A GENTLE GUIDE BACK TO YOU

THE 7-DAY RESET GUIDE

A quiet reset for the woman who is ready to come back to herself.

By Temi Sparks

Becoming Her Again

BECOMING HER AGAIN

Quiet systems for women rebuilding their lives.

Before You Begin

You do not need to become a completely different woman in seven days.

You do not need a perfect morning routine.

You do not need to wake up at 5 a.m., buy a new planner, clean your entire house, delete everyone from your phone, or suddenly have your whole life figured out.

You probably don't need another thing to do.

You might simply need a moment to stop. To breathe. To tell yourself the truth. To notice what has been draining you. To decide what you no longer want to carry. And then, slowly, begin again.

This guide is not about fixing your entire life in seven days. It is about creating enough quiet to hear yourself again.

For the next seven days, we're going to make small shifts. Nothing dramatic. Nothing performative. Just honest decisions that begin to move you back toward yourself.

You are not behind.

You are allowed to begin where you are.

DAY 1

Stop and Tell the Truth

1

The reset begins with honesty.

Before you change anything, you have to be willing to admit what isn't working. Sometimes we spend so much energy trying to make our lives look okay that we don't notice how tired we actually are.

Maybe you're tired of saying yes. Maybe you're tired of pretending you're fine. Maybe a relationship has changed, your work no longer feels meaningful, or you've outgrown a version of yourself that everyone else still expects you to be.

You don't have to solve it today. Just tell the truth.

TODAY, ASK YOURSELF

What in my life currently feels heavier than it should?

Complete these sentences

I am tired of...

I keep pretending that...

What I really want is...

If I were completely honest with myself, I would admit...

Today's small reset

Choose one thing you have been avoiding acknowledging. You don't need to fix it. Just name it.

TODAY'S REMINDER

> *You cannot change what you are afraid to admit.*

DAY 2

Clear the Noise

2

Not everything deserves access to you.

Sometimes we say we're overwhelmed when what we really mean is: there is too much coming at me. Notifications. Messages. Other people's expectations. Unfinished tasks. Opinions. Plans. Comparison. Noise.

Your mind needs somewhere quiet to land. Today isn't about disappearing from the world — it's about creating a little space inside it.

Your 20-minute reset

Choose one small area, set a timer for 20 minutes, and simply tidy it — no need to reorganise your entire life.

- Your bedside table
- Your handbag
- Your phone
- Your desk
- Your wardrobe
- Your inbox

Your digital reset

- Mute one unnecessary notification.
- Unfollow one account that makes you feel inadequate.
- Delete five things you don't need.
- Put your phone away for 30 minutes.

JOURNAL

What noise has been taking up too much space in my life?

JOURNAL

What do I want more room for?

TODAY'S REMINDER

> *Peace often begins with what you decide not to consume.*

DAY 3

Stop Explaining Yourself

3

You are allowed to know what you know.

There is a particular kind of exhaustion that comes from constantly explaining yourself — why you said no, why you changed your mind, why you need space, why something doesn't feel right anymore.

Sometimes the explanation is necessary. But sometimes we're not explaining — we're asking for permission. Today, notice the difference.

Your challenge

Before automatically explaining a decision, pause and ask yourself: do I actually need to explain this? If the answer is no, let the decision stand. You can be kind without being available for negotiation.

A boundary I need to honour is...

Something I need to stop doing to keep other people comfortable is...

The decision I already know I need to make is...

Practice

INSTEAD OF

"I'm so sorry, I can't because…

TRY

"Thank you for understanding. I won't be able to.

INSTEAD OF

"I hope you don't take this the wrong way…

TRY

"This is what works for me right now.

You don't have to become cold. You simply have to become clear.

TODAY'S REMINDER

> *You do not need everyone's agreement to trust yourself.*

DAY 4

Make Your Discipline Quiet

4

The life you want is built in ordinary moments.

Real discipline rarely looks impressive. Nobody sees you going to bed on time. Nobody applauds you for drinking water. Nobody knows that you chose not to respond immediately.

But these moments matter — especially because they teach you something important: I can trust myself.

Choose three small promises

Make them almost too easy to fail — for example: I will make my bed every morning. I will drink a glass of water before my first coffee. I will put my phone away thirty minutes before sleep.

