

The 7-Day Rooted Reset

One gentle focus each day to help you return to faith, clarity, and yourself.

How to use this reset

Each day includes one focus, one small action, and one reflection. Do what supports you. Leave what does not. This is an invitation, not another standard to meet.

Begin with grace. Growth is not measured by how perfectly you complete the pages.

My intention for these seven days

Day 1: Be Still

Small action: Create five quiet minutes before reaching for your phone.

What became clearer when I slowed down?

Day 2: Clear One Corner

Small action: Choose one small surface and make room for calm.

How did caring for this space affect how I felt?

Day 3: Remember What Is True

Small action: Write one fear, then write a truth that is greater than it.

What truth do I want to carry forward?

Day 4: Choose One Brave Step

Small action: Complete one meaningful action that takes 15 minutes or less.

What did following through show me about myself?

Day 5: Notice the Good

Small action: Name five ordinary gifts already present today.

What did I almost overlook?

Day 6: Release the Weight

Small action: Set down one expectation, obligation, or worry that is not yours to carry.

What am I placing in God's hands?

Day 7: Begin Again

Small action: Choose a simple rhythm you want to continue next week.

How do I want the next season to feel?

You are not back at the beginning. You are beginning again with more wisdom.