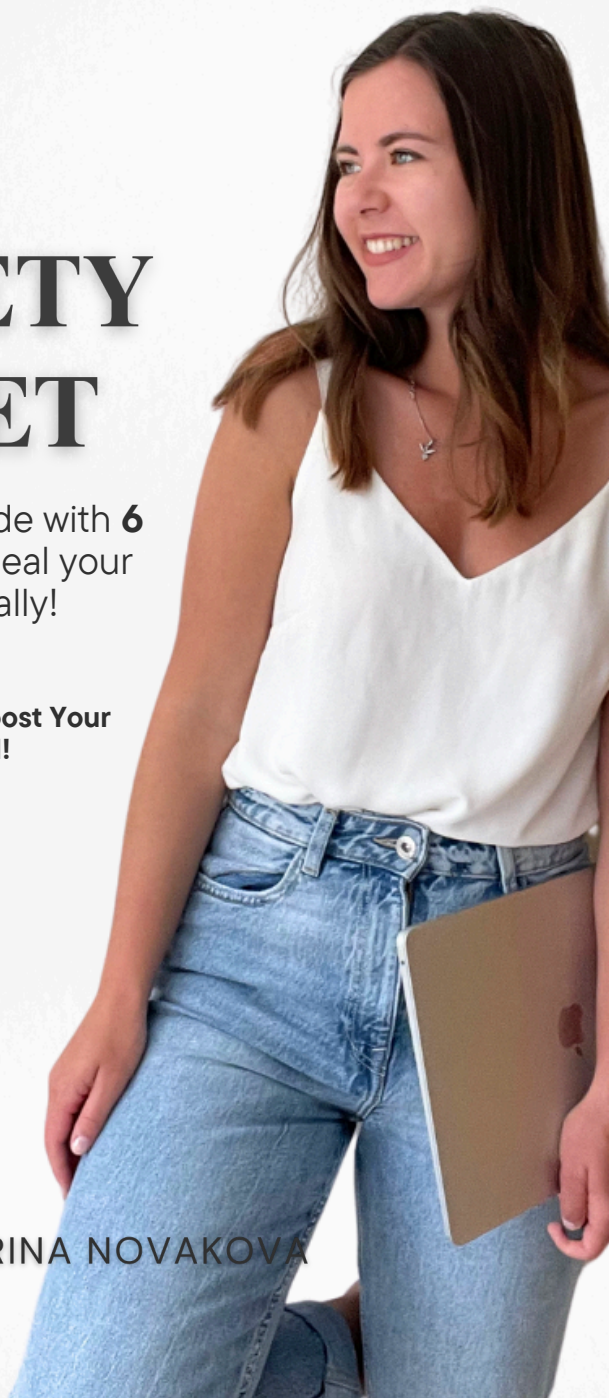


ANXIETY RESET

A step by step guide with **6 simple steps** to heal your anxiety naturally!

75+ Meal Ideas to Boost Your Mind & Mood!

KATERINA NOVAKOVA



INTRODUCTION:

YOUR JOURNEY TO HEALING

If you're reading this, chances are **you're ready** to change your life. You're tired of feeling stuck in anxiety, overthinking, and old habits that don't serve you.

I've been where you are. I know how overwhelming it can feel to even take the first step toward healing. ***But here's the truth:*** You can heal, and it starts with small, intentional changes that will transform your mind, body, and soul.


And If I was able to heal my anxiety, **YOU CAN definitely do it too!** I'm just a regular sensitive girl from a small Czech town <3

This ebook is your step by step guide to uncover your anxiety triggers, understand the root causes, and creating a daily routine that supports your growth and helps you take back control of your life. Let's do it together!!

A LITTLE BIT ABOUT ME

I'm Katerina Novakova, a certified life and anxiety coach who's passionate about helping ambitious women heal, grow, and create the life they've always dreamed of. My journey began 6 years ago when I had my first anxiety attack after moving abroad. For two years, I was stuck in an anxiety cycle and toxic relationships.

I knew I had to try something different, so I took a holistic approach - exploring kinesiology, working with life coaches, and studying neuroplasticity and manifestation to understand how it can heal anxiety.

Now, I'm proud to share that I've been anxiety-free for the past 4 years! If I could achieve this, I know YOU can too. I'm just living proof of what's possible! 

Together, we're going to learn how to identify your triggers and uncover the roots of your anxiety. I'll show you how to use your anxiety for your growth, and most importantly, how to believe that healing is possible. I'm going to share everything I've learned, and I won't hold back. This is your healing journey, and I want to hear from you! I want to know where you're at, where you're headed, and I'll be here cheering you on every step of the way.

Once you have this copy, please update me—I'm here for you and ready to support you! Let's heal and glow together!

IMPORTANT: BEFORE WE START...

Please take the time to read this eBook and answer all the questions. Simply reading it will not change anything—you need to dig deeper and face the hard questions.

