



7-Day Reset Plan

FOR CREATORS WHO NEED
A SPIRITUAL WIFI REBOOT

DAY 1: THE GREAT UNPLUG

Theme: Clear the static

- Turn off all unnecessary notifications - (yes, even your phone)



DAY 2: BREATHE LIKE YOU MEAN IT

Theme: Conscious breathing

- Walk barefoot on natural ground if possible.



DAY 3: MOVE THAT BODY, MOVE THAT PRANA

Theme: Declutter = clarity

- Go for a solo walk or hike, just create some space



DAY 4: CREATE FROM STILLNESS

Theme: Evaluate your vibes

- Write something raw & true, or sketches



DAY 5: GRATITUDE IS GANGSTA

Theme: Elevate your vibe

- Do one random act of kindness, right now



DAY 6: GRATITUDE IS GANGSTA

Theme: Grounded reflection

- Create a vision board creation, reflection of a vision board

