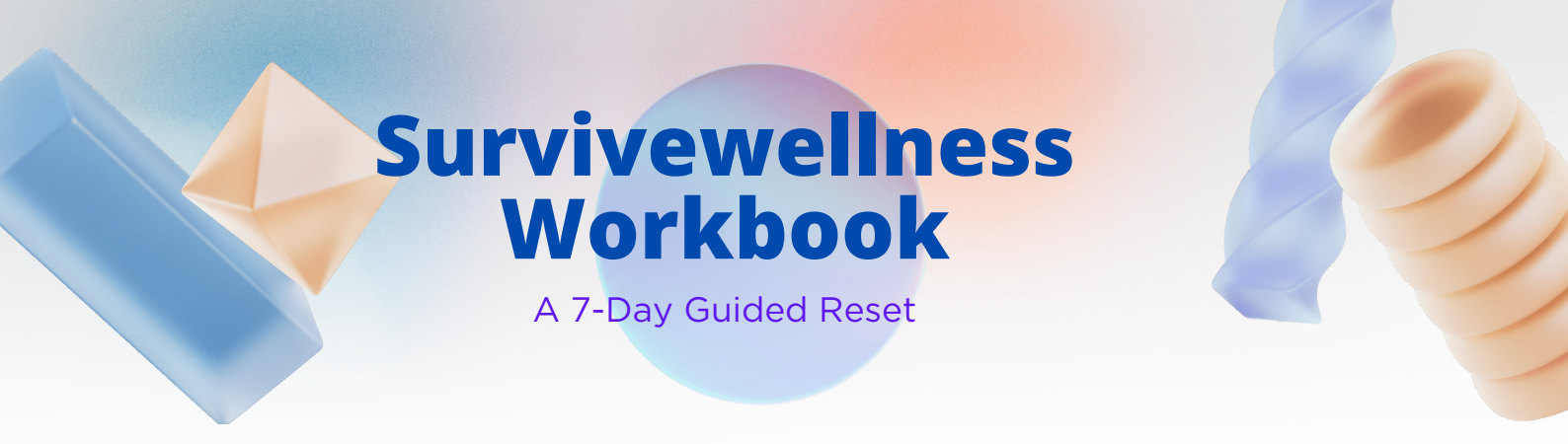




Survivewellness Workbook

A 7-Day Guided Reset

- **Mind:** 🧑‍🦰 ♀ 🧠
 - Stress Reduction
 - Mental Clarity
- **Body:** 💪 🥗
 - Fitness
 - Healthy Eating
- **Routine:** 📅 ⌚
 - Time Management
 - Habit Building

This workbook provides a structured approach to help you reset your mind, body, and routine over the course of 7 days. It includes guided reflections, exercises, and practical tips to support your wellness journey.

Soft soothing colors of lavender, mint green and beige. Modern, highly readable fonts.

[Survivewellness](#) | [Tools & Calculators: survivewellness.com/tools-calculators](https://survivewellness.com/tools-calculators)

A 7-Day Guided Reset for Your Mind, Body & Routine

This is your space to slow down, reflect, and realign with what really matters—without pressure or perfection.

Day 1 – What Wellness Means to Me

“Wellness is not perfection. It’s presence.”

- When I feel my best, what’s happening in my life?
- What does wellness look like in my daily routine?
- What am I currently doing that supports me?
- What could I return to gently?

Day 2 – Mind Check-In

“You don’t have to control your thoughts. Just stop letting them control you.”

- What’s been taking up my mental space lately?
- Am I overthinking or avoiding anything?
- One thought I want to let go of is: _____
- Mood Check: 😊 😌 😐 😞 😭

Day 3 – Body Awareness

“Your body is your ally, not your enemy.”

- How does my body feel today?
- Where do I feel strength? Where do I feel tension?
- What kind of movement feels doable?
- ☒ Stretching ☒ Walk ☒ Light yoga ☒ Deep breathing

Day 4 – Gentle Nutrition Reflection

“Eat with intention, not restriction.”

- What did I eat today and how did it feel in my body?
- Was I eating out of hunger or habit?
- Did I enjoy the process of eating?
- One nourishing food I love is: _____

Day 5 – Stress Reset

“Calm isn’t a place. It’s a pause.”

- What’s causing me tension right now?
- What do I need more of? What can I release?
- 🌀 Try this: Inhale 4 – Hold 4 – Exhale 6 (Repeat 3x)

Day 6 – Habit Snapshot

“Small wins are still wins.”

- What helped me feel grounded this week?
- What habit felt forced or unhelpful?
- What would I like to carry into next week?
- ★ Rate this week: Mood | Energy | Sleep

Day 7 – Reset & Reclaim

“You’re not starting over—you’re starting again, wiser.”

- What am I proud of this week?
- What supported me more than expected?
- My top 3 intentions for next week:
- 1. _____ 2. _____ 3. _____



Notes or Free Space

Use this space to write what’s on your mind—freely, fully, and without filter.

Thank You

Thank you for showing up this week. This workbook was just one step, but it's proof of your intention to care for yourself.

Keep going—you're worth it.

 Want more trackers or reflection tools?

Visit our free health tools and calculators:

<https://survive wellness.com/tools-calculators>