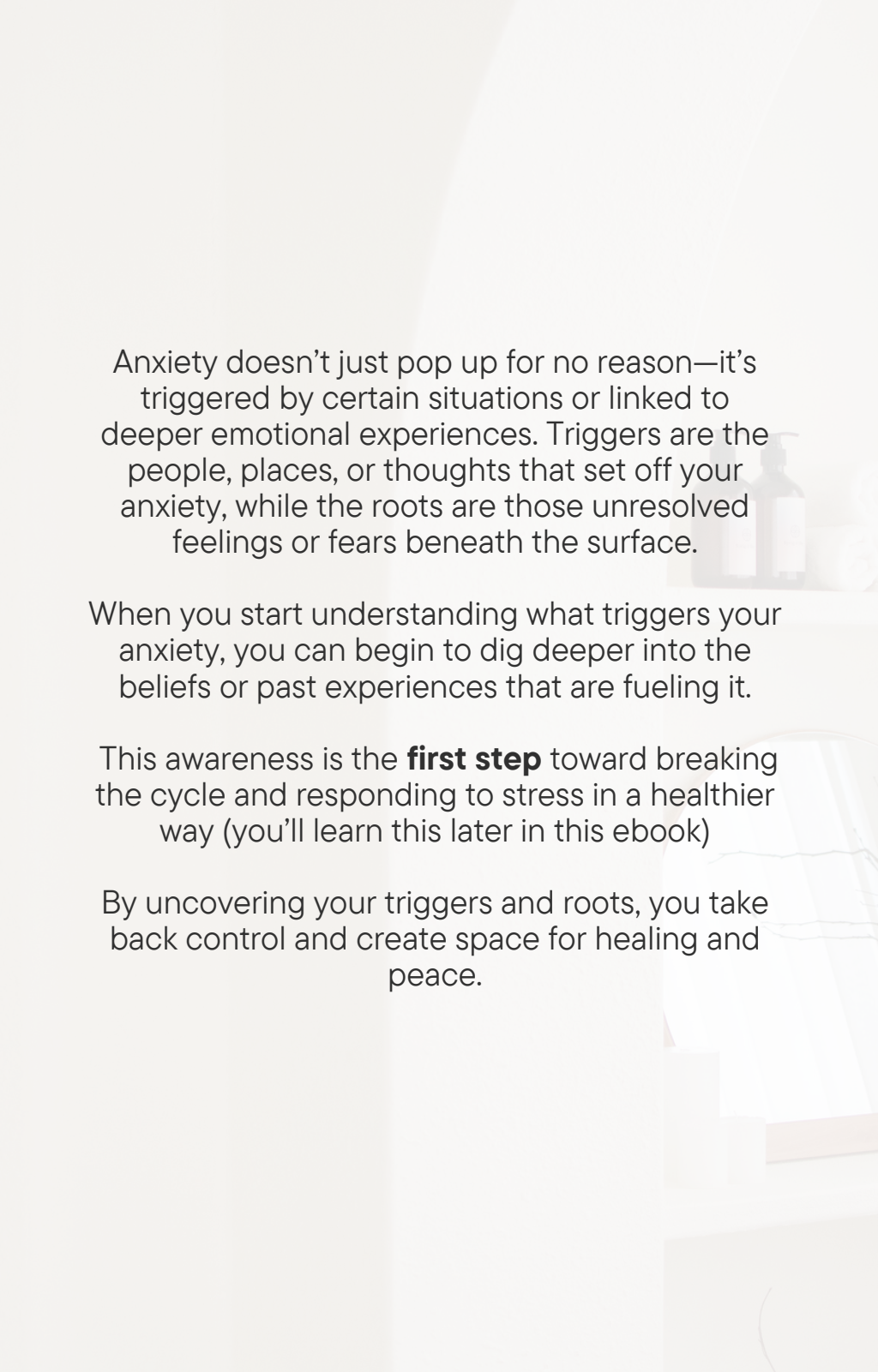
It might not be easy, but I promise you **it will be worth it**. I used this process to heal my own anxiety and to help my clients, and I know it works **—if you do the work!**

So, please go through everything step by step. Answer every question for yourself, even if you think you already know the answer. **Journal your thoughts**, because often, there are truths we avoid acknowledging, and that can hold us back from healing.

Follow this ebook and take it one chapter at a time. If you feel overwhelmed, slow down and focus on one chapter for an entire month if needed. It's important to start slow but stay consistent. Your goal is to be 1% better every day!

Step 1

Understanding Anxiety: Triggers and Roots



Anxiety doesn't just pop up for no reason—it's triggered by certain situations or linked to deeper emotional experiences. Triggers are the people, places, or thoughts that set off your anxiety, while the roots are those unresolved feelings or fears beneath the surface.

When you start understanding what triggers your anxiety, you can begin to dig deeper into the beliefs or past experiences that are fueling it.

This awareness is the **first step** toward breaking the cycle and responding to stress in a healthier way (you'll learn this later in this ebook)

By uncovering your triggers and roots, you take back control and create space for healing and peace.

IDENTIFYING YOUR TRIGGERS

Understanding your triggers is the first step toward taking control of your anxiety. Triggers are the situations, people, or thoughts that cause your anxiety to spike. Recognizing them helps you see patterns and prepare yourself to respond more effectively.

Take a moment to reflect:

1. What specific situations or events tend to make you feel anxious or overwhelmed?
2. Are there particular people, places, or environments that consistently affect your mood?
3. What thoughts or fears run through your mind just before your anxiety starts?
4. How do your body and emotions react when you're triggered? Are there any physical signs?
5. Have you noticed any patterns in when or where your anxiety tends to show up?
6. Are there past experiences or unresolved memories that might be linked to these triggers?

It's important to approach this with curiosity, not judgment. Identifying your triggers isn't about blaming yourself—it's about understanding the "why" behind your reactions so you can work through them.

Once you know your triggers, you can start creating strategies to manage them and reclaim your calm. Awareness is your superpower—use it to take the next step forward!

EXPLORING THE ROOTS

Triggers often point to deeper issues or unresolved experiences. They show us where healing is needed and give us a chance to better understand ourselves.

Answer these questions honestly:

