

21-Day Refill Reset

Refill Your Mind. Refocus Your Spirit. Rebuild Your Life.

A Faith-Based Reset Experience

Designed to Help You Realign, Restore, and Move Forward with Purpose

The Refill Co. Brand

Refilled by Faith

— L. Pittman

PAGE 2 – WELCOME

Welcome to Your Refill

You didn't find this by accident.

You felt something was off... something was missing... something needed to change.

This reset is your opportunity to pause, realign, and refill every area of your life.

Over the next 21 days, you will:

- Reset your mindset**
- Reconnect with God**
- Restore your discipline**
- Rebuild your focus**

Take this one day at a time. No pressure. Just progress.

PAGE 3 – HOW TO USE

How to Use This Reset

Each day includes:

- **A focus for the day**
- **A short reflection**
- **A simple action step**

This is not about perfection.

This is about consistency.

Show up daily. Stay present. Trust the process.

DAY 1 — RESET YOUR MIND

Scripture / Reflection:

Be transformed by the renewing of your mind. Today is about letting go of negative thoughts and choosing a new perspective.

Refill Thought:

What thoughts have been draining me?

Action Step:

Write down 3 negative thoughts and replace them with truth.

Affirmation:

My mind is being renewed daily.

DAY 2 – RELEASE WHAT’S HEAVY

Scripture / Reflection:

You were never meant to carry everything. Some things must be released to move forward.

Refill Thought:

What am I holding onto that I need to let go of?

Action Step:

Write it down and physically release it (tear paper or pray over it).

Affirmation:

I release what no longer serves me.

DAY 3 – BE STILL

Scripture / Reflection:

In stillness, clarity comes. Slow down and listen.

Refill Thought:

When was the last time I truly slowed down?

Action Step:

Spend 10 minutes in silence with no distractions.

Affirmation:

I find peace in stillness.

DAY 4 – REFOCUS YOUR VISION

Scripture / Reflection:

Distractions can blur your purpose. Today, refocus on what truly matters.

Refill Thought:

What do I really want for my life?

Action Step:

Write your top 3 goals for this season.

Affirmation:

I am focused and aligned.

DAY 5 – LET GO OF CONTROL

Scripture / Reflection:

Not everything is in your hands. Trust the process.

Refill Thought:

Where am I trying to control too much?

Action Step:

Surrender one situation in prayer.

Affirmation:

I trust what I cannot see.

DAY 6 – REBUILD YOUR DISCIPLINE

Scripture / Reflection:

Consistency creates change. Small steps matter.

Refill Thought:

Where do I lack discipline?

Action Step:

Commit to one small habit today.

Affirmation:

I am disciplined and committed.

DAY 7 – REST & REFLECT

Scripture / Reflection:

Rest is not weakness—it is necessary.

Refill Thought:

Have I been giving myself permission to rest?

Action Step:

Take intentional rest without guilt.

Affirmation:

Rest restores me.

DAY 8 – RENEW YOUR ENERGY

Scripture / Reflection:

Your energy matters. Protect it.

Refill Thought:

What drains my energy?

Action Step:

Remove or limit one energy-draining activity.

Affirmation:

My energy is protected.

DAY 9 – SPEAK LIFE OVER YOURSELF

Scripture / Reflection:

Your words shape your reality.

Refill Thought:

What have I been saying about myself?

Action Step:

Speak 5 positive affirmations out loud.

Affirmation:

My words create life.

DAY 10 – REMOVE DISTRACTIONS

Scripture / Reflection:

Focus requires elimination.

Refill Thought:

What keeps pulling me off track?

Action Step:

Remove one distraction for the day.

Affirmation:

I stay focused on what matters.

DAY 11 — RECONNECT WITH PURPOSE

Scripture / Reflection:

You were created with intention.

Refill Thought:

What brings me fulfillment?

Action Step:

Do one thing today that aligns with your purpose.

Affirmation:

I walk in purpose.

DAY 12 – TRUST THE PROCESS

Scripture / Reflection:

Growth takes time. Stay patient.

Refill Thought:

Am I rushing my journey?

Action Step:

Write down progress you've made.

Affirmation:

I trust my journey.

DAY 13 – STRENGTHEN YOUR FAITH

Scripture / Reflection:

Faith grows when you feed it.

Refill Thought:

How can I deepen my faith?

Action Step:

Read or listen to something faith-based.

Affirmation:

My faith is growing stronger.

DAY 14 – REFILL YOUR PEACE

Scripture / Reflection:

Peace is something you protect.

Refill Thought:

What steals my peace?

Action Step:

Create a peaceful moment today.

Affirmation:

I choose peace.

DAY 15 – RESET YOUR ENVIRONMENT

Scripture / Reflection:

Your environment affects your mindset.

Refill Thought:

Does my space reflect the life I want?

Action Step:

Clean or organize one area.

Affirmation:

My environment supports me.

DAY 16 – TAKE ACTION

Scripture / Reflection:

Faith without action stays stuck.

Refill Thought:

What have I been putting off?

Action Step:

Take one bold step today.

Affirmation:

I take action with confidence.

DAY 17 — WALK IN ALIGNMENT

Scripture / Reflection:

Alignment brings clarity and peace.

Refill Thought:

Am I aligned with my values?

Action Step:

Adjust one thing to match your purpose.

Affirmation:

I walk in alignment.

DAY 18 – RELEASE FEAR

Scripture / Reflection:

Fear limits what's possible.

Refill Thought:

What fear is holding me back?

Action Step:

Face one small fear today.

Affirmation:

I am fearless and bold.

DAY 19 – EMBRACE GROWTH

Scripture / Reflection:

Growth can be uncomfortable—but necessary.

Refill Thought:

Where am I being stretched?

Action Step:

Lean into something new.

Affirmation:

I embrace growth.

DAY 20 — PREPARE FOR NEXT LEVEL

Scripture / Reflection:

You're not the same person you were 20 days ago.

Refill Thought:

What am I stepping into next?

Action Step:

Write your next-level vision.

Affirmation:

I am ready for more.

DAY 21 — REFLECT & REFILL AGAIN

Scripture / Reflection:

This is not the end—it's a new beginning.

Refill Thought:

What has changed within me?

Action Step:

Reflect on your full journey.

Affirmation:

I am renewed, restored, and refilled.

Refill Reflection

Take a moment to pause and reflect on your journey.

What has changed within you over these past 21 days?

What habits did you build or begin to strengthen?

What thoughts or emotions did you release?

What are you most proud of?

Write it out. Be honest. This moment matters.

Your Reset Doesn't End Here

You completed your 21-Day Refill Reset—and that's powerful.

But this is only the beginning.

Growth doesn't stop here. Your next level requires consistency, intention, and continued alignment.

If you're ready to go deeper, stay focused, and continue your transformation...

Your next refill is waiting.

Continue your journey here:

(www.therefillco.com)

Stay aligned. Stay focused. Stay refilled.

— The Refill Co. Brand

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