



INSTANT CALM KIT

Your 4-pillar Daily Reset

BY MINDFULLY NIKKI



Mindfully Nikki

BECOMING THAT WOMAN

DISCLAIMER

The following contents are intended to serve as a guide for personal growth and well-being, offering tools and insights based on general principles and personal experiences. It is not a substitute for professional, medical, or mental health advice.

While every effort has been made to provide accurate and supportive information, the strategies and suggestions outlined may not apply to every individual situation and are not guaranteed to produce specific results. Use your own judgment and discretion when implementing any recommendations provided.

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TIRED OF RUNNING ON FUMES? GET YOUR INNER CALM BACK IN 3 DAYS.

Hello Beautiful

If you're reading this, you know what it feels like to live life on a treadmill—always doing, always striving, but never truly present. Your life doesn't need a complete overhaul; it needs a **reset**.

This Instant Calm Kit introduces you to the 4 essential micro-practices that underpin our journey of **Becoming That Woman**—the woman who is intentional, calm, and fully present. Do these four things for the next three days and feel the shift.

THE CORE 4 - YOUR DAILY RESET CHECKLIST

Pillar	The Challenge	Transformation
Hydrate	The Morning Glass - Drink one full glass of water before your coffee or breakfast.	Flushes cortisol and rehydrates your brain, immediately reducing morning stress.
Move	The 5-Minute Midday Shift : - Take five minutes between 1 PM and 3 PM to stretch, walk, or simply stand up and breathe.	Breaks the stress cycle, prevents the afternoon crash, and resets your focus.
Calm	The Mindful 3-Count - Before checking your phone or email, take 3 deep, slow breaths: In for 4, Hold for 4, Out for 6. Repeat three times.	Creates space between stimulus and response, restoring executive function.
Digital Sunset	The Screen Curfew : - Set your phone to airplane mode 30 minutes before your head hits the pillow.	Allows your nervous system to prepare for deep sleep, essential for healing burnout.

You've taken the first step! To master these habits and make them stick for good, turn the page for your 3-Day Tracker and a special invitation to continue **The Blueprint to Becoming That Woman**.

3-DAY INSTANT CALM TRACKER

DAY	DATE	HYDRATE	MOVE	CALM	DIGITAL SUNSET
Day 01	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 02	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 03	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

BONUS PRACTICE

5-MINUTE DESK BODY SCAN

When overwhelm hits, close your eyes and anchor yourself with this simple practice:

1. **Feet (1 min)** - Wiggle your toes. Feel the connection of your feet to the floor. I am grounded.
2. **Shoulders (1 min)** - Notice any tension held in your shoulders and neck. Take a big breath in, raise them to your ears, and sigh them out. I release tension.
3. **Hands (1 min)** - Feel your hands resting on your desk or lap. Clench your fists tight, then release. I am intentional.
4. **Jaw (2 min)** - Relax your tongue from the roof of your mouth. Let your jaw hang soft. Breathe deeply and notice the quiet. I am at peace.

Loved the 3-Day Reset?

The next 30 days are what turn good intentions into lasting transformation. **The Mindfully Nikki 30-Day Habit Starter Kit** is the entire blueprint for establishing the habits that will make you **That Woman**.

TURN THE PAGE to get the Starter Kit!

READY TO START LIVING LIKE THAT WOMAN?

The 3-Day Reset was your permission to pause. **The Mindfully Nikki 30-Day Habit Starter Kit** is your first **intentional investment** in **Her identity**. This isn't just a tracker; it's a four-week course that teaches you to operate from a place of calm and choice, ensuring your life reflects the empowered woman you are meant to be.

Inside the 30-Day Habit Starter Kit, you will receive:

- **Four Weekly Guided Lessons** - Step-by-step guidance on how to master the 4 core pillars (Sleep, Hydration, Calm, Movement) and make them automatic.
- **30 Days of Dedicated Trackers** - Keep your momentum going with our beautiful, printable trackers designed for consistency, not chaos.
- **Weekly Reflection Prompts** - Mindful journaling to uncover patterns of burnout and cement your new identity.
- **The Habit Stacking Blueprint** - Learn the simple psychological trick to anchor new habits into your existing routine, making them effortless.
- **A Solid Foundation** - The necessary first step to ensure you are fully prepared for the deep work and lasting transformation of The 90-Day Mindful Reset.

Ready to take the next step?

Get the Mindfully Nikki 30-Day Habit Starter Kit Today



30-DAY HABIT STARTER KIT



Mindfully Nikki

BECOMING THAT WOMAN