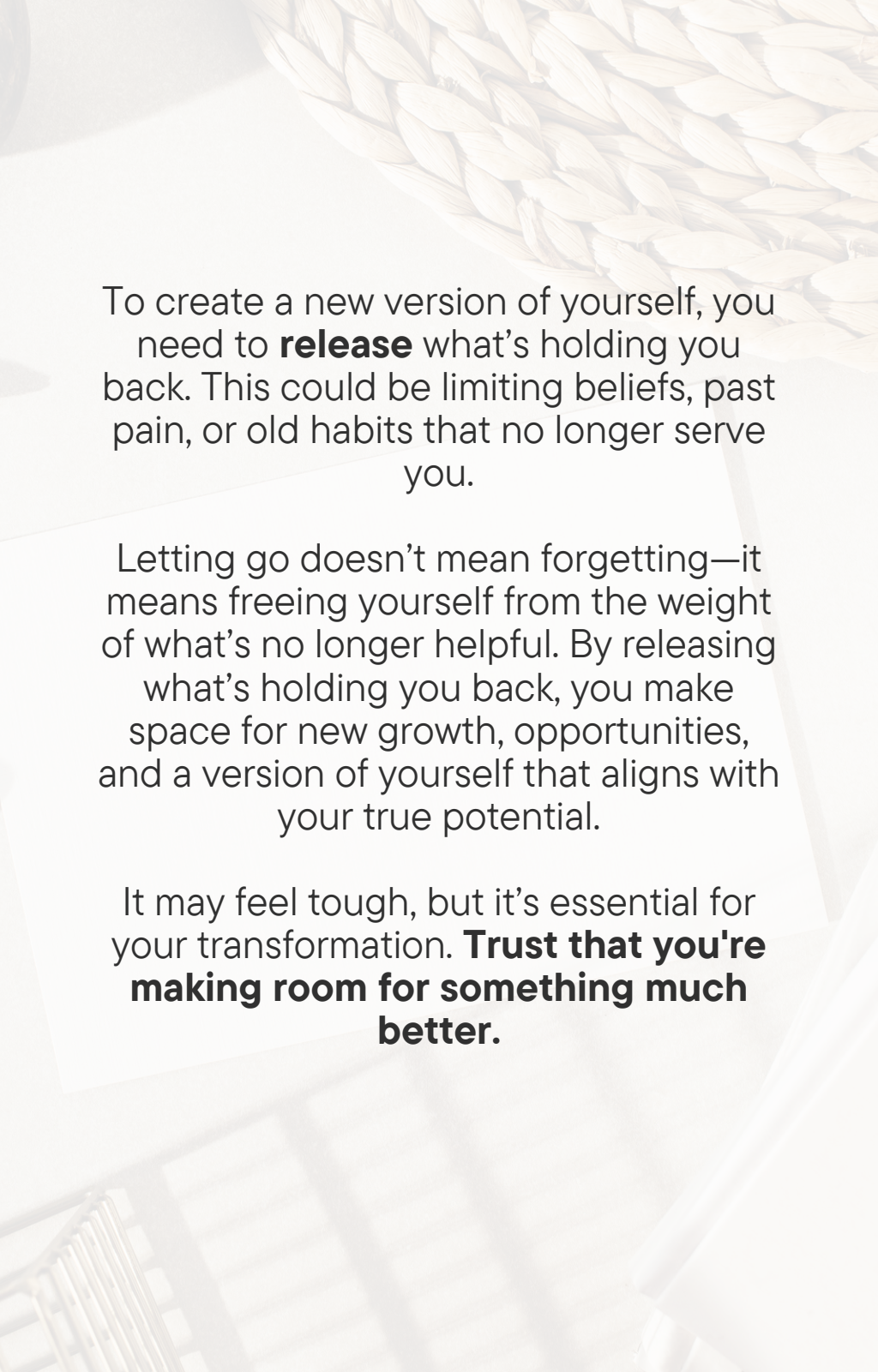
1. What specific situations or thoughts trigger your anxiety, and how do they make you feel?
2. When did you first notice these feelings of anxiety? Was there a particular event or time in your life?
3. What beliefs do you hold about yourself or your life that might be fueling your anxiety?
4. What are you most afraid will happen when you feel anxious? Why do you think that fear exists?
5. How did your family or past experiences shape the way you deal with stress or emotions?
6. What emotions or memories come up when you allow yourself to sit with your anxiety instead of avoiding it?

Sometimes, our reactions come from old wounds or beliefs that we haven't let go of yet. By looking deeper, we can start to heal those parts of ourselves.

It might feel uncomfortable at first, but facing these feelings helps you grow and find peace. Take it one step at a time—you've got this!

Step 2

Letting Go of What No
Longer Serves You



To create a new version of yourself, you need to **release** what's holding you back. This could be limiting beliefs, past pain, or old habits that no longer serve you.

Letting go doesn't mean forgetting—it means freeing yourself from the weight of what's no longer helpful. By releasing what's holding you back, you make space for new growth, opportunities, and a version of yourself that aligns with your true potential.

It may feel tough, but it's essential for your transformation. **Trust that you're making room for something much better.**

DECLUTTER YOUR LIFE

Take an honest look at what's no longer serving you.

Toxic Relationships: Are there people who drain your energy or make you feel small?

Unhelpful Habits: Are you stuck in cycles of procrastination, overworking, or numbing behaviors?

Negative Self-Talk: Do you find yourself constantly criticizing or doubting your worth?

Get 2 pieces of papers and make two lists:

What I want to let go of?

What I want to invite into my life instead?

For each item on the "Let Go" list, write down one small step to start releasing it.

