




Aster Haven

New Year Wellness Reset
Your 9 Pillars Journey

A 7-Day Guide to Balance,
Renewal & Intention for the
Year Ahead





Welcome to Your 7-Day New Year Wellness Reset

Dear Wellness Warrior,

Welcome to 2025! You're about to embark on a transformative journey through Aster Haven's 9 Pillars of Wellness. This guide is designed to help you start the new year with intention, balance, and renewed energy.

Over the next 7 days, you'll experience:

- ✨ **Reduced stress & anxiety**
- 🌿 **Increased energy & vitality**
- 🌙 **Better sleep quality**
- ❤️ **Deeper mind-body connection**
- 🌱 **Sustainable wellness habits**

This reset isn't about perfection—it's about progress. Each day builds upon the last, creating a foundation for lasting wellness that aligns perfectly with your authentic self.





How This Reset Integrates Your 9 Pillars

Your journey follows our signature wellness framework:

 **BREATHE** - Day 1: Breathwork & Presence

 **REFLECT** - Day 2: Journaling & Self-Discovery

 **NOURISH** - Day 3: Mindful Nutrition

 **RESTORE** - Day 4: Deep Rest & Recovery

 **ALIGN** - Day 5: Living with Intention

 **THRIVE** - Day 6: Growth & Vitality

 **GLOW** - Day 7: Radiance & Self-Care

 **GROUND** - Throughout: Daily Foundation Practices

 **BELIEVE** - Throughout: Daily Trust & Inner Wisdom Practices

Each pillar receives focused attention while **GROUND** practices weave through every day as your stabilizing foundation.



DAY 1: BREATHE

Finding Your Rhythm



Morning Practice (5 minutes)

Box Breathing for Clarity

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat 5 rounds



Midday Check-in (3 minutes)

- Conscious Breathing Break
- Close your eyes
- Take 3 deep belly breaths
- Notice the sensation of air entering and leaving
- Return to your day renewed



Evening Wind-down (10 minutes)

- 4-7-8 Calming Breath
- Inhale through nose for 4 counts
- Hold breath for 7 counts
- Exhale through mouth for 8 counts
- Repeat 4 rounds

Today's Affirmation: "I breathe in peace, I breathe out stress."





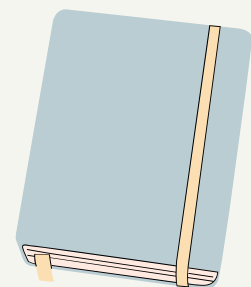
DAY 2: REFLECT

Discovering Your Inner Wisdom

Morning Practice (10 minutes)

Gratitude Journaling Write 3 things you're grateful for:

- 1.
- 2.
- 3.



Midday Check-in (5 minutes)

Mindful Moment Reflection

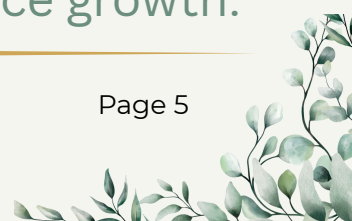
- What emotion am I feeling right now?
- What's one thing that went well this morning?
- What's one thing I'm looking forward to?

Evening Wind-down (15 minutes)

Daily Review Prompts

- What challenged me today?
- How did I handle it?
- What did I learn about myself?
- What am I proud of?

Today's Affirmation: "I honor my journey and embrace growth."





DAY 3: NOURISH

Fueling Your Body with Intention

Morning Practice (15 minutes)

Mindful Breakfast Ritual

- Eat without distractions
- Chew each bite 20+ times
- Notice flavors, textures, temperatures
- Express gratitude for your nourishment

Midday Check-in (10 minutes)

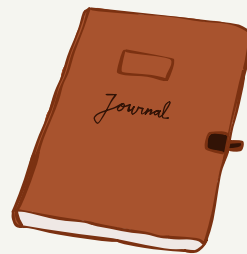
Hydration Tracking Aim for 8 glasses today: ☐☐☐☐☐☐☐☐

Add lemon, mint, or cucumber for variety!

Evening Wind-down (20 minutes)

Conscious Dinner Planning Tomorrow's mindful meal ideas:

- Breakfast:
- Lunch:
- Dinner:
- Snack:



Today's Affirmation: "I nourish my body with love and intention."





DAY 4: RESTORE

Embracing Deep Rest



Morning Practice (5 minutes)

Gentle Awakening

- Before getting out of bed, stretch arms overhead
- Take 3 deep breaths
- Set intention for gentle day ahead



Midday Check-in (10 minutes)

Restorative Micro-Break

- Close your eyes for 3 minutes
- Focus on relaxing each body part
- Visualize tension melting away



Evening Wind-down (30 minutes)

Digital Sunset & Sleep Ritual

- Turn off screens 1 hour before bed
- Dim lights, play calming music
- Gentle stretching or meditation
- Herbal tea (chamomile or lavender)

Sleep Schedule: Target bedtime: _____ Wake time: _____

Today's Affirmation: "I deserve rest and embrace restoration."





DAY 5: ALIGN

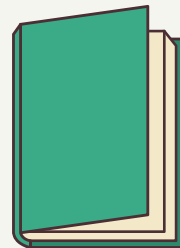
Living with Purpose & Intention

Morning Practice (10 minutes)

Daily Intention Setting Today's intention:

One action to honor this intention:

Midday Check-in (5 minutes)



Alignment Check

- Am I acting in alignment with my values?
- What needs my attention right now?
- What can I release to stay aligned?

