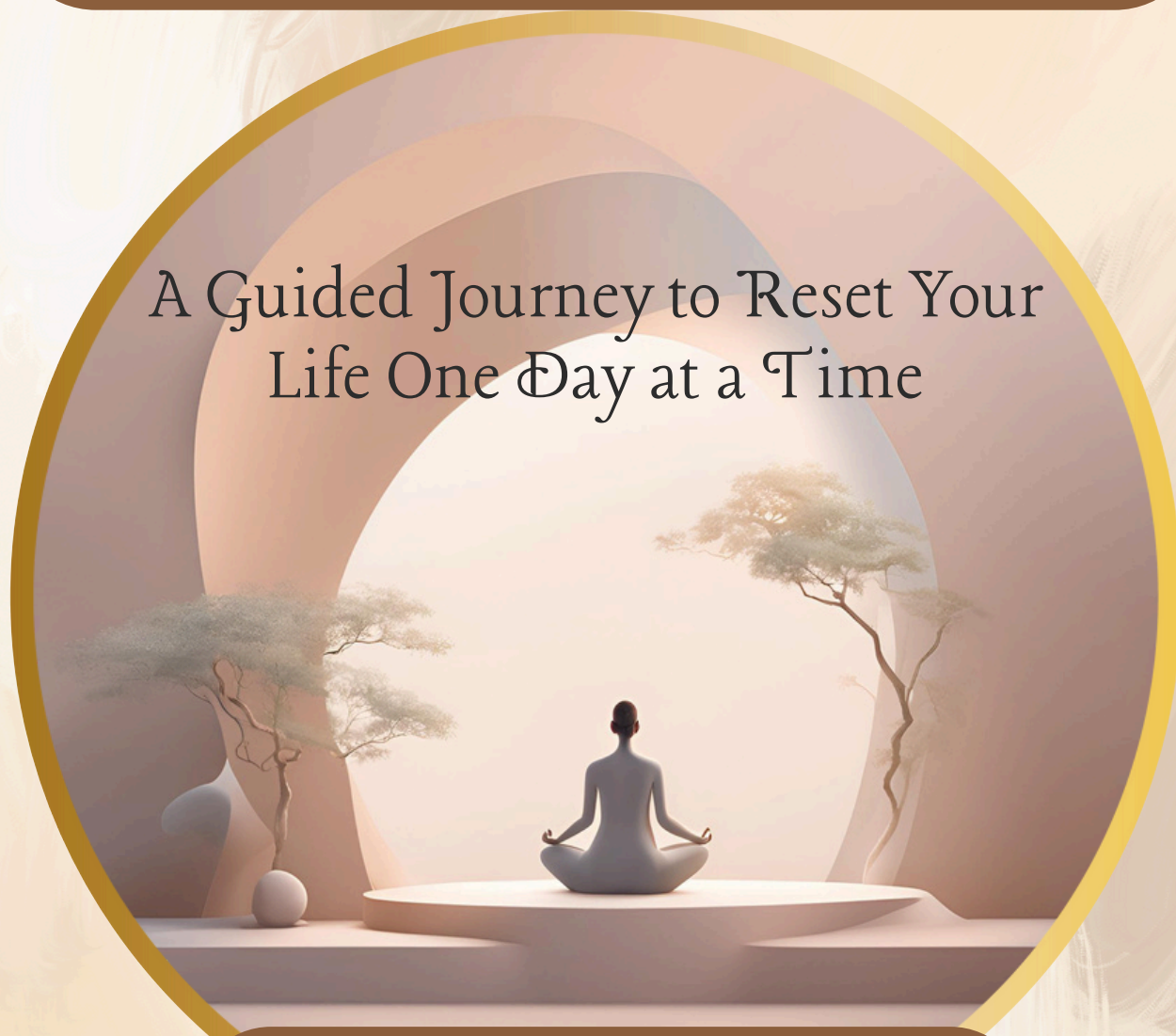


7-Day Self Care Reset: Declutter Your Space & Mind

A Guided Journey to Reset Your
Life One Day at a Time



Start your journey now — it's free.



Embrace Your Wellbeing



Welcome to your 7-Day Self Care Reset!

This guide is designed to help you declutter both your space and your mind. Each day offers a simple task, a mindful moment, and a self-care reflection to help you feel lighter, clearer, and more in control.

You don't need to do it perfectly. Just show up, do what you can, and honor your progress. Let's begin!

Day 1: Clear the Clutter, Clear Your Mind



**“The first step in crafting the life you want is to get
rid of everything you don’t.”**

— Joshua Becker

Task of the Day:

Declutter one small area of your home: a drawer, a shelf, or a surface you see every day.

- ☐ I chose my space to declutter
- ☐ I sorted & removed unnecessary items
- ☐ I wiped clean and refreshed my space
- ☐ I noticed how I felt after



Today's Reset Bonus

Experience Calm in Just 10 Minutes a Day
Join thousands finding peace through
guided meditations and breathwork.

