



# THE 7-DAY MUM *Reset*

A GENTLE 7-DAY RESET FOR BUSY MUMS WHO LOVE THEIR FAMILIES BUT WANT TO FEEL LIKE THEMSELVES AGAIN.



## WHAT TO EXPECT

- A 5 minute reset action
- A simple journal prompt
- A tiny home or body ritual
- A short affirmation
- An optional social story idea



*Shyra*



# HELLO

Hey lovely you,

If you have found your way here, I am guessing you are a mum who gives a lot.

Maybe your days are full of children, meals, washing, tidying, school runs, noise, love, mess and a million tiny things nobody else sees.

And maybe somewhere in the middle of it all, you have wondered: where did I go? This reset is not here to give you another impossible routine. It is not about becoming a perfect mum, having a perfect home, or transforming your life in seven days.

It is about tiny moments. A breath. A stretch. A thought. A cup of tea you actually taste. A reminder that you are still in there.

I hope this helps you come back to yourself, gently.

Love,

Shyra X

Shyra



# HOW TO USE THIS RESET

- Take 5–10 minutes per day.
- Do not try to do it perfectly.
- Come back if you miss a day.
- Use the journal prompts honestly.
- Share your journey on socials if you want accountability (tag me)
- Save the reset and repeat whenever life feels too much.

*Shyra*



# DAY ONE

## Pause: Notice where you are

Before you change anything, you pause and notice how you actually feel.

### Message from Shyra

You do not have to have it all together today. The first step is simply noticing where you are, without judging yourself for it. Motherhood can move so quickly that you do not even realise how tired, overstimulated or disconnected you feel. Today is not about fixing everything. It is about giving yourself a moment to breathe and be honest.

### 5-minute reset action

Sit somewhere quiet, even if it is just the edge of your bed or the bathroom floor. Put one hand on your chest and one hand on your stomach. Take five slow breaths. Then ask yourself: "How am I, really?"

Do not try to make the answer pretty. Just notice.

### Journal prompt

- Right now, I feel...
- What I have been carrying lately is...
- What I need more of is...

### Tiny ritual

Drink a glass of water slowly. No multitasking. No scrolling. Just drink it as a small act of care.

### Affirmation

I am allowed to pause. I do not have to earn rest.

### Optional story prompt

Share a quiet moment and write: "Day 1 of the Mum Reset: pausing before I rush into the day."

Shyra



# DAY TWO

## Release: Let go of the pressure to be perfect

Letting go of the pressure to be the perfect mum, wife, woman, homemaker or version of yourself.

### Message from Shyra

So many mums are carrying invisible pressure - to have a clean home, happy children, a healthy body, a strong marriage, a social life, good meals, good energy and a smile on your face while doing it all. Today is about letting go of that one piece of pressure. You are not failing because you can't do everything. You are human. Allow it.

### 5-minute reset action

Write down three things you are currently pressuring yourself about. Then circle one thing you can let go of today. Not quit forever. Just let go.

### Examples:

- The house does not need to be perfect before I sit down.
- Dinner can be simple.
- I can reply tomorrow.
- I can wear the comfortable outfit.

### Journal prompt

Where am I being too hard on myself?  
What would I say to another mum who felt this way?  
What expectation can I release today?

### Tiny ritual

Choose one visible area of your home and reset only that area for five minutes. Stop when the timer ends. The goal is not a perfect home. The goal is a calmer space.

### Affirmation

I do not have to be perfect to be a good mum.

### Optional story prompt

Share one thing you are letting be "good enough" today.

Shyra



# DAY THREE

## Reconnect: Remember the woman underneath the roles

Reconnecting with identity beyond motherhood.

### Message from Shyra

You are a mum, but you are not only a mum. There is still a woman inside you who has dreams, taste, humour, beauty, sensuality, creativity, opinions and desires. She might feel quiet right now, but she has not disappeared. Today is about remembering her.

### 5-minute reset action

Choose one small thing that feels like “you.”

### Examples:

- Put on earrings.
- Wear perfume.
- Play music you love.
- Put on an outfit that makes you feel good.
- Do your hair, even simply.
- Step outside and breathe.
- Look at an old photo of yourself with kindness.

### Journal prompt

Before I became a mum, I loved...

A part of myself I want to bring back is...

The woman I am becoming is...

### Tiny ritual

Create a “me again” note in your phone. Add three things that make you feel like yourself. Keep adding to it over the week.

### Affirmation

I am still here. I am allowed to know myself again.

### Optional story prompt

Share one small thing that made you feel like yourself today.

Shyra



# DAY FOUR

## Move: Come back into your body

Gentle movement, not punishment.