Evening Wind-down (15 minutes)

Body-Mind Connection

- Progressive muscle relaxation
- Notice where you hold tension
- Send breath to tight areas
- Release what no longer serves you

Today's Affirmation: "I align my actions with my authentic self."



DAY 6: THRIVE

Cultivating Vitality & Growth



Morning Practice (15 minutes)

Energy-Boosting Movement

- 5 minutes gentle stretching
- 5 minutes brisk walking or dancing
- 5 minutes deep breathing



Midday Check-in (10 minutes)

Nature Connection

- Step outside for 10 minutes
- Notice 5 things in nature
- Feel sun on your skin or breeze
- Ground yourself with deep breaths



Evening Wind-down (20 minutes)

Growth Reflection

- What new thing did I learn today?
- How did I step outside my comfort zone?
- What makes me feel alive and vibrant?

Today's Affirmation: "I embrace growth and celebrate my vitality."





DAY 7: GLOW

Radiating Your Inner Light



Morning Practice (20 minutes)

Self-Care Ritual

- Dry brushing or oil massage
- Positive affirmations in mirror
- Choose clothes that make you feel confident
- Set positive tone for the day



Midday Check-in (10 minutes)

Glow Moment

- List 3 things that make you unique
- Practice one random act of kindness
- Compliment someone genuinely



Evening Wind-down (25 minutes)

Celebration & Integration

- What am I most proud of this week?
- What wellness habits will I continue?
- How do I want to feel going forward?



Today's Affirmation: "I shine brightly and embrace my authentic glow."





DAILY GROUNDING FOUNDATION

Your Anchor Throughout the Reset

Morning Grounding (2 minutes)

- Feel feet firmly on the floor
- Take 3 deep belly breaths
- State: "I am grounded, I am safe, I am present"

Midday Grounding (1 minute)

- Place hand on heart
- Feel heartbeat
- Return to present moment

Evening Grounding (3 minutes)

- Visualize roots growing from feet into Earth
- Release worries down through roots
- Feel supported and stable

Remember: *Grounding is your foundation - practice anytime you feel overwhelmed or disconnected.*





DAILY BELIEVE FOUNDATION

Your Inner Trust Anchor Throughout the Reset

Morning Belief Practice (5 minutes)

Inner Wisdom Check

- Place hand on heart and ask: "What does the wisest version of me already know?"
- Take 3 deep breaths and listen
- Trust the first answer that comes
- State: "I trust my inner knowing, I believe in my journey"

Midday Belief Check-in (3 minutes)

Self-Trust Moment

- Recall one time today you trusted yourself
- Notice a decision you made from your intuition
- Acknowledge: "I am capable and equipped"

Evening Belief Practice (5 minutes)

Evidence of Resilience

- List one challenge you overcame this week
- Recognize one good decision you made by trusting yourself
- Affirm: "I have everything I need within me"

Remember: Belief is your anchor - practice these anytime doubt creeps in or when you need to reconnect with your inner wisdom.





Your New Year Reset Progress Tracker

Daily Completion Checklist

Day 1: BREATHE ☐ Morning ☐ Midday ☐ Evening

Day 2: REFLECT ☐ Morning ☐ Midday ☐ Evening

Day 3: NOURISH ☐ Morning ☐ Midday ☐ Evening

Day 4: RESTORE ☐ Morning ☐ Midday ☐ Evening

Day 5: ALIGN ☐ Morning ☐ Midday ☐ Evening

Day 6: THRIVE ☐ Morning ☐ Midday ☐ Evening

Day 7: GLOW ☐ Morning ☐ Midday ☐ Evening



Weekly Reflections

My biggest insight: _____

Favorite practice: _____

Challenge I overcame: _____

Wellness habit I'll continue: _____





Congratulations on completing your New Year Wellness Reset!
You've built a strong foundation. Now let's talk about how to
sustain this momentum throughout 2025 and beyond.

Integration Strategies

Build Momentum:

- Choose 1-2 practices from each pillar to continue
- Schedule them into your weekly routine
- Start small and build gradually

Community Support:

- Join the Aster Haven community
- Share your journey with others
- Engage with our wellness content community

Deepen Your Practice:

- Subscribe to our Weekly Wellness Circle newsletter
- Read our pillar-specific guides in The Haven Journal
- Explore our 9 wellness pillars with practical tips

Next Steps:

1. Subscribe to The Haven Journal - Never miss our latest wellness insights
2. Explore the Pillars - Dive deeper into areas that resonate with you
3. Practice Daily- Continue the habits you've cultivated
4. Join the Conversation - Connect with our community of like-minded women





Your Wellness Support System

Connect With Aster Haven

Website: www.asterhaven.com

Instagram: @asterhaven

Pinterest: Aster Haven Wellness

Email: hello@asterhaven.com

Recommended Tools

Apps We Love:

- Insight Timer (meditation)
- MyFitnessPal (nutrition tracking)
- Calm (sleep & relaxation)
- Daylio (mood tracking)

Books for Your Journey:

- The Body Keeps the Score by Bessel van der Kolk
- Atomic Habits by James Clear
- The Gifts of Imperfection by Brené Brown

Join Our Community

Sign up for our weekly wellness tips and exclusive content at www.asterhaven.com

