



MINTED BALANCE COLLECTION

3-DAY SCARCITY RESET



A MINI RESET FOR WOMEN
READY TO SHIFT OUT OF
SURVIVAL MODE



RESET YOUR ENERGY • REGULATE YOUR MIND • RECONNECT TO RECEIVING

*I don't chase.
I stabilize.
I attract.*



3-DAY SCARCITY RESET

WELCOME

If you've been feeling overwhelmed,
emotionally exhausted, stuck in overthinking,
or constantly operating in survival mode...

THIS RESET WAS CREATED FOR YOU.

The goal of this mini experience
is not perfection.

IT'S AWARENESS.

STABILITY.

RECONNECTION.

Over the next 3 days, you'll begin
gently shifting your energy, calming
your nervous system, and reconnecting
with the version of yourself that no longer
lives in lack, urgency, or emotional burnout.

One day at a time.

One shift at a time.

You are allowed to reset.



WHAT THIS IS

The 3-Day Scarcity Reset is a gentle
guided experience designed to help
you shift out of survival mode and
return to a state of alignment,
clarity, and inner safety.

Each day has a focused theme
and simple prompts to help you
regulate, realign, and reconnect
with what truly matters.



HOW TO USE THIS RESET



SET ASIDE TIME

Choose 15–30 minutes
each day for yourself.
This is your time.



JOURNAL HONESTLY

There are no right answers.
Write what's real for you,
without overthinking.



BE GENTLE

This is not about fixing
yourself. It's about coming
back to yourself.



TAKE IT WITH YOU

Revisit these days
anytime you feel
disconnected or off track.



THIS IS YOUR RESET.

You are allowed to grow at your own pace.

You are allowed to choose you.





3-DAY SCARCITY RESET

DAY 1

STABILIZE

SAFETY • NERVOUS SYSTEM • AWARENESS



*Today is about coming back to safety.
We begin by calming the urgency, quieting the noise,
and reconnecting with the present moment.*



AFFIRMATION

*I am safe
enough to
slow down.*



1



What am I emotionally carrying today?

2



What would calm feel like right now?

3



What thought am I ready to stop feeding?

ONE DAY AT A TIME, I RETURN TO ME.

3-DAY SCARCITY RESET

DAY 2 SHIFT

IDENTITY • THOUGHTS • EMBODIMENT

*Today is about shifting your internal world.
We become aware of our thoughts, our identity,
and the energy we choose to embody.*

AFFIRMATION

*I no longer
chase.
I align.*

1

Who am I becoming?



2

What would my higher self choose today?



3

What energy am I practicing today?



TODAY, I CHOOSE TO EMBODY:



- ☐ Calm over chaos
- ☐ Intention over impulse
- ☐ Trust over fear

- ☐ Alignment over approval
- ☐ Presence over pressure
- ☐ Other: _____



I AM BECOMING THE VERSION OF ME WHO CHOOSES INTENTIONALLY.



3-DAY SCARCITY RESET

DAY 3 RECEIVE

TRUST • OPENNESS • RECEIVING



AFFIRMATION

*Today is about opening to allow.
We release resistance, soften into trust,
and welcome the good that is already on its way.*

*I allow
good things
to flow
to me.*



1

What am I ready to receive?



2

What abundance is already present in my life?



3

What would it feel like to fully allow?





TODAY, I CHOOSE TO:

- | | |
|--|---|
| ☐ Trust the process | ☐ Receive with ease |
| ☐ Release control | ☐ Say yes to support |
| ☐ Stay open to miracles | ☐ Other: _____ |



I ALLOW MYSELF TO RECEIVE ALL THE GOOD THAT IS MEANT FOR ME.



3-DAY SCARCITY RESET

THANK YOU

YOU SHOWED UP FOR YOU.

That matters.

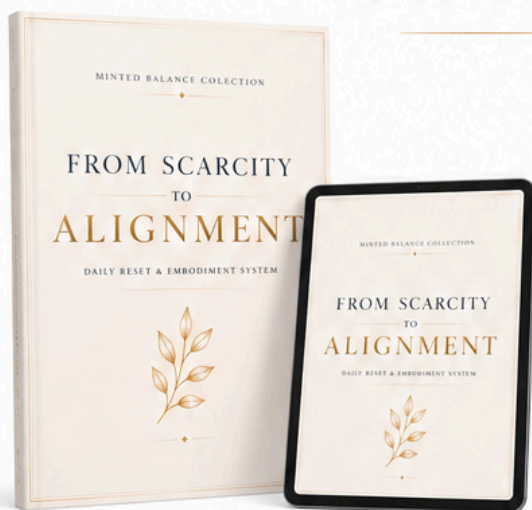
Awareness is the first step.
Over the past 3 days, you've taken intentional time
to stabilize, shift, and open to receive.
That is powerful.



By day 3 or 4, you should begin to feel:

- ✓ More calm and clarity
- ✓ Less overthinking and urgency
- ✓ A deeper connection to yourself
- ✓ Small shifts that create real change

READY TO GO DEEPER?



The full *From Scarcity to Alignment*
Daily Reset & Embodiment System
will help you:

- ✓ Rewire your subconscious patterns
- ✓ Regulate your emotions with ease
- ✓ Build a new identity from alignment
- ✓ Deepen your manifestation practice
- ✓ Stay consistent with daily support
- ✓ Create lasting, embodied change



IF YOU WANT TO CONTINUE
YOUR ALIGNMENT JOURNEY,
I'd love to support you.



SCAN THE QR CODE
TO LEARN MORE



*Let's go
deeper
together.*

I DON'T CHASE. I STABILIZE. I ATTRACT.