### Message from Shyra

Your body is not a project to fix. It is your home. Today is about moving with kindness. Not to burn calories. Not to earn food. Not to look different by tomorrow. Just to remind your body that it is safe, loved and listened to.

### 5-minute reset action

Do a short soft movement flow:

1. Roll your shoulders back 5 times.
2. Take 3 slow neck rolls each side.
3. Reach your arms overhead and breathe.
4. Fold forward gently and let your head hang.
5. Come to hands and knees if you can and move through cat-cow for 1 minute.
6. Sit still for 3 breaths.

### Journal prompt

How does my body feel today?

Where am I holding tension?

What would it feel like to treat my body as my friend?

### Tiny ritual

Put body oil, moisturiser or hand cream on slowly. Thank one part of your body for what it does for you.

### Affirmation

My body deserves kindness, not criticism.

### Optional story prompt

Share a small stretch or movement and write: "Moving gently today, not punishing myself."

Shyra



# DAY FIVE

## Nourish: Give yourself what you actually need

Nourishment beyond food: energy, space, support, beauty, connection.

### Message from Shyra

Mums are often brilliant at noticing what everyone else needs. Snacks, uniforms, cuddles, appointments, clean clothes, emotional support.

But your needs matter too. Today is not about a perfect green smoothie or a flawless routine. It is about asking: what would actually nourish me today?

### 5-minute reset action

Ask yourself: “What am I actually needing right now?” Choose one small nourishing action:

- Eat something with protein.
- Drink water.
- Step outside.
- Ask for a hug.
- Light a candle.
- Take ten deep breaths.
- Message a friend.
- Make your space feel beautiful for five minutes.

### Journal prompt

I feel most drained when...

I feel most nourished when...

One small way I can support myself today is...

### Tiny ritual

Make one drink — tea, coffee, lemon water, matcha, smoothie — and turn it into a moment. Hold the cup with both hands. Take a deep breath before drinking.

### Affirmation

My needs matter too.

### Optional story prompt

Share your nourishing drink, snack, walk, candle or quiet moment.

Shyra



# DAY SIX

## Create Space: Make room for calm

Creating emotional, physical or mental space.

### Message from Shyra

Sometimes we do not need a whole new life. We just need a little more space inside the one we've already got. Space in the kitchen. Space in the mind. Space in the diary. Space to hear ourselves think. Today is about clearing one tiny pocket of space.

### 5-minute reset action

Choose one:

- Clear your bedside table.
- Empty your handbag.
- Delete 10 photos from your camera roll.
- Write down everything spinning in your head.
- Put away one basket of washing.
- Say no to one thing that is not yours to carry.

Stop after five minutes.

### Journal prompt

What is taking up too much space in my head right now?

What can I simplify?

Where do I need a boundary?

### Tiny ritual

Light a candle, open a window, burn incense, use essential oil or simply let fresh air into one room.

### Affirmation

I am allowed to create space for peace.

### Optional story prompt

Share your five-minute reset corner or a before/after of one tiny area.

Shyra



# DAY SEVEN

**Become:** Choose the version of you that you are stepping into

Inclusion and future identity.

## Message from Shyra

This week was never about becoming a different person. It was about coming home to yourself. You do not need to overhaul your whole life. You just need to keep choosing tiny moments that remind you of who you are. The calm version of you. The confident version of you. The soft version. The strong version. The woman who is still growing and learning every day.

## 5-minute reset action

Write a short letter to yourself beginning with:

“Dear me, I am proud of you for...”

Then finish this sentence:

“The version of me I am becoming is...”

## Journal prompt

What did I notice about myself this week?

Which reset helped me most?

What is one tiny habit I want to continue?

## Tiny ritual

Choose one symbol of your reset: a candle, a note, a photo, a flower, a crystal, a playlist, a cup, a piece of jewellery, or a place in your home. Let it remind you to keep returning to yourself.

## Affirmation

I am becoming more myself every day.

## Optional story prompt

Share your final reflection: “One thing I am taking from the 7-Day Mum Reset is...”

Shyra



# REFLECTION

Take a little time to note in your journal...

- The biggest thing I noticed was...
- I want to keep doing...
- I am ready to release...
- I am becoming...

*Shyra*



# NEXT STEP

If this reset helped you, your next step is to keep going gently. You can join me on socials for real mum life, wellness, personal growth and tiny rituals that help you feel like yourself again. And do please send me a message to let me know how you got on, I'd love to hear.

**Coming soon:** - The Mum Reset Kit:

A deeper guide with short yoga flows, journal pages, home reset rituals and confidence practices for mums who are ready to come back to themselves.

Shyra