



LIVE WELL. LIVE FREE.

One Small Step at a Time.

THE 7-DAY RESET

A free workbook to help you pause, notice what matters, and take one small step toward a healthier, happier, freer life.

Before You Begin



● Welcome to Your Reset

You don't need to change your whole life in seven days. Sometimes you just need a little space to notice what isn't working, remember what matters, and decide what small step could help you feel a little better.

Over the next seven days, you'll explore four essential areas of life — one small step at a time. You aren't trying to fix all four. You're simply paying attention. Because real transformation doesn't happen all at once. *It happens one small step at a time.*

Well-Being

How do I feel physically and emotionally?

Confidence

How do I see myself, and how much do I trust my ability to grow?

Freedom

What is giving me energy, and what is weighing me down?

Opportunity

Where am I open to learning, growing, or trying something new?

● Before You Begin

Set aside 10–15 quiet minutes each day. Be honest — but kind — with yourself. There are no perfect answers, only opportunities to learn more about yourself and move forward with intention.

● What Would I Most Love to Feel Different Seven Days From Now?

It doesn't have to be a big goal — how would you simply love to feel a little different?

☐ More energized

☐ Less stressed

☐ More confident

☐ More breathing room

☐ More hopeful

☐ Ready for something new

Begin Where You Are



● Today's Encouragement

Welcome to your 7-Day Live Well. Live Free. Reset. Take a deep breath — you don't need the perfect plan, the perfect routine, or the perfect starting point. You simply need a willingness to begin. This isn't about perfection. It's about awareness, progress, and discovering what one small step can do. Today, simply begin where you are.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- ☐ Choose one word for how you want to feel in 7 days ☐ Write that word somewhere you'll see it today
- ☐ Pause for one minute and take three slow, deep breaths

My one small step today is:

● Today's Affirmation

"I choose to begin exactly where I am. Every small step I take today moves me toward a healthier, happier, and freer life."

● Today's Reflection

Why did you decide to begin this journey today?

What is one thing you're excited about as you begin?

● Celebrate Today's Win

One thing I'm proud of today is...

Nurture Your Well-Being



● Today's Encouragement

Taking care of yourself isn't selfish — it's one of the best gifts you can give yourself and the people you love. When your body, mind, and spirit are cared for, you have more energy, patience, and joy to give. Well-being isn't about being perfect; it's about small, intentional choices that add up over time.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

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|--|---|
| ☐ Drink more water today | ☐ Take a 10-minute walk |
| ☐ Eat a healthy meal or snack | ☐ Stretch for a few minutes |
| ☐ Spend time outside | ☐ Go to bed a little earlier |

My one small step today is:

● Today's Affirmation

"I am worthy of caring for my body, mind, and spirit. Every small step I take strengthens my well-being."

● Today's Reflection

Why did you choose this step, and what did you notice afterward?

How could this become a regular habit in your life?

● Celebrate Today's Win

One thing I'm proud of today is...

Build Confidence



● Today's Encouragement

Confidence isn't something you're born with — it's something you build. It grows every time you take a small step, keep a promise to yourself, or choose to try again after a setback.

Confidence doesn't come from being perfect; it comes from believing you can keep moving forward, one small step at a time.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- | | |
|---|---|
| ☐ Finish one task you've been putting off | ☐ Keep one promise you've made to yourself |
| ☐ Write down three things you do well | ☐ Speak kindly to yourself today |
| ☐ Try something you've been hesitant to do | |

My one small step today is:

● Today's Affirmation

"I am growing stronger with every small step I take. I choose to believe in myself and my ability to keep moving forward."

● Today's Reflection

Why did you choose this step, and what did you notice afterward?

How could this help you become more confident over time?

● Celebrate Today's Win

One thing I'm proud of today is...

Create More Freedom



● Today's Encouragement

Freedom doesn't always come from making big changes. Sometimes it comes from letting go of one thing that's been weighing you down — a cluttered space, a busy schedule, or a negative thought. You don't have to solve everything today. Just ask, "What's one small thing I can let go of or make space for today?"