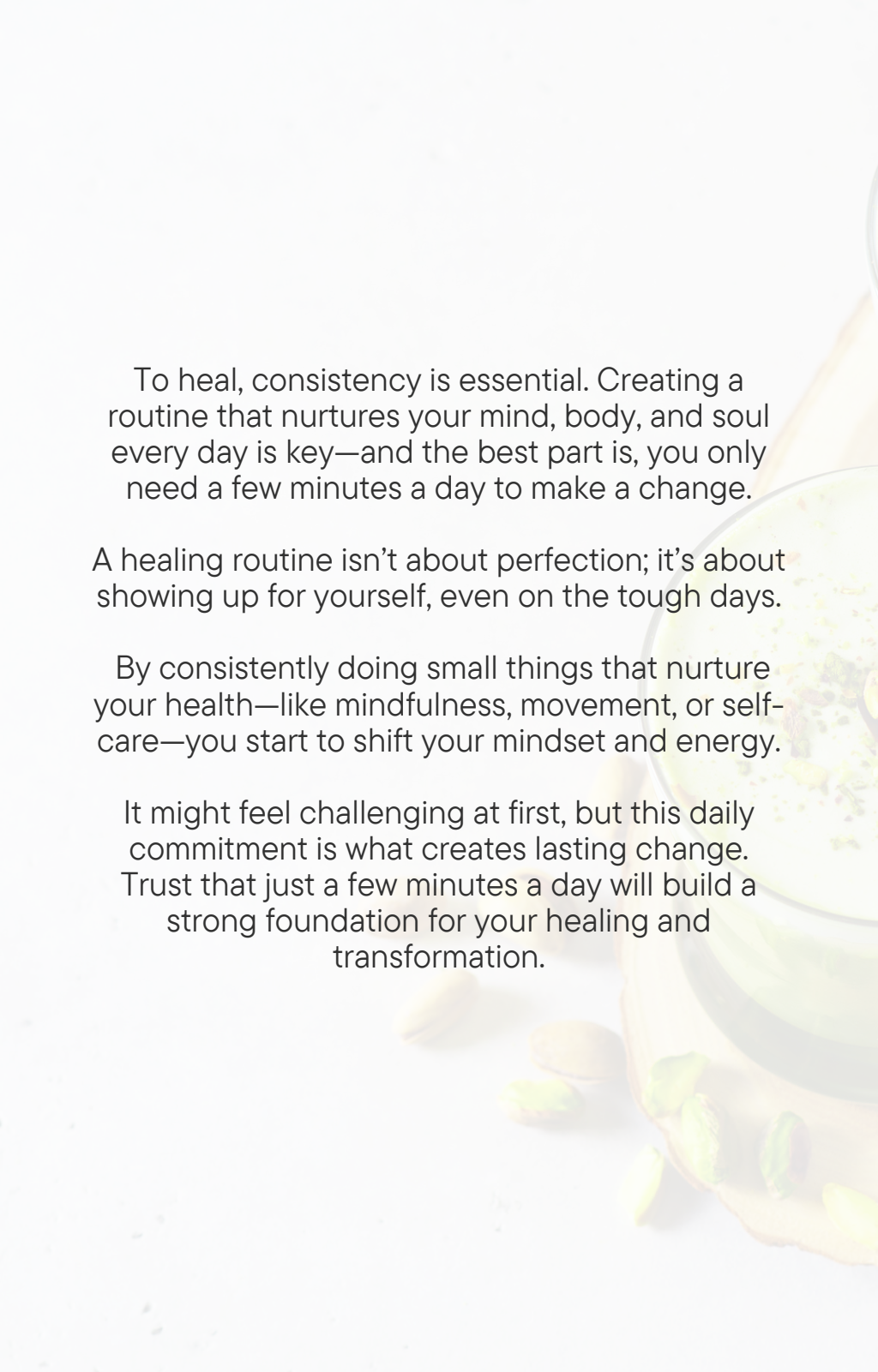
Replacing Old Patterns

When you let go of something that's no longer helping you, it's important to replace it with something positive.

- If you're letting go of overthinking, replace it with mindfulness—focus on the present moment and what's around you and maybe start with a meditation every morning?
- If you're cutting out toxic relationships, focus on building supportive connections—surround yourself with people who lift you up and make you smile and feel good. Join a club, find an online community, try a new hobby (you'll find your people there!)

Step 3

Building a Healing Routine & Healthy Habits

A bowl of green soup with almonds and a wooden spoon. The bowl is filled with a vibrant green soup, topped with fresh green herbs and several almonds. A wooden spoon rests on the rim of the bowl. The background is a soft, light green gradient.

To heal, consistency is essential. Creating a routine that nurtures your mind, body, and soul every day is key—and the best part is, you only need a few minutes a day to make a change.

A healing routine isn't about perfection; it's about showing up for yourself, even on the tough days.

By consistently doing small things that nurture your health—like mindfulness, movement, or self-care—you start to shift your mindset and energy.

It might feel challenging at first, but this daily commitment is what creates lasting change. Trust that just a few minutes a day will build a strong foundation for your healing and transformation.

MORNING ROUTINE

Start your day with intention and calm. Start with one small habit that only takes a few minutes, and stick with it for 21 days. If you feel ready, add something else to build on your progress.

Wake up early: Give yourself time to ease into the day without rushing. Wake up at the same time every day - even on the weekends.

Hydrate: Drink a glass of water as soon as you wake up to rehydrate and boost energy.

Mindful breathing or meditation (5–10 minutes): Sit in a quiet space and focus on your breath, or use a meditation app to guide you.

Gratitude practice (2–5 minutes): Write down 3 things you're grateful for to set a positive tone for the day.

Gentle movement: Stretch, do yoga, or take a short walk to get your body moving and release any tension. Move your body daily as it releases your emotions.

Healthy breakfast: Fuel your body with nutritious foods like greek yoghurt with chia seeds, eggs with avocado,...

Set intentions: Take a moment to write down your top 3 priorities for the day. This gives you focus and direction.

MIDDAY CHECK-IN

How's your day going so far? Let's take a moment to refocus and make sure you're staying on track for a balanced, energized day.

Move your body every day, even if it's just a quick walk or stretch. Try to walk as much as you can—take the stairs, walk instead of driving, or go for a short walk during lunch. These little movements add up and keep your energy flowing.

Cut down on phone time—limit your screen time by scheduling specific times to check your phone, like 3 times a day. This helps you stay present, reduces distractions, and gives your mind a break.

When stress or anxiety creeps in, take a few deep breaths. Pause for a moment, inhale deeply, and exhale slowly. It's a quick way to reset and refocus, helping you feel more grounded and calm.

If you're feeling overwhelmed, try a **short mindfulness break**—close your eyes for a few seconds and bring your focus back to the present moment. It's a simple way to regain control when the day feels hectic.

Stay hydrated too! Drink water throughout the day to keep your energy up and your body functioning at its best. Remember, it's all about making small, mindful choices throughout the day that help you feel your best.

EVENING ROUTINE

End your day with peace, not with a Netflix show or phone in your hand. Pick one habit and stick with it for 21 days.

Unplug from screens (30–60 minutes before bed): Leave your phone, TV, or computer to let your mind unwind.

Reflect & journal (5 minutes): Write down your thoughts, what went well, and any worries to clear your mind before bed.