Claim your **FREE 7-Day Mindfulness
Trial** – no credit card needed!

 [Start My Free Reset Now](#)



Mindful Practice

Spend 5 minutes in silence. Sit comfortably and breathe in deeply, breathe out slowly. Visualize the clutter leaving your mind with each breath out.



Reflection

What did you notice about your emotions or energy after decluttering today?

Day 2: Digital Detox for Inner Peace

“We can all use a little time away from the ‘bright and shiny’ screens that dominate our lives.”

— Soren Gordhamer



Focus of the Day:

Reduce your screen time today. Spend less time on your phone, computer, or TV and be present

- ☐ I set app limits on my phone
- ☐ I avoided social media
- ☐ I turned off unnecessary notifications.
- ☐ I did a screen-free activity



Mindfulness Moment:

Take a break from technology for 10 minutes to simply sit, walk, or appreciate nature.

Soak in your surroundings without distraction.



Journal Prompt

How did it feel to step away from screens and digital distractions?
Was it calming, difficult, or freeing?



Today's Reset Tip:

Struggling to unplug? Try this

Reclaim your peace from screen overload with Mindfulness.com's sleep and calm tools. Explore soothing meditations, breathing sessions, and music designed to help you disconnect, rest, and reset.



Start Your Free Sleep Reset — no credit card required!

Day 3: Create a Calm Corner



“You deserve a sacred space to simply be.”

Focus of the Day:

Designate a small peaceful area in your home.

Choose a quiet spot to relax, reflect, or breathe — even a chair or small corner works.

- ☐ I chose a space to be my calm corner
- ☐ I added a comfort item (candle, pillow, plant, etc.)
- ☐ I removed visual clutter around the space
- ☐ I spent 5–10 minutes in my calm corner



Today's Reset Tip:

Bring peace into your space.

These 100 affirmation cards guide your thoughts and quiet your mind.



Start Your Calm Corner Routine



Mindfulness Moment:

Light a candle or incense and spend 5 minutes sitting in your calm space. Breathe slowly. Notice what you see, hear, and feel. Just be.



Journal Prompt

How did it feel to create and sit in a space that's just for you? What emotions came up? Did you feel calm, awkward, or peaceful?

Day 4: Let Go of Mental Clutter



“You can’t reach for anything new if your hands are still full of yesterday’s clutter.”

Focus of the Day:

DECLUTTER YOUR MIND BY DOING A “BRAIN DUMP.”

WRITE DOWN EVERYTHING ON YOUR MIND — THOUGHTS, WORRIES, TO-DOs, IDEAS — NO FILTER.

- ☐ I SET A TIMER FOR 10 MINUTES
- ☐ I WROTE FREELY WITHOUT EDITING
- ☐ I HIGHLIGHTED 3 THINGS I’M READY TO RELEASE
- ☐ I FELT LIGHTER AFTER THE EXERCISE



Today’s Reset Tip:

CLEAR YOUR MIND IN JUST 5 MINUTES A DAY.

THE FIVE MINUTE JOURNAL HELPS YOU RELEASE STRESS AND FOCUS ON WHAT TRULY MATTERS WITH DAILY PROMPTS FOR REFLECTION AND GRATITUDE.

➡ START YOUR RESET WITH THIS JOURNAL



Mindfulness Moment:

TAKE 5 MINUTES OF QUIET AFTER YOUR BRAIN DUMP. GENTLY TEAR UP OR DISCARD THE PAPER TO SYMBOLIZE RELEASE.

AS YOU BREATHE OUT, IMAGINE THE CLUTTER LEAVING YOUR MIND.



Journal Prompt

WHAT DID YOU NOTICE ABOUT YOUR EMOTIONS AFTER CLEARING YOUR THOUGHTS? DID ANY PATTERNS OR SURPRISING INSIGHTS COME UP?

Day 5: Nourish Your Body

“Your body is your home. Treat it with love.”



Focus of the Day:

BE INTENTIONAL ABOUT WHAT YOU PUT IN YOUR BODY TODAY.

FUEL YOURSELF WITH A HEALTHY MEAL, SNACK, OR HYDRATION RITUAL.

- ☐ I DRANK AT LEAST 2L OF WATER
- ☐ I ATE A MEAL OR SNACK WITH FRESH INGREDIENTS
- ☐ I AVOIDED PROCESSED FOODS TODAY
- ☐ I TOOK TIME TO EAT SLOWLY AND MINDFULLY



Today's Reset Tip:

DON'T BE A CACTUS — STAY HYDRATED!

STRUGGLE TO REMEMBER TO DRINK WATER? THIS SMART BOTTLE REMINDER FLASHES WHEN IT'S TIME TO SIP — A FUN WAY TO STAY ENERGIZED AND NOURISHED THROUGHOUT THE DAY.

