A flat-lay composition of self-care items on a light blue background. The items include two lit candles in pink and orange holders, several pink and orange flowers, green foliage, and four bottles of various colors (orange, pink, teal, and white). The items are arranged in a circular pattern around the central text.

7-Day Self-Care Reset

Table of Content

03 DAY 1 — Morning Stretch Reset

04 DAY 2 — Digital Detox Mini

05 DAY 3 — Water & Wake Reset

06 DAY 4 — Calm-Mind Reset

07 DAY 5 — Evening Slowdown

08 DAY 6 — Mom Joy Reset

09 DAY 7 — Weekly Reflection

DAY 1 — Morning Stretch Reset

7-minute routine

- 2-minute stretch
- 2-minute breathing
- 3-minute intention



DAY 2 — Digital Detox Mini

7-minute routine

- No phone for first 10 mins
- Check only priority apps
- Choose one quiet moment



DAY 3 — Water & Wake Reset

7-minute routine

- Drink 1 full glass
- Light snack
- Step outside sunlight



DAY 4 — Calm-Mind Reset

7-minute routine

- 3 deep breaths
- Write 2 gratitude notes
- One small success



DAY 5 — Evening Slowdown

7-minute routine

- 10-min tidy
- Dim lights
- Warm shower or face wash



DAY 6 — Mom Joy Reset

7-minute routine

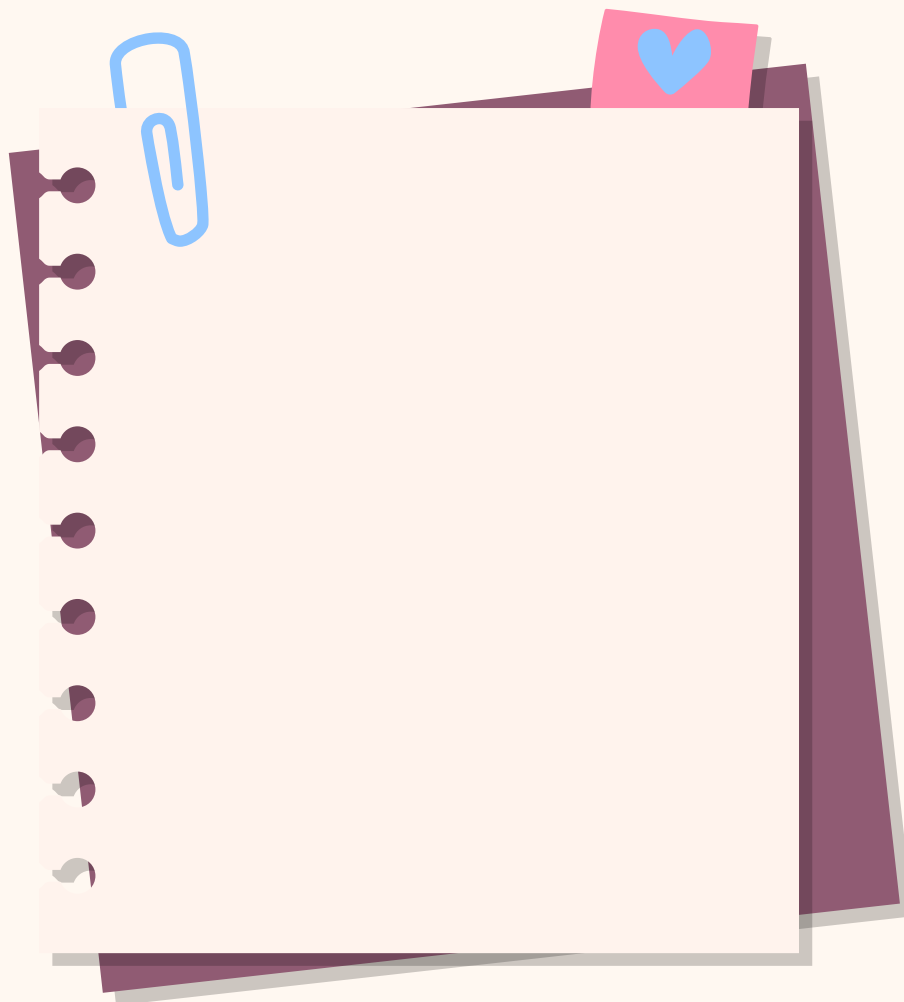
- Do 1 thing only for joy
- No guilt rule
- Smile intentionally



DAY 7 — Weekly Reflection

7-minute routine

- What worked?
- What drained me?
- What to change?



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