

The 7-Day Identity Reset

A gentle, Catholic-inspired reset for women who know there's more, and want to feel re-aligned on the inside, with their worth, their direction, and their life.



This 7 Day Reset has been lovingly created for the woman who...

- feels like life isn't exactly going the way she had hoped it would
- knows she has more inside her, but doesn't know how to access it
- feels guilty wanting more... more meaning, impact, beauty, health or income
- loves God but feels disconnected from Him a bit, or herself
- senses she's been living beneath what's possible - spiritually, physically, healthwise, financially, or personally.

If you've been feeling:

- invisible or restless or unsure who you really are
- overlooked or taken for granted
- underestimated or ignored or living by other's expectations
- unsure of your direction
- quietly disappointed with how small your life feels

Then know that this reset was created for you, especially IF...

- You no longer are willing to merely react to circumstances.
- You realize that you have the capacity, permission, and responsibility to choose how you respond, direct yourself, and act intentionally, within what's been given to you or what is available to you.
- You don't want control over everything.
- You just are ready to take ownership of your own choices and life situations.

This reset was created for the woman who is ready to take agency over her life.

Agency is:

- Choosing your next step instead of drifting
- Taking responsibility without self-blame
- Acting from conviction, not pressure
- Steering your life even when the waters are rough

Agency is being ready to:

- exert more inner authority
- start governing yourself
- owning your yes and your no
- start choosing with intention
- steer your life instead of drifting

Welcome

**This 7 Day Reset
will cover 3 main areas of your life.**



CROWN

Identity

You do not take action until you remember who you are.



COMPASS

Direction

You do not just move faster.
You move truer.



CHARTER

Daily Standards

You live differently when you know
what you stand for.

The Queen of Your Ship™ Method



CROWN - Identity



COMPASS - Direction



CHARTER - Daily Standards

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The Queen's Declaration

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What You'll Experience Over 7 Days

Each day is short, intentional and deeply grounding.
You will reorient your life and you'll move through:

Day 1 - Worth

→ Releasing the belief that your life doesn't matter

Day 2 - Meaning

→ Remembering that something real happened to you at your Baptism - and your life is not neutral or meaningless; rather, it's very profound

Day 3 - Desire

→. Allowing yourself to want more without guilt

Day 4 - Release

→ Letting go of shame, regret and expired identities

Day 5 - Direction

→. Setting a true new focus and direction for this season of your life

Day 6 -Standards

→. Raising how you live - not to earn love, but because you already are loved and belong

Day 7 - Agency

→. Claiming the helm of your life and choosing intentionally again

A quiet but important truth inside this reset:

Many women who were Baptized - were not properly taught what Baptism means for their identity. Rarely were they taught who they became: a future Princess of Heaven.

This is because in Baptism we inherit the Mission of Christ and are anointed:
"Priest, Prophet and King". (Queen).

You will finish the week knowing - not intellectually, but interiorly:

"My life has meaning. I belong. I am allowed, and I am called, to live differently."

Before You Begin

NOTE: You might want to get a favorite JOURNAL for this 7 Day Reset instead of using the journaling sheets provided.

If you are here, it's not an accident.

You didn't buy this because you want another planner, another routine, or another thing to fail at.

You bought this because something inside you whispered:

“There is more for me. And I need to get moving!”

This reset is not about perfection.

It is about remembrance and getting into alignment with who you uniquely are.

You are not broken.

You are not behind.

You are not finished.

You are a woman who may have forgotten who she is - but this week is about remembering who you are, and, Whose you are, and making decisions.

Do not rush.

Do not judge yourself.

Do not try to “do it right”.

Just show up and ponder and journal.

The Queen of Your Ship™ Method

Every woman is steering a ship - whether she realizes it or not.

Her ship is her entire person and her whole life and all of her responsibilities and all of the dreams and goals and aspirations in her heart.

CROWN - Identity

You do not take action until you know who you are.

COMPASS - Direction

You do not just move faster. You move truer.

CHARTER - Daily Standards

You live differently when you know what you stand for.

This week installs all three.

DAY 1 - You Are Not Invisible

The Truth

Feeling invisible does not mean you are unimportant.