My first promise:

My second promise:

My third promise:

Tonight, ask

Did I do what I said I would do? (Yes / Not yet)

If not, what got in the way?

What can I make easier tomorrow?

TODAY'S REMINDER

> *Discipline is not punishment. It is learning that you can depend on yourself.*

DAY 5

Make Room for Peace

5

You may have mistaken chaos for a full life.

There was probably a time when being busy felt like proof that you were doing something. Every weekend had somewhere to go. Every notification needed an answer. Every silence needed to be filled.

But eventually, something changes. You begin to realise that peace isn't boring — peace is what your nervous system has been asking for. Today, don't fill every empty space. Let something be quiet.

Your peaceful hour

For one hour today: no scrolling, no unnecessary messages, no multitasking, no background noise if you don't need it. Make something warm. Sit somewhere comfortable. Read, write, pray, think — or do absolutely nothing. You are not wasting time. You are practising being with yourself.

JOURNAL

What does peace look like for me right now?

JOURNAL

What kind of chaos am I ready to stop calling “normal”?

JOURNAL

What is one peaceful thing I want more of in my life?

TODAY'S REMINDER

> *A quieter life is not a smaller life.*

DAY 6

Release the Version You've Outgrown

6

You are allowed to become unfamiliar to people who only knew your old self.

This might be the hardest part, because becoming isn't only about gaining — sometimes it is about letting go. The version of you who tolerated too much. The version who needed everyone to like her. The version who kept saying, “Maybe it will change.”

You don't have to hate her. She got you here. Thank her, and let her rest.

Write a letter to your former self

Dear woman I used to be,

I forgive you for...

I am proud of you for...

You don't have to carry this anymore...

And from here, I choose...

TODAY'S REMINDER

> *You don't have to become someone else. You can become more fully yourself.*

DAY 7

Choose One New Decision

7

You don't need a whole new life.

This is where we stop trying to change everything at once, because transformation is often much quieter than we imagined. One decision. Repeated. Again. And again. Until it becomes who you are.

You don't need ten goals. You need one direction.

My one new decision — from this point forward, I choose to...

Why does this matter to me?

What will this look like in ordinary life?

What will I do when I don't feel motivated?

Who am I becoming through this decision?

Your 7-Day Reset

Look back at the last seven days. You don't need to measure how productive you were — instead, notice what became clearer.

I realised...

I am ready to release...

I want more of...

I want less of...

One boundary I will honour is...

One promise I will keep to myself is...

One decision I am taking with me is...

Your Reset Statement

Write your own. Keep it somewhere you can see it. Come back to it when life gets noisy.

I am becoming a woman who...

You may finish this guide and still have unanswered questions. That's okay. You may still have difficult decisions to make. That's okay too.

A reset isn't the moment when everything suddenly becomes easy. Sometimes a reset is simply the moment you stop abandoning yourself.

You begin listening again. You begin choosing differently. You begin keeping small promises. You begin creating a life that feels like yours — not one that simply looks good from the outside. And then you do it again tomorrow. Quietly. Without needing everyone to notice.

That is how becoming happens. Not all at once. But one honest decision at a time.

You are not behind.
You are becoming.

— Temi Sparks

If this guide met you in a season of rebuilding, don't stop here. Becoming Her Again is a space for women navigating the in-between — the season where you know you cannot keep living the way you have been, but you're still figuring out what comes next.

WATCH THE LATEST EPISODE

AND WHEN YOU'RE READY TO GO DEEPER...

BECOMING HER AGAIN

by Temi Sparks

A deeper journey back to the woman you were before life taught you to forget yourself.

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BECOMING HER AGAIN

Quiet systems for women rebuilding their lives.

You don't need a whole new life. You need one new decision.

About Temi Sparks

Temi Sparks is the voice behind Becoming Her Again, a space for women who are quietly rebuilding — after burnout, heartbreak, or simply outgrowing a version of themselves that no longer fits.

She writes and creates for women who don't need a dramatic transformation — just permission to slow down, tell the truth, and choose themselves again, one quiet decision at a time.

Her book, Becoming Her Again, goes deeper into that journey — helping you find your way back to yourself, gently and for good.

FIND MORE FROM TEMI

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Get your copy of Becoming Her Again, and explore more resources from Becoming Her Again.