Mindful relaxation: Practice deep breathing or listen to a calming guided meditation to calm your mind.

Gratitude reflection: End your day by thinking about or writing down something positive from your day. I'm sure that there was at least one thing that made you happy. Look for it!

Prepare for restful sleep: Create a calming environment—dim the lights, adjust the room temperature, and make sure your bed is comfortable. You can also sip on a calming tea, like chamomile or lavender.

Step 4

Healing with Food and Drinks + Meal Ideas

What you eat and drink affects your mental health more than you might think. The right choices can calm your mind, while the wrong ones can increase anxiety.

You are what you eat.

I'm not a nutritionist, but let's use some common sense here. Focus on whole, foods like veggies, fruits, lean proteins, and healthy fats to support your brain and stabilize your mood. Staying hydrated with water and herbal teas like chamomile can help keep you calm.

Avoid takeaways, ready meals and caffeine or sugar, as they can spike anxiety. Protein-rich foods like eggs, nuts, and seeds help balance blood sugar and prevent mood swings.

I'll share some practical tips to help you make these changes! Stay with me!

PRACTICAL TIPS

Now that you understand how important food and drink are for your mental health, here are some simple tips to help you make healthier choices:

- 1. Start your day with protein:** Have some protein for breakfast—like eggs, yogurt, or a smoothie. It helps keep your blood sugar steady and your energy up throughout the day.
- 2. Hydrate first thing:** Drink a glass of water as soon as you wake up. Get a cute water bottle that you love—it will motivate you to drink more throughout the day.
- 3. Choose whole foods:** Try to eat meals with lots of vegetables, fruits, whole grains, and lean proteins. These foods give you the nutrients you need for energy and calm.
- 4. Limit caffeine:** Avoid caffeine (coffee, green/black/matcha tea) after 12 p.m. It can mess with your sleep and make anxiety worse. If you need something to keep you going, try herbal teas.
- 5. Eat your last meal by 6/7 p.m.:** This gives your body time to digest before bed and can help you sleep better.
- 6. Reduce processed foods:** Cut back on processed snacks, fast food, and sugary foods. Avoid takeaways and ready meals as you there can be many chemicals that can mess up with your hormones and your mental health.

QUICK MEAL IDEAS

Breakfast Ideas

- Greek yogurt with granola, nuts, and berries.
- Scrambled eggs with spinach and a slice of sourdough toast.
- Smoothie with banana, almond milk, spinach, and chia seeds.
- Porridge topped with almond butter and sliced apple.
- Whole-grain toast with avocado and smoked salmon.

Lunch Ideas

- Grilled chicken salad with mixed greens and balsamic dressing.
- Quinoa bowl with roasted vegetables and a dollop of hummus.
- Tuna wrap with avocado, spinach, and whole-grain tortilla.
- Veggie-packed minestrone soup with a slice of whole-grain bread.
- Chickpea and cucumber salad with olive oil and lemon.