It means your life has been unseen – sometimes even by you.

But God has never overlooked you. Nor Mary, the Angels and the Saints.

They have been watching every quiet act of love, every unseen sacrifice,

every tear you swallowed, every frustration and every whispered prayer.

Today, we begin by realizing the truth.

(And here is the deeper truth beneath the emotion: your worth was never up for debate. God created you, and you have already been claimed as His.)

A 1-Minute Prayer

Jesus, help me see myself the way You see me.

I give You my blindness.

I give You my shame.

I give You my story.

Let me begin again.

Journal Prompt

Answer honestly. No censoring.

- Where in my life do I feel unseen or overlooked?
- What have I been faithful in, even when no one noticed?
- What part of me feels forgotten – even by myself?

One Brave Action (small but real)

Today, do one thing as if your life really mattered.

Examples:

Get dressed as nicely as you can and level up your thoughts about yourself

Sit down and write something of value, instead of just scrolling.

Take a walk and pray, instead of numbing yourself with something.

Just one thing is ok but you can do more if you wish.

Ship Compass Check -In

What matters today is not fixing my life – It's remembering I have one.

DAY 2 - You Were Changed Forever at Baptism

The Truth

Your Baptism was not just symbolic.

It was transformational. A Sacrament. New Life in Christ.

Something happened to you – even if no one explained it to you properly.

You were cleansed of Original Sin.

You were claimed by The Blessed Trinity, who rushed in to take up Their Presence within your beautiful soul and filled you with sanctifying grace.

You were sealed and marked forever.

You were given virtues - but in an infused state. The virtues must be activated, exercised and matured as you live your life.

You now belong to Christ in a way that can never be undone.

Not by time. Not by failure. Not even by forgetting.

You may not feel it every day – but it is still true.

You may sin and lose sanctifying grace - but a Sacramental Confession restores it.

You became a member of the Royal Holy Family of God.

You became a Royal Daughter of God the Father.

You were given a special mission and are called to act as a holy and wonderful queen of His, in this world. You are extremely blessed and very, very special.

A 1-Minute Prayer

Heavenly Father, thank You for choosing me before I ever chose You.

Help me live as who I already am in Your eyes – who You created me to be – and not who I fear I am, and who I fear to show up as.

Journal Prompt

- What do I believe Baptism actually did to and for me?
- If it truly changed everything... what would that mean about my worth?
- Where have I been living like a servant, instead of like a daughter?

One Brave Action

Place your hand over your heart today and say (out loud if possible):

“I belong to God. I am worthy because I am His and He loves me infinitely.”

Repeat it whenever self-doubt rises.

Ship Compass Check-In

I do not earn my value. It is a gift from God and I live from it each day.

DAY 3 - You Are Allowed to Want More

The Truth

Wanting more meaning, beauty, health, impact, income, or joy is not selfish. It is often a sign that God is calling you forward, to increase your action. Holy women are not meant to disappear. They are meant to lead by example. Desire often awakens when your sense of mission is calling you.

A 1-Minute Prayer

Lord, show me the desires You planted in me – not the ones I'm afraid of.
Purify what needs purifying.
Awaken what I've buried.

Journal Prompt

- What do I secretly want but feel guilty wanting?
- Where have I confused holiness with smallness?
- If I truly believed God is not disappointed in me, what would I reach for?

One Brave Action

Name one desire today without explaining or justifying it.
Write it down.
Do not edit it.
Just acknowledge it.

Ship Compass Check-In

God is not upset by my desire to live fully. He loves to bless me with His gifts and He loves it when I ask Him for the desires of my heart.

DAY 4 - Lay Down What No Longer Belongs In Your Life

The Truth

You cannot move forward carrying everything.

It's time to evaluate and discern:

- shame that isn't yours and how to discard it
- regret that no longer serves you but harms you
- identities that have expired and need to be released

Queens travel light.

If you belong to God, you do not need to keep punishing yourself to prove you're worthy. You already belong. But do make acts of love and service to God.

A 1-Minute Prayer

Jesus, I give You what is weighing me down.

