

MINDSET SHRED

Mini Reset

7 DAYS TO **RESET** YOUR HABITS, MINDSET & BODY

NO EXCUSES. NO WAITING. JUST ACTION.

“

A reset
is not about
starting over.
It's about
choosing better
from here.

The truth most people avoid



You can't
outthink
bad habits.



You can't
motivate
your way out.



Change comes
from daily
decisions.



You are 100%
responsible for
your results.

BE HONEST WITH YOURSELF

- ☐ Have I been avoiding my body?
- ☐ Have I been avoiding photos?
- ☐ Have I been avoiding how I feel?
- ☐ Have I been avoiding change?

TAKE THE PHOTO TODAY

This is your starting point.



DATE: ____ / ____ / ____

1 BE HONEST WITH YOURSELF

How do I actually feel
about myself right now?

2 IF NOTHING CHANGES...

Where will I be in 12 months?

- ☒ Same weight?
- ☒ Worse?
- ☒ More frustrated?
- ☒ Still stuck?

Write it down. Be real.

3 WHAT DO I WANT DIFFERENT?

Be specific about what you want
to change in the next 7 days.

Your next 7 days

Choose ONE habit and master it.

MY ONE NON-NEGOTIABLE THIS WEEK (choose ONE)

- ☐ No sugar drinks
- ☐ No fast food
- ☐ No late-night snacking
- ☐ Move my body daily
- ☐ Drink more water

OR MY OWN HABIT:

DAILY RULE

Move your body every day.
Even if it's just 5 minutes.

*Small actions
create big results.*

7 DAY SHOW UP TRACKER

Tick each day you show up for yourself.

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐



COMMITMENT TODAY

I promise to show up for me.

SIGNATURE: _____

DATE: ____ / ____ / ____



THIS IS YOUR RESET. *Make it count.*



MINDSET SHRED

The Real Reset

GO BEYOND THE SURFACE.

1 WHAT GOT ME HERE?

Be honest. What habits, choices or patterns have led me to this point?



2 WHAT AM I AVOIDING?

What am I trying not to feel, face or fix?
What's easier to avoid than change?



3 WHO DO I WANT TO BECOME?

Describe the version of you that has the body, confidence and life you want.
What habits would she have?



FUTURE YOU IS WATCHING

Make her proud. Not someday. Today.

4 WHAT WILL I NOT DO ANYMORE?

List the habits, excuses or behaviours I'm leaving behind.

☒ HABITS

☒ EXCUSES

☒ BEHAVIOURS

5 HOW WILL I HANDLE THE HARD DAYS?

When it's tough, this is what I'll do instead of giving up:

-
-
-



REPLAY YOUR LAST CHAPTER

What has been the story of your last 6-12 months?

REAL TALK

- ☒ I don't need a perfect plan.
- ☒ I need to be consistent.
- ☒ I won't feel like it, I will do it anyway.
- ☒ Small daily choices create big change.
- ☒ This is my responsibility.



MY WHY - GET REAL

Why is this important to me?
What will change in my life when I commit?



REMEMBER THIS

Discomfort is temporary.
Regret lasts much longer.

Choose your hard.



MY COMMITMENT DECLARATION

I choose me.

I choose discipline over motivation.
I choose progress over perfection.
I will show up for the next 7 days.

No excuses. Just me.

I AM COMMITTED TO:

- ☐ SHOWING UP DAILY
- ☐ FOLLOWING MY HABIT
- ☐ BEING HONEST
- ☐ NOT GIVING UP

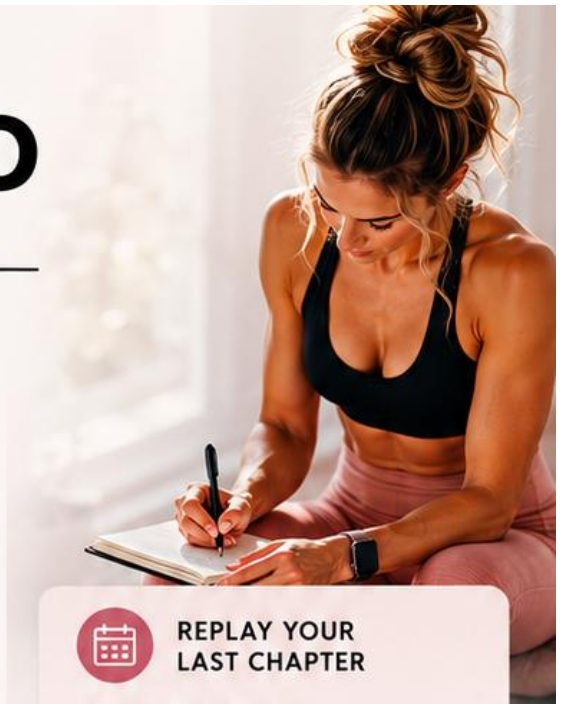
SIGNATURE: _____

DATE: ____ / ____ / ____



YOU'VE GOT THIS.

| *Now go prove it to yourself.*





MINI RESET WORKOUT

5 MINUTE *Mindset Shred*

EFFICIENT. EFFECTIVE. NO EXCUSES.

HOW IT WORKS

- Warm up 5 minutes
- Complete 2 rounds
- Use a timer
- Record your results
- Retest at Week 8

COMPLETE 2 ROUNDS

1 SQUAT + SHOULDER PRESS

12 REPS



- ✓ Feet shoulder-width apart
- ✓ Chest up, core engaged
- ✓ Drive through heels

2 REVERSE LUNGE + KNEE DRIVE

10 REPS
EACH LEG



- ✓ Step back, lower with control
- ✓ Drive through front heel
- ✓ Knee up, squeeze core

3 BENT OVER ROW + TRICEP KICKBACK

12 REPS



- ✓ Hinge at hips, back flat
- ✓ Pull elbows back
- ✓ Kick arm straight back

4 PLANK WALKOUTS

8 REPS



- ✓ Hinge at hips, reach to floor
- ✓ Walk hands forward to plank
- ✓ Walk back and stand up

5 GLUTE BRIDGE + CHEST PRESS

15 REPS



- ✓ Lift hips, squeeze glutes
- ✓ Press weights up from shoulders
- ✓ Control the movement

6 FAST FEET + PUNCHES

20 TOTAL



- ✓ Move feet fast
- ✓ Punch strong
- ✓ Stay light and engaged

OPTIONAL FINISHER

Choose ONE

- > 20 MOUNTAIN CLIMBERS
- > 20 TOE TAPS
- > 10 BURPEES
- > 30 SECOND PLANK



MINI MINDSET CHECK-IN

- ☐ I MOVED TODAY
- ☐ I KEPT MY PROMISE TO MYSELF
- ☐ I CHOSE DISCIPLINE OVER EXCUSES
- ☐ I SHOWED UP EVEN WHEN I DIDN'T FEEL LIKE IT



DAILY REMINDER

Your body changes
when your habits do.

*Consistency
creates confidence.*

READY FOR THE FULL
TRANSFORMATION?

You've got the power.

NOW LET'S BUILD THE PLAN.

JOIN OUR 8 WEEK
MINDSET RESET PROGRAM

- Full Workouts
- Mindset Reset Tools
- Habit Coaching
- Progress Trackers
- Nutrition Guidance
- Structured Transformation Plan