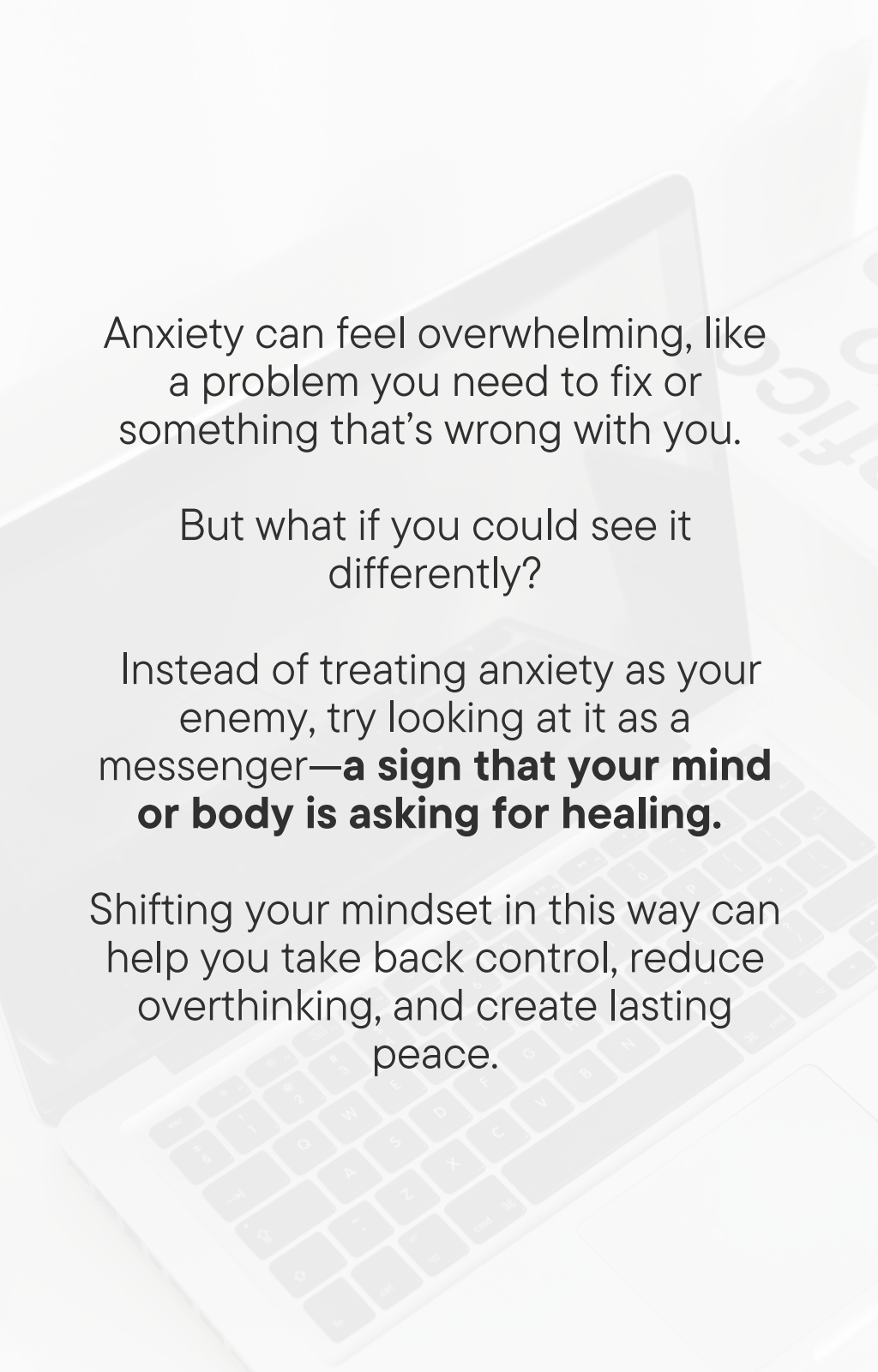
Dinner Ideas

- Baked salmon with roasted asparagus and mashed sweet potato.
- Turkey stir-fry with mixed vegetables and brown rice.
- Lentil curry served with basmati rice.
- Grilled chicken with steamed broccoli and quinoa.
- Veggie stir-fry with tofu and a light soy-ginger sauce.

Find 75 meal ideas + healthy weekly meal plan [HERE](#).

Step 4

How Changing Your Mindset Helps Heal Anxiety



Anxiety can feel overwhelming, like a problem you need to fix or something that's wrong with you.

But what if you could see it differently?

Instead of treating anxiety as your enemy, try looking at it as a messenger—**a sign that your mind or body is asking for healing.**

Shifting your mindset in this way can help you take back control, reduce overthinking, and create lasting peace.

ANXIETY AS A SIGNAL, NOT A PROBLEM

Anxiety isn't your fault, and it's not a flaw. It's your body's way of saying something needs attention—whether it's your diet, sleep, stress levels, or even unprocessed emotions. When you stop seeing anxiety as the enemy and start seeing it as a helpful indicator, you'll feel more empowered to make changes instead of getting stuck in a cycle of fear or frustration.

Mindset Shift: Instead of thinking, “Why am I like this?” try saying, “What is this trying to tell me?” This simple reframe changes the energy from judgment to curiosity.

THE POWER OF AWARENESS AND POSITIVE SELF-TALK

The first step in shifting your mindset is awareness. Before you can change negative thoughts, you need to notice them. Pay attention to the voice in your head—what is it saying? If it's critical or unkind, don't panic. This is normal, and it's the first sign you're becoming aware.

Tip: Give that negative voice a name—something playful, like “Negative Nancy.” This makes it easier to separate yourself from it and not take it so seriously.

Once you're aware, you can begin to reframe those thoughts.

Instead of saying, “I'll never feel better,” try “I'm working on feeling better, one step at a time.” Don't be hard on yourself if you still catch yourself thinking negatively. **Awareness is progress**, and over time, you'll notice the shift as positive thoughts become more natural.

Action Tips for Positive Self-Talk:

1. **Catch the Negative Thought:** When you notice a thought like “I can't handle this,” pause and acknowledge it.
2. **Reframe It:** Replace it with something like “This is hard, but I've handled tough things before, and I can do it again.”
3. **Celebrate Awareness:** Every time you catch a negative thought, celebrate it—it means you're growing and becoming more mindful.

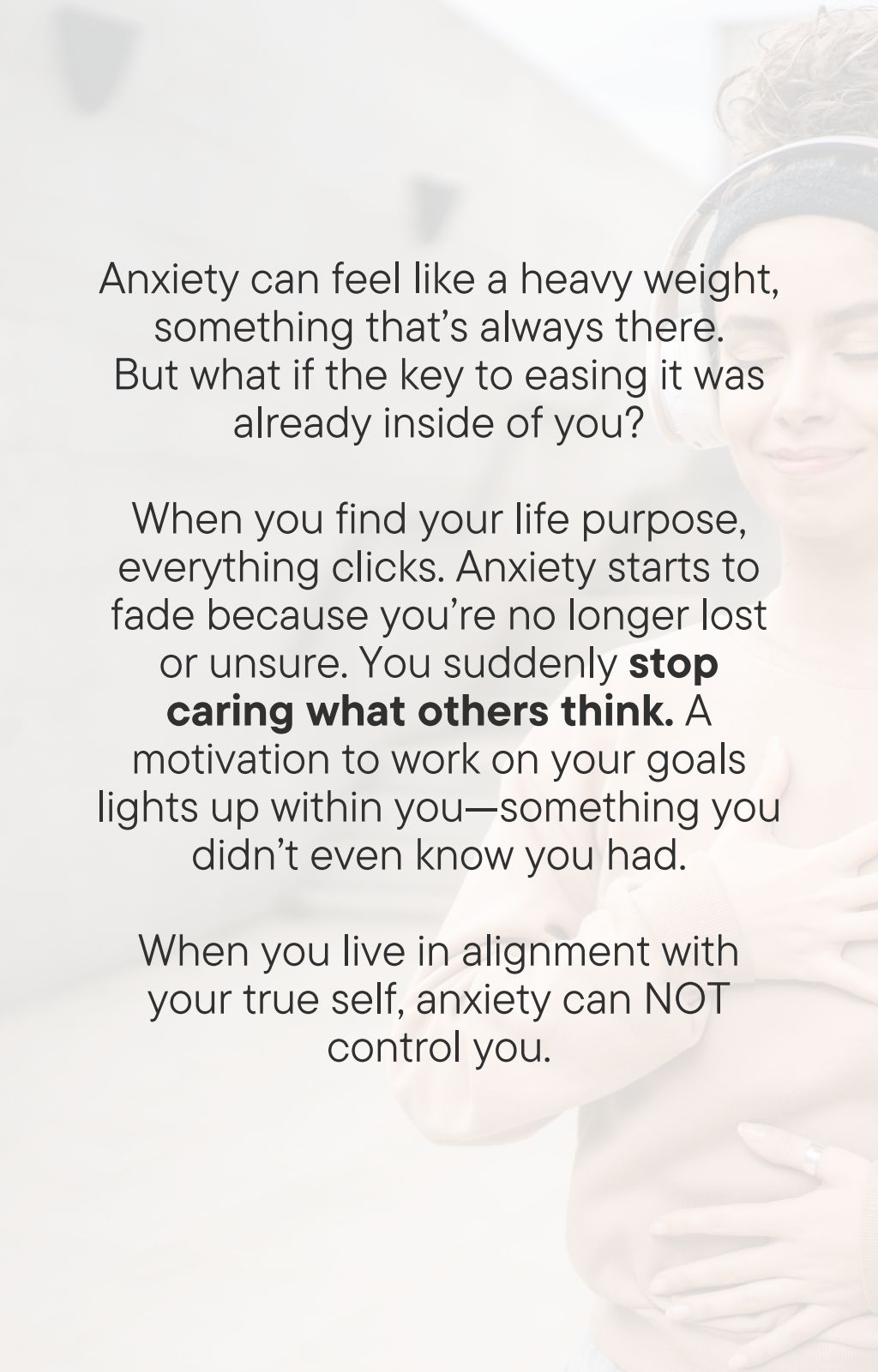
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Step 5