I release what I was never meant to carry or have carried too long.

Journal Prompt

- What am I still punishing myself for?
- What story about my past keeps me stuck?
- What belief is stealing my energy every day?

One Brave Action

Write down one belief you are willing to release.

Example: "It's too late for me."

Tear the paper up or cross it out boldly.

Or save it as a reminder, for the future, of all you have let go.

Ship Compass Check-In

I am allowed to travel lighter than my past.

I will trust God more and more each day, and surrender all to Him.

DAY 5 - Set the Course

The Truth

Direction matters more than speed.
You do not need a ten-year plan.
You need a direction to be heading in.

A Baptized woman is not a drifter. Even when she feels lost, she is still safe in the arms of God. She cries out to Him when she feels alone or afraid.

A 1-Minute Prayer

Holy Spirit, guide me in all I think, say and do today and everyday.
Right now - and all throughout today, please, show me what You want me to do.
As dramatically as You wish. I am waiting and listening.

Journal Prompt

- If my life had a direction, what would it be moving toward?
- What kind of woman do I want to be known as?
- What would “faithful” look like in my daily life?

One Brave Action

Write one sentence that begins with:

“For this season, I am becoming a woman who...”

Do not overthink it.

Ship Compass Check-In

Clarity grows AS I move.

DAY 6 – Raise Your Standards

The Truth

Standards are not punishment.

They are protection and guardrails to produce and to protect what is best.

You live differently when you remember who you are and your standards.

Royal daughters do not set standards to earn love.

They set standards because love has already claimed them, and living their best standards are acts and proofs, of their love.

A 1-Minute Prayer

Lord, help me live in a way that honors You – and myself, and others.

Journal Prompt

- What are the lower standards in my life that I want to change?
- Where do I ignore doing what is actually best for me, each day?
- What one standard would really change my life if I kept it and practiced it?

One Brave Action

Choose one non-negotiable for the next week.

Examples:

- No gossiping about others
- Daily morning and evening prayers
- Dress with the dignity and modesty of a Daughter of God

Ship Compass Check-In

My standards reflect my values, my worth and affect everything in my life.

DAY 7 – Claim the Helm

The Truth

No one is coming to live your life for you or to save you.

And that should not feel scary – it is powerful. And, you have the power.

You are allowed to lead your life with intention. And, you must.

God did not claim you for you to just remain asleep and indolent and lazy.

He wants you to awaken with His daily kiss of grace – and to send you forth on your personal mission each day.

You are the **Queen of Your Ship™**.

Sail forward each day on the sea of life!

A 1-Minute Prayer

God, I give You the helm of my life – and I choose to steer with You.

I am the Queen of My Ship™ - and You are the Captain of My Ship.

Journal Prompt

- What has shifted in me this week?
- Where do I feel more awake?
- What am I ready to commit to carrying forward?

One Brave Action

Write your Charter and your Queen Declaration.

Print them, sign them and date them. Save them in a special place to remind you of your new beginning.

Ship Compass Check-In

I am no longer drifting.

I am choosing how I will live my new life: with intention, with love, with purpose, with new standards, and with dedicated determination.

The New Charter of My Life



Signature: _____

Date: _____



The Queen's Declaration

I am a woman of dignity, meaning, and purpose.

Through my Baptism, I was cleansed, chosen,
claimed, and changed by God.

I do not shrink my life out of fear.

I steer it with love, courage, faith, and intention.

I have written a new charter for my life.

I am the Queen of My Ship™ — and I choose to rise.

Signature: _____

Date: _____



Next Steps

(very important)

This reset is not the end.

It is the re-entry point.

It is your new starting point.

Your ‘ship’ is entering a new ocean.

Your next step is not to “just do more” – it is to live differently.

Return to these pages whenever you feel yourself drifting.

You are not invisible.

You are not finished.

You are just beginning.

You are setting sail on your new oceans of life.

For additional support, visit my links shown below.

Bon Voyage, Dear Queen!

www.MarcyYoungster.com

www.MarcyYoungster.com/quiz

www.MarcyYoungster.com/queenseasonsguides

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Be not afraid

My Charter