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

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|---|--|
| ☐ Declutter one drawer, shelf, or small space | ☐ Turn off social media for an hour |
| ☐ Say "no" to something that isn't necessary | ☐ Forgive yourself for one mistake |
| ☐ Spend a few quiet minutes in prayer or gratitude | |

My one small step today is:

● Today's Affirmation

"I choose to let go of what weighs me down and make room for what matters most."

● Today's Reflection

Why did you choose this step, and what did you notice afterward?

How could this help you experience more freedom in your life?

● Celebrate Today's Win

One thing I'm proud of today is...

Embrace Opportunity



● Today's Encouragement

Every day brings new opportunities to grow. Sometimes they're easy to recognize; other times they look like small decisions or simple conversations. Opportunity doesn't always require a giant leap — often it begins with one small step of courage. You simply need to be willing to take the next step.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- | | |
|---|---|
| ☐ Read one chapter of a book | ☐ Learn something new for 10 minutes |
| ☐ Try a new healthy recipe | ☐ Introduce yourself to someone new |
| ☐ Sign up for a class or event you've considered | |

My one small step today is:

● Today's Affirmation

"I am open to new opportunities. One small step today can lead to something meaningful tomorrow."

● Today's Reflection

Why did you choose this step, and what did you notice afterward?

How could saying "yes" to small opportunities help you grow?

● Celebrate Today's Win

One thing I'm proud of today is...

Bringing It All Together



● Today's Encouragement

Over the past five days, you've cared for your well-being, strengthened your confidence, created more freedom, and embraced new opportunities. Don't overlook what you've accomplished. Lasting change isn't built in one giant leap — it's built through small choices, repeated over time. If you're loving these small shifts, Day 7 has something special for you.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- | | |
|--|--|
| ☐ Repeat your favorite step from earlier this week | ☐ Combine two small habits you've enjoyed |
| ☐ Spend time in prayer or reading something encouraging | ☐ Make time to rest and recharge |

My one small step today is:

● Today's Affirmation

"Every small step I take is helping me build healthy habits that will last."

● Today's Reflection

What did you notice after completing your step today?

Looking back this week, which small step made the biggest difference for you, and why?

● Celebrate Today's Win

One thing I'm proud of today is...

Your Next Small Step



● Today's Encouragement

Seven days ago, you made the decision to begin. What matters most isn't that everything was perfect — what matters is that you showed up. Small steps may not seem significant in the moment, but over time they become habits. And habits have the power to change your life. You don't need a fresh start tomorrow — you simply need your next small step.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- | | |
|--|--|
| ☐ Continue one habit you've enjoyed this week | ☐ Schedule time for your favorite healthy habit |
| ☐ Write down three habits you want to keep building | ☐ Create a simple morning or evening routine |

My one small step today is:

● Today's Affirmation

"I will continue becoming healthier, happier, and freer — one small step at a time."

● Today's Reflection

What is the biggest lesson you've learned about yourself this week?

Which one small habit would you like to continue, and why?

● Celebrate Today's Win

One thing I'm most proud of this week is...

THANK YOU

So... What's Your Next Small Step?



Thank you for saying **yes** to yourself and taking these first steps toward a healthier, happier, and freer life. I hope these past seven days have helped you notice what matters. Remember — you don't have to change everything overnight. Real transformation happens one small step at a time.

That's exactly why I created the **30-Day Live Well. Live Free. Journey** — for women who felt something shift this week and want to keep building instead of starting over. Here's what's inside:

- ✓ **Week-by-week structure** — so you always know what's next, no guesswork
- ✓ **Daily encouragement & reflection** — the same format you just finished, expanded with room to actually build habits that stick
- ✓ **A focus on your 4 Essentials** — Well-Being, Confidence, Freedom, and Opportunity, explored in depth
- ✓ **Real, sustainable pacing** — built for real life, not a 30-day sprint you'll abandon by week two

READY TO KEEP GOING?

30-Day Live Well. Live Free. Journey

Continue your journey — one small step at a time.

\$37

BEGIN YOUR 30-DAY JOURNEY

With gratitude,

Brenda Branstiter

*Live Well. Live Free.
One Small Step at a Time.*