

# THRIVE IN 7 DAYS



JENNIFER 'SUNSHINE' SINGER

# WELCOME

Welcome to your 7 day journey back to yourself.  
You might be here because you want more energy.  
Or because you feel bloated and tired.  
Or because you are ready to break an old pattern.

This is a gentle guide made to help you feel lighter, clearer, and more connected in a very short amount of time.

## Before You Begin

A few friendly reminders

This is not a diet.

This is not deprivation.

This is you choosing to treat yourself with love.

## What you will need

A notebook

A water bottle

A few minutes each day for quiet

A gentle heart

## What to expect

Most women feel lighter and more energized within a few days.

# DAY 1. RESET YOUR MINDSET

Your thoughts shape your energy. Today we begin with intention.  
Reflection Questions

1. How do I want to feel at the end of these 7 days
2. What would feeling lighter or calmer allow me to do
3. What am I ready to let go of? Physical and or emotional?

## Simple Action

Drink one full glass of water right after waking up.

## Bonus Moment

Look in the mirror and say kindly:  
I choose to care for myself today. I deserve to feel good.

# DAY 2. REDUCE THE HIDDEN INFLAMMATION

Inflammation makes you tired and heavy.  
Today we calm the body.

Eat these foods:

Protein (eggs, fish, chicken or red meat)

Vegetables (Cabbage, broccoli, cauliflower, green beans or Brussels sprouts)

One or two fruits (berries are best or apple or pear)

Herbs, lemon, ginger

Water and herbal tea

Avoid today

Processed foods, sugar, dairy, fried foods and alcohol.

Simple Action

Eat slowly. Pay attention to how your body responds.

Bonus Moment

Place a hand on your heart. Take three slow breaths.

# DAY 3. FIND YOUR EATING WINDOW

Your body loves rhythm.  
An eating window gives your digestion a daily rest.

Choose your window

Most ideal is this first one:

Eat two to three balanced meals in an 8 hours window and 16 hours resting

For example first meal at 11:30am, last meal at 6:30pm

Or

Eat two to three balanced meals within 10 hours and 14 hours resting

Or

Eat two to three balanced meals within 12 hours and 12 hours resting.

What to expect

Less bloating, better sleep, fewer cravings.

Simple Action

Start your first meal a little later today.

Bonus Moment

Say softly:

My body knows what to do and what it wants. I listen. I trust. (Put ego and desires aside).

# DAY 4. MOVE GENTLY AND CONSISTENTLY

Movement lifts your mood and clears your mind.

Choose your movement

Walk, stretch, yoga, dancing, vibration board or light or heavy weights. Whatever makes you feel good.

Simple Action

Move for 10 to 20 minutes while listening to your body. It is ok to push a little and it is not necessary to push to a point of pain.

Bonus Moment

Pause afterward for 30 seconds and notice your energy.

# DAY 5. NOURISH YOUR SOUL

Your emotional and spiritual health affect your physical health.

Quiet Moment

Take 5 to 30 minutes with no phone, no noise and no distraction.

Ask yourself

What do I need today

Give yourself a simple version of that.

Bonus Moment

Write down one loving thought about yourself.

# DAY 6. GLOW FROM THE INSIDE OUT

Today we add joy.  
Joy nourishes your whole body.

Choose a joyful action  
Fresh flowers. Lighting a candle. Music you love. A warm bath. A sunset. A hug.

Simple Action  
Smile at yourself in the mirror and say You are enough.

Bonus Moment  
Say gently:  
I am allowed to feel good. I am allowed to glow.

# DAY 7. CREATE YOUR THRIVE PLAN

You made it.  
Seven days of loving your body and heart.

## Reflection Questions

1. What worked well?
2. What surprised me?
3. What do I want to continue?

Choose Your Top 3 Habits  
Select any three from below:

Morning water  
Clean simple meals  
Eating window  
Movement  
Quiet time  
Joyful moment  
Hydration  
Better sleep

Bonus Moment  
Say softly:

I am beginning to thrive. This is only the start.

# YOUR 7 DAY CHECKLIST

## Daily Checklist:

- Morning water
- Eating window
- Clean simple meals
  - Hydration
- 20 minutes movement
  - Quiet moment
  - Joy moment

## What You May Notice After 7 Days

Many experience:

- Less bloating
- Flatter stomach
- Better sleep
- More energy
- More confidence
- Clearer skin
- Fewer cravings
- A sense of control and peace

# SMALL CHANGES CREATE BIG RESULTS.

If You Want More Personal Support and Guidance let me help. Sign up for a:

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Thrive Clarity Call

A personalized plan and clarity.

6 Weeks to Thrive

A heart centered program for deeper transformation.

7 Days to Thrive Mini Program

Includes two short calls and simple guidance.

Continue on your own or join me for more support.

Either way I am cheering for you.

We also have extra tools that can support you faster on your journey so if you are curious

please reach out and let's get you on the path to Thrive!

# A LOVING NOTE FROM JENNIFER

You are capable.

You are wise.

You are deserving of a life where your body feels good and your spirit feels light.

Thank you for allowing me to guide you.

This is your time to shine.

You are beginning to thrive and I believe in you with my whole heart.

With love,  
Jennifer 🧡