



RESET YOURSELF DAY 1: Set you Path - Goals & Gratitude

Schedule for Today

Waking - Movement/stretch

8am - Watch Day 1 video Sally -
intention, gratitude, water

2pm - Interview with Erfan Daliri on
Systems thinking & application

Afternoon - Walk/exercise

Evening - Gentle stretch, journal,
mindfulness practice

Food & Drink Planner (example)

Waking - warm water with ACV

Breakfast - Fruit, nuts & yoghurt

Snack - Orange chopped in wedges

Lunch - Salad: marinated tofu, mung
sprouts, avocado & toasted seeds

Snack - Herbal tea and goji berries

Dinner - Minestrone soup

Before bed - herbal tea

Notes to self - Inspirations - Insights

Intention for Reset Yourself:

Values in Action (VIA) insights of top values:

Gratitude diary:

- 1-
- 2-
- 3-

Hydration today (tally):



sparkle
well

RESET YOURSELF DAY 2: Vege In - Plant foods & Play

Schedule for Today

Waking - Movement/stretch

8am - Watch/Listen to Day 2 with Sally - the power of plant foods

2pm - Interview with Morag Gamble on Permaculture in every day life

Afternoon - Walk/exercise

Evening - Gentle stretch, journal, mindfulness practice

Food & Drink Planner

Waking - warm water with ACV

Breakfast -

Snack -

Lunch -

Snack -

Dinner -

Before bed -

Notes to self - Inspirations - Insights

Plant food inspirations: Insights from Morag on Permaculture

Gratitude diary:

1-

2-

3-

Hydration today (tally):

Vege Serves (tally):



RESET YOURSELF DAY 3: Get to the Root - Cravings & Connections

Schedule for Today

Waking - Movement/stretch

8am - Day 3 video with Sally on addiction, cravings and connection

Afternoon - Walk/exercise

8pm - Guided Meditation from Jess Huon - developing balance & connection

Evening - Gentle stretch, journal, mindfulness practice

Food & Drink Planner

Waking - warm water with ACV

Breakfast -

Snack -

Lunch -

Snack -

Dinner -

Before bed -

Notes to self - Inspirations - Insights

Insights from Jess' meditation - Cravings - Notes from Gabor Mate's talk:

Gratitude diary:

1-

2-

3-

Hydration today (tally):

Vege Serves (tally):



sparkle
well

RESET YOURSELF DAY 4: Movin' on Up - Move & Reset

Schedule for Today

Waking - Movement/stretch

8am - Watch Day 4 with Sally talking on lymph, movement & exercise

2pm - Yoga with Jessie Chapman - practicing psoas let go

Afternoon - Walk/exercise

Evening - Gentle stretch, journal, mindfulness practice

Food & Drink Planner

Waking - warm water with ACV

Breakfast -

Snack -

Lunch -

Snack -

Dinner -

Before bed -

Notes to self - Inspirations - Insights

Movement set up - What are you holding onto - Exercise thoughts:

Gratitude diary:

1-

2-

3-

Hydration today (tally):

Vege Serves (tally):



sparkle
well

RESET YOURSELF DAY 5: Now Visions - Kindness & Imaginings

Schedule for Today

Waking - Movement/stretch

8am - Check out Day 5 with Sally on creating your New Normal

2pm - Guided story imagination journey with Charlotte Young

Afternoon - Walk/exercise

Evening - Gentle stretch, journal, mindfulness practice

Food & Drink Planner

Waking - warm water with ACV

Breakfast -

Snack -

Lunch -

Snack -

Dinner -

Before bed -

Notes to self - Inspirations - Insights

Thoughts on reducing toxicity - Your imaginings for a wonderful world:

Gratitude diary:

1-

2-

3-

Hydration today (tally):

Vege Serves (tally):