

■ EHNRJEE 7-Day Home Reset Challenge

■ Energy is the New Currency ■

Do More With What You Already Have

Welcome to Your Home Reset

Your home is a reflection of your energy. In this 7-day challenge, you'll refresh your spaces, repurpose what you already own, and rediscover creativity in your environment.

7-Day Challenge Grid

Day	Action
Day 1	■ Re-style one shelf with items you already have.
Day 2	■ Swap décor between two rooms.
Day 3	■ Create a zen corner with candles/plants.
Day 4	■ Declutter one drawer.
Day 5	■ Cook a meal from pantry only.
Day 6	■ Repurpose one item (jar → vase, tray → organizer).
Day 7	■ Photograph your refreshed space.

Day 1

- Re-style one shelf with items you already have.

Notes:

Reflection:

Day 2

- Swap décor between two rooms.

Notes:

Reflection:

Day 3

- Create a zen corner with candles/plants.

Notes:

Reflection:

Day 4

■ Declutter one drawer.

Notes:

Reflection:

Day 5

■ Cook a meal from pantry only.

Notes:

Reflection:

Day 6

- Repurpose one item (jar → vase, tray → organizer).

Notes:

Reflection:

Day 7

■ Photograph your refreshed space.

Notes:

Reflection:

■ Weekly Reflection ■

How did your energy shift this week?

Biggest win:

What surprised me:

What I want to continue:

■ 7-Day Habit Tracker

Day	Completed?
1	■
2	■
3	■
4	■
5	■
6	■
7	■

■ Closing Affirmation ■

“A refreshed home creates refreshed energy.”