Finding Life Purpose: A Key to Overcoming Anxiety



Anxiety can feel like a heavy weight,
something that's always there.
But what if the key to easing it was
already inside of you?

When you find your life purpose,
everything clicks. Anxiety starts to
fade because you're no longer lost
or unsure. You suddenly **stop
caring what others think.** A
motivation to work on your goals
lights up within you—something you
didn't even know you had.

When you live in alignment with
your true self, anxiety can NOT
control you.

FINDING YOUR PURPOSE

doesn't have to be complicated....

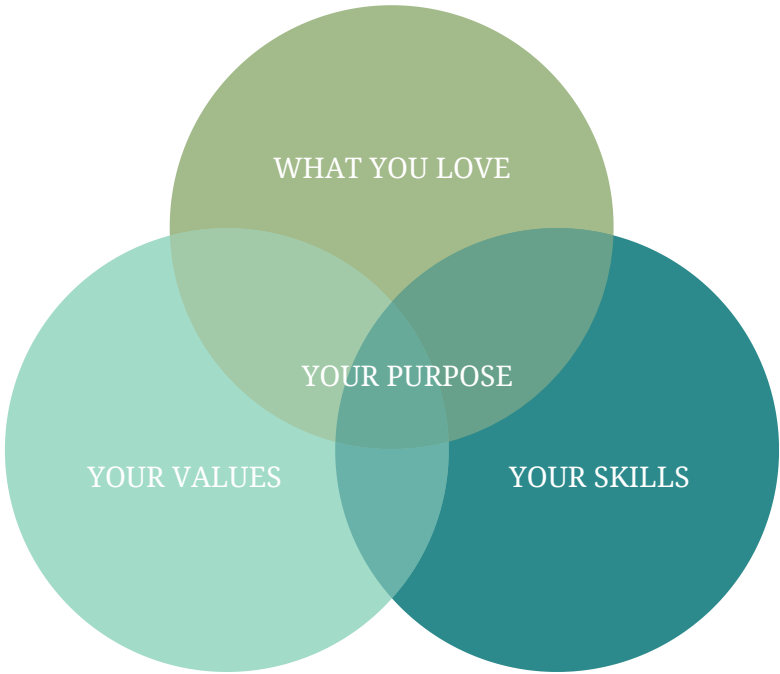
Think about the times when you felt most yourself. What were you doing? Who were you with? Those moments hold the clues to your purpose.

And remember—it's okay if your purpose changes over time. Just start with what lights you up now. Even if you don't think it's your "purpose" yet, follow that little light inside of you. It will guide you and slowly uncover what's meant for you.

Take your time—there's no rush. As you align with your purpose, anxiety naturally starts to fade.

**NOW, GET A JOURNAL AND PAPER
AND WRITE DOWN:**

- 3 things you LOVE
- 3 things you VALUE
- 3 SKILLS that you have



Brainstorm the ideas in the middle - your purpose. You can also use ChatGPT for inspiration (next page)!

CHATGPT PROMPTS

to get inspired!

1. **"ChatGPT, what are the signs that I'm not doing what I'm meant to do?"**

This will help you recognize where you're feeling off or out of alignment, so you can get back on track.

2. **"ChatGPT, how can I figure out what really lights me up?"**

Use this to explore what activities, people, or passions make you feel energized and excited inside.

3. **"ChatGPT, what are some easy questions I can ask myself to understand my purpose?"**

This will give you a starting point to get clear on what really matters to you without overthinking it.

4. **"ChatGPT, how can I start creating a life that feels more true to me?"**

This helps you find simple steps to make your life feel more aligned with who you are and what you want.

5. **"ChatGPT, what should I do when I feel lost or unsure of my direction?"**

Use this prompt when you're feeling stuck, and it'll help you find ways to regain clarity and motivation.

Step 6

Your Dream Life Starts
HERE - Today

Anxiety can trick you into thinking your dream life is too far away, but I promise you, small, consistent steps can get you there, one day at a time. It might not always be easy, but every little action you take brings you closer to the life you're meant to live.

We'll start by changing your mindset and believing that it's possible. I'll also show you how to manifest because manifestation played a huge role in my healing. Once I started believing that I could heal, shifts began happening. I truly don't think I'd be here today if it weren't for manifestation!

MINDSET SHIFTS

The first step is replacing self-doubt with **powerful affirmations** like, “I am capable” and “I am enough.” Stand in front of the mirror, say them out loud, and just believe that it’s possible. Even if it feels strange at first, **fake it until you make it.**

Your brain will start to believe it, and so will you.

Focus on progress, not perfection. Healing and growth aren’t about being perfect—they’re about showing up every day, no matter how small the step. Every little effort counts! Remind yourself that you’re doing progress even if it doesn’t feel like it.

And don’t forget to **celebrate small wins** daily. Whether it’s sticking to a new habit or simply taking a moment for yourself, those wins add up and keep you moving forward.

