

DENISE MARINA CABRAL

Free Checklist



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New You

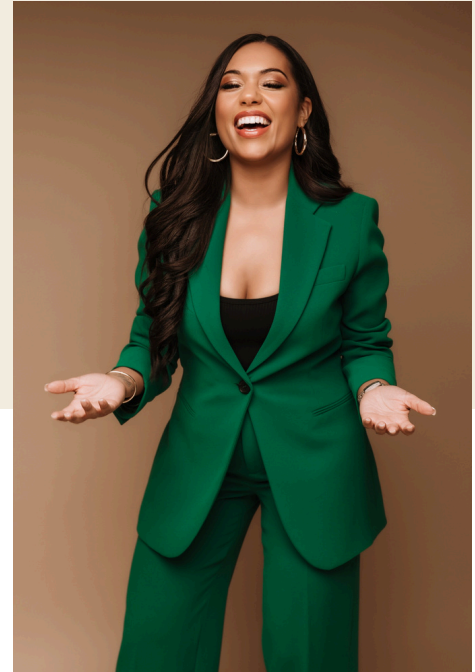
Hello there!

Hi, I'm Denise! I'm here to help you reclaim your life with intention and clarity. After years of navigating life's ups and downs, I discovered the transformative power of small, consistent steps. This checklist is your invitation to jumpstart your journey and build the life you've always wanted. It's not just a list—it's your starting point for real, lasting change. Let's get started!

Denise Marina Cabral

Why This Checklist Matters

Imagine a life where your mornings feel purposeful, your goals are within reach, and you're truly thriving. The 12-Week Life Reset Checklist simplifies your path to transformation. It focuses on five key areas: Mindset, Health, Finances, Lifestyle, and Personal Growth. By the end of these 12 weeks, you'll feel more aligned, focused, and ready to take on your next chapter with confidence.



"Transformation doesn't happen overnight, but it starts the moment you decide to take action. Believe in your ability to reset and grow—one step at a time." —
Denise

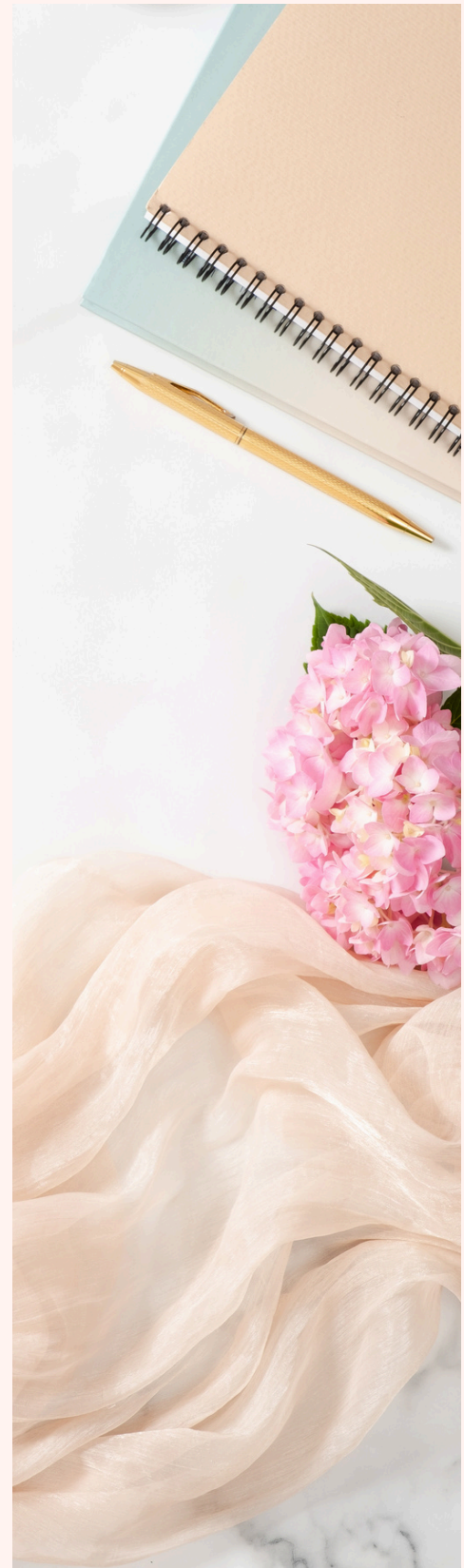
Your Checklist

1 Mindset Reset

- Kickstart Your Day: Write down three things you're grateful for each morning.
- Power-Up with Positivity: Recite one affirmation daily that reflects your goals.
- Clear Your Mind: Meditate for 5-10 minutes to reduce stress and refocus.

2 Health Reset

- Stay Hydrated: Commit to drinking 2 litres of water every day.
- Get Moving: Schedule 30 minutes of movement—walk, yoga, or workout.
- Prep for Success: Plan 3 balanced meals for the week ahead.





3

Financial Reset

- Know Your Numbers: Track your weekly expenses to identify spending patterns.
- Smart Savings: Choose one expense to cut and redirect it to savings.
- Set a Goal: Create a simple savings target and automate contributions.



4

Lifestyle Reset

- Simplify Your Space: Declutter one area (closet, desk, or kitchen) to create calm.
- Dream Big: Spend 15 minutes visualizing your ideal life and create a mini vision board.
- Prioritize You: Schedule one day for self-care this week—guilt-free!

5

Personal Growth

- Learn Something New: Explore a podcast, book, or online course on a topic you love.
- Reflect Daily: Journal for 10 minutes about what inspires and drives you.
- Grow Your Skills: Pick one skill you've always wanted to develop and take one action step.



How to Track Your Progress

EACH WEEK, REFLECT ON THESE QUESTIONS:

SUMMARY:

- ✓ **Wins:** What's one thing I accomplished this week that I'm proud of?
- ✓ **Challenges:** What held me back, and how can I improve?
- ✓ **Next Steps:** What's one new habit I can add next week?

This is only the Beginning...

Congratulations on taking this empowering step toward creating the life you desire! This checklist is just the beginning of your journey to clarity, balance, and growth. Each small, consistent action you take will bring you closer to the transformation you envision.

I'd love to hear about your experience! Your feedback not only inspires me but also helps shape the next steps in supporting your growth. Did this checklist spark a shift for you? What resonated most? Let me know by reaching out or sharing your thoughts.

This journey is about discovering what works best for you. If you're excited to explore deeper insights, actionable tools, and a comprehensive roadmap, the full guide might be the perfect next step for you. Together, we can create something truly transformative.

You're capable, deserving, and absolutely ready to shine! Let's keep moving forward —one step at a time.



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