👉 GRAB YOUR ULLA SMART WATER REMINDER



Mindfulness Moment:

BEFORE YOU EAT, PAUSE. TAKE 3 DEEP BREATHS. LOOK AT YOUR FOOD. EXPRESS GRATITUDE — EVEN SILENTLY — FOR THE NOURISHMENT IT PROVIDES.



Journal Prompt

HOW DID YOUR BODY RESPOND TO NOURISHING FOOD AND HYDRATION TODAY? DID YOU NOTICE A CHANGE IN ENERGY, MOOD, OR FOCUS?

Day 6: Reset Your Routine

“Routines are the foundation of freedom.”



Focus of the Day:

CHOOSE ONE HABIT TO IMPROVE AND CREATE A SIMPLE ROUTINE AROUND IT.

THIS COULD BE YOUR MORNING, BEDTIME, SCREEN TIME, MOVEMENT, OR JOURNALING ROUTINE.

- ☐ I CHOSE ONE AREA OF MY DAY TO IMPROVE
- ☐ I CREATED A SIMPLE 3-STEP ROUTINE
- ☐ I TRIED IT OUT TODAY
- ☐ I COMMITTED TO PRACTICE IT FOR 1 WEEK



Today's Reset Tip:

MAKE YOUR NEW ROUTINE STICK!

USE THIS REUSABLE DRY ERASE BOARD TO LIST YOUR NEW HABITS, MORNING GOALS, OR DAILY STEPS.

STICK IT SOMEWHERE VISIBLE TO STAY ON TRACK AND FEEL ORGANIZED.

👉 [GRAB YOUR HABIT TRACKER BOARD ON AMAZON](#)



Mindfulness Moment:

VISUALIZE YOUR ROUTINE AS A CALM FLOW.

BREATHE DEEPLY AND IMAGINE YOURSELF MOVING THROUGH YOUR NEW STEPS WITH PEACE AND CONFIDENCE.

CLOSE YOUR EYES FOR A MOMENT AND MENTALLY WALK THROUGH YOUR ROUTINE.



Journal Prompt

WHAT HABIT DID I FOCUS ON TODAY, AND HOW DOES THIS NEW ROUTINE MAKE ME FEEL? WHAT'S ONE SMALL STEP I CAN KEEP DOING BEYOND TODAY?

Day 7: Celebrate & Reflect



“Celebrate every win, no matter how small.”

Focus of the Day:

TODAY, WE HONOR YOUR PROGRESS.

TAKE TIME TO REFLECT ON EVERYTHING YOU'VE DONE THIS WEEK — EVERY SMALL CHANGE MATTERS.

- ☐ I REVISITED MY NOTES FROM THE WEEK
- ☐ I WROTE DOWN 3 THINGS I'M PROUD OF
- ☐ I CREATED A SIMPLE AFFIRMATION FOR THE WEEK AHEAD
- ☐ I COMMITTED TO ONE HABIT I'LL CONTINUE



Today's Reset Tip:

KEEP YOUR WELLNESS JOURNEY GOING.

GET WEEKLY SELF-CARE TIPS, AFFIRMATIONS, AND EXCLUSIVE FREE RESOURCES DIRECTLY TO YOUR INBOX.

👉 [JOIN THE EMBRACE YOUR WELLBEING COMMUNITY](#)



Mindfulness Moment:

SIT WITH YOUR HAND ON YOUR HEART AND TAKE 3 SLOW, DEEP BREATHS.

REFLECT ON HOW FAR YOU'VE COME — EMOTIONALLY, MENTALLY, AND PHYSICALLY.

SAY QUIETLY: “I AM PROUD OF MYSELF.”



Journal Prompt

HOW HAVE YOU CHANGED OVER THE LAST 7 DAYS?

WHAT FELT THE MOST IMPACTFUL, AND WHAT WOULD YOU LIKE TO KEEP DOING MOVING FORWARD?

Bonus: Your Reset Doesn't End Here



“Wellbeing is not a destination — it’s a daily practice.”

YOU DID IT!

You completed your 7-Day Self Care Reset. That’s no small thing. You’ve shown up for yourself — and that’s where transformation begins.

WANT TO KEEP GOING?

- ✓ Get weekly self-care tips and tools
- ✓ Unlock new printables, journals & resources
- ✓ Be the first to access upcoming challenges
- ✓ Discover calm tools to support your routine


[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) Join the Embrace Your Wellbeing Community](#)

MORE FREE TOOLS & FAVORITES:

- ✓ Daily Reset Checklist
- ✓ Mindfulness Meditations & Tracker Printables
- ✓ Favorite Self-Care Finds (Skincare, Planners & More)

A FINAL NOTE JUST FOR YOU:

“You don’t have to do everything.
You just have to keep showing up — one small moment at a time.”

You are always welcome here.
Keep embracing your wellbeing. 
[Browse calming quote prints →](#)