Exercise: Take a moment right now to write down one affirmation that resonates with you. It could be something like, “I am worthy of success” or “I am enough just as I am.” Repeat it to yourself every morning, looking into your own eyes in the mirror. Trust the process—it may feel awkward at first, but it works.

Your mindset is everything—shift it, and you’ll shift your life.
You’ve got this

MANIFEST YOUR GOALS

Manifestation is all about aligning your energy with the life you want to create. Start by **visualizing** your ideal life. Close your eyes and imagine what it looks like. *How do you feel?*

What are you doing? Picture yourself in that space of happiness, confidence, and peace. The clearer the vision, the more you'll attract it into your reality.

Next, **set achievable goals** that align with that vision. Break down big dreams into small, actionable steps. Make sure they're specific, measurable, and realistic. The key is to keep them aligned with your bigger vision, but also make them manageable so you feel a sense of accomplishment along the way.

Take **one action daily** to move closer to your dreams. Whether it's sending an email, journaling your thoughts, or taking a small step toward a goal, every action matters. Even the tiniest effort brings you closer.

Exercise: Write down your ideal life. Don't worry about when it happens or HOW. Once you have the vision, break it into smaller goals, and for the next 7 days, take one small action every day that will bring you closer to that vision. Hold yourself accountable, and trust that every step is a part of the bigger picture.

Remember, manifestation isn't just about wishful thinking—it's about believing in the possibilities and taking inspired action.

MANIFESTATION TECHNIQUES

Visualization Exercises

Close your eyes and let's paint a picture together. Imagine yourself in a place where you feel completely calm and safe.

Let your body relax as you picture every detail of this peaceful space. Take a deep breath and feel how good it feels to be in this calm state. I highly recommend guided meditations on YouTube like this one ([LINK](#)).

Gratitude Journaling

Gratitude is everything when it comes to manifestation and healing. Every day, write down 3 things you're grateful for—big or small. And here's the magic: include what you'd love to manifest in your life and express gratitude for it as if you already have it! Feel the excitement, the joy, the gratitude, and let it bring more of what you want into your life.

Scripting Your Reality

You're the author of your life—so let's script your dream life! Write down exactly what you want. How do you feel? What job are you doing? Who are you spending your time with?

How do you spend your free time? Be as detailed as possible. Read this every night before bed, and feel it in your soul. This works for me every time, and I know it will work for you too! Trust in it.

WRITE A LETTER TO YOUR FUTURE SELF

Imagine where you want to be in 5 years. Picture the person you've grown into, the goals you've reached, and the life you're living. Now, let's write a letter to that future version of you. You can also do it here:

<https://www.futureme.org/>

1. **Start with Gratitude:** Thank your future self for the growth and transformation. Acknowledge how far you've come.

Example: "Dear Future Me, I am so proud of all you've accomplished. I'm thankful for the strength you've shown in overcoming challenges."

2. **Describe Your Ideal Life:** Picture your life in 5 years. What does it look like? Where are you? Who are you with? How do you feel?

Example: "You're living a life filled with purpose and joy. You're doing work that excites you, and your relationships are thriving. You wake up every day feeling fulfilled."

3. **Celebrate Your Wins:** Celebrate the achievements that got you here. What goals did you smash along the way?

Example: "You've built the career of your dreams, cultivated a supportive community, and found true balance in life. You've become the person you've always wanted to be."

4. **Encourage Yourself:** Remind yourself that even if it feels hard now, you're on the right path. You're making progress every day.

Example: "I know things might feel challenging today, but trust me, you're capable. Every small step you take will get you closer."

5. **End with Affirmations:** Close the letter with affirmations to reinforce your belief in yourself.

Example: "I am worthy of everything life has to offer. I am capable, strong, and unstoppable. I believe in myself and the future I'm creating."

Keep this letter safe and revisit it in the future. Let it be a reminder of how far you've come and the amazing future that's ahead. Every step you take today brings you closer to the life you've dreamed of.

CONGRATULATIONS ON TAKING THE FIRST STEP!

Congrats on making it to the end of the Anxiety Reset ebook! I'm so proud of you for taking this step toward healing and peace. Every single action you've taken is progress, and you're already on your way to a calmer and EXCITING LIFE.

I'd love to hear how this ebook has helped you! If you feel called to, please share a testimonial with me. Your story could inspire others who are also on this journey, and it means so much to me to know what's working for you.

And remember—this isn't the end of your journey. I'm here to cheer you on every step of the way. Feel free to reach out with updates on your progress, your wins, or anything you need support with. I've got your back and I WOULD LOVE to stay connected! <3

You're doing amazing, and I can't wait to see how you continue to grow. **Remember, I believe in you, and you can do anything in your life.** And I will remind you this until you believe in yourself.

With love,
Katerina x

PS: If you need more help, keep reading!



1:1 COACHING

Ready to transform your life and mind?

My one-on-one coaching program is perfect for people who want to heal, grow, and become their best selves.

If you're feeling stuck, overwhelmed by anxiety, or unsure of your purpose, know that you're not alone (I've been there for years!) Together, we'll find what's holding you back and discover what you truly want in life.

And here's the best part: your first session is FREE! It's a chance for us to connect, dive deep into your goals, and see if we are the right match!

Find more details about my coaching for you [here](#).

What to expect?

You are paying for results. Money back guarantee if we don't meet your desired outcome.

- ✔ Weekly coaching calls for 12 weeks
- ✔ My personal support Monday - Friday
- ✔ Tools for self-healing
- ✔ Personalised plan
- ✔ A safe space to share & grow

The capacity is very limited so secure your spot ASAP <3



A day ago

Katerine was super good.

Katerine was super good. She was very calm when she listened to my problem of insomnia and helped me out with it. The measures she suggested were very helpful and thankfully since having spoken to her, I am sleeping good.

Date of experience: April 19, 2024

BOOK YOUR
FREE SESSION



Find more testimonials [here](#) or on my [website](#).