tonight.”
- “No, thank you.”

You do not owe everyone unlimited access to you.

DAY 7 Boundaries Begin Here

4 Journal

Where do I struggle most to say no?

.....
.....
.....
.....

What am I afraid will happen if I disappoint people?

.....
.....
.....
.....

What would become easier if I protected my energy more?

.....
.....
.....
.....
.....
.....

DAY 7 Boundaries Begin Here

5 Action: Say No to One Thing Today

Choose one thing that drains you, overwhelms you, or feels misaligned.

Then practise saying no — calmly, without guilt, and without overexplaining.

It can be something small.

The goal is not perfection.

The goal is proving to yourself that your needs matter too.

Today, I will say no to:

.....
.....

6 Mini Commitment

From today, I will stop treating my comfort like it matters less than everyone else's.

Yes

7 Closing Reminder

Every time you set a boundary, you teach yourself:

“My energy matters too.”

And that lesson changes everything.

Looking Back

Over the last 7 days...

I learned...

.....
.....

I need to let go of...

.....
.....

I want more of...

.....
.....

One promise I will keep to myself this week:

.....
.....

The woman I am becoming is...

.....
.....

Small changes become powerful when repeated.

This is only the beginning.

Your Next Chapter

If these 7 days helped...

Imagine what another 23 days could do.

The full Becoming Her workbook helps you:

- ✓ Rebuild self-worth
- ✓ Raise your standards
- ✓ Protect your peace
- ✓ Let go of people who drain you
- ✓ Create healthier habits
- ✓ Become the woman you keep imagining

Continue the journey

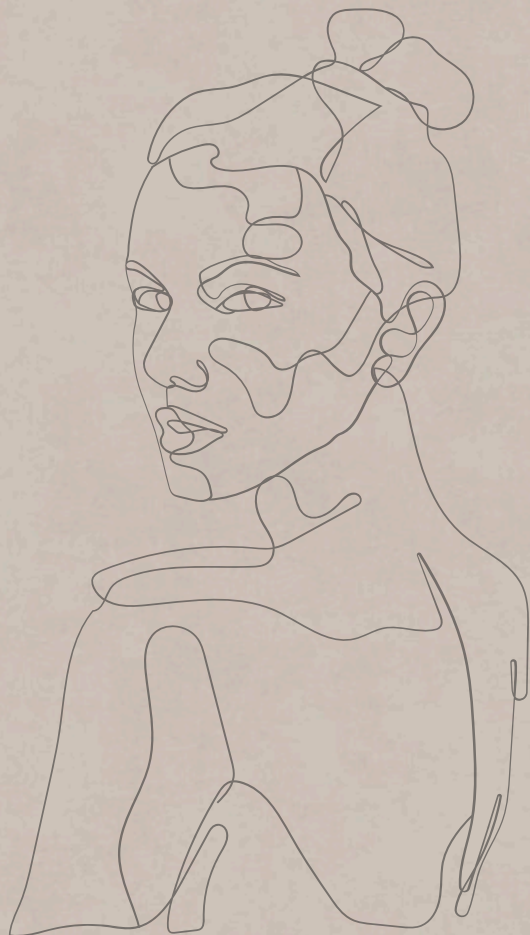
[Get the Workbook →](#)

go.womanschapter.co.uk/becoming-her

Instant download • £9.99

Woman's Chapter xx

Your next
chapter
starts now.



Email
hello@womanschapter.co.uk

Instagram
[@womanschapter](https://www.instagram.com/womanschapter)

Website
www.womanschapter.co.uk

