



THE BALANCED WOMAN R.E.S.E.T BLUEPRINT

5 Simple Shifts for Energy, Clarity & Calm





Welcome Beautiful Soul.🌿

If you've landed here, chances are you've been craving more balance—more calm in the chaos, more energy in your body, and more clarity in your mind.

I get it—waking up tired, staring down the to-do list, and secretly questioning whether balance is real or just another Pinterest fantasy.

Here's the truth: balance isn't built from big overhauls or complicated routines. It's created in the small, repeatable acts of care we choose each day.

That's what the **R.E.S.E.T Blueprint** is all about—five simple pillars to help you restore energy, calm your mind, and actually feel like you again. No perfection required.

So take a breath. Pick one habit that feels easiest today. And remember—you're already moving forward, simply by starting here.

Peace & blessings

Teresa
x

Your R.E.S.E.T Roadmap

This isn't about overhauling your whole life —it's about small, gentle shifts that add up.

Here's how it works:

1. Choose one pillar that feels easiest today.
2. Try the simple habit inside it.
3. Track your wins for 7 days with the R.E.S.E.T habit tracker on page 9
4. Celebrate progress—not perfection.



The 5 R.E.S.E.T Pillars

☀️ **R – Restore Energy**

Gentle rituals to re-energise your body and mind.

🧠 **E – Elevate Mindset**

Simple reframes to shift your inner voice and outlook.

🥑 **S – Support with Nourishment**

Food and natural supplements that fuel steady energy.

🌸 **E – Embrace Calm**

Quick resets to soothe stress and centre yourself.

💖 **T – Treasure Connection**

Gratitude and small joys that nurture your heart.

💡 *Remember: one shift is enough. The magic is in the repeating.*

The R.E.S.E.T Pillars



R – Restore Energy

Quick Habit

 Start your morning with a glass of warm water and lemon—before your phone or coffee.

Why It Works

- Rehydrates your body after sleep
- Flushes out toxins + supports digestion
- Gently wakes up your brain (no caffeine crash!)

Mindset Reframe

 “Each sip is me choosing clarity and care for myself.”

Mini Challenge

For the next 7 mornings, place a glass of water on your bedside table at night. Notice how different your mornings feel.

Bonus Boost: Black Seed Oil

Add 1 teaspoon daily to your routine. Traditionally used for vitality, it's known to:

- Boost natural energy & immunity
- Support mental clarity
- Nourish skin + digestion

 Read more about [**Black Seed Oil here**](#)



E – Elevate Mindset

Quick Habit

☁️ Swap your first negative thought of the day for a kinder one.

Why It Works

- Interrupts the negativity spiral
- Sets the emotional tone for the day
- Builds resilience through reframing

Mindset Reframe



"I'll focus on what matters most today, and that is enough."



Mini Challenge

Write your chosen reframe on a sticky note and place it by the kettle, so it greets you each morning.

"Progress, not perfection."



S – Support with Nourishment

Quick Habit

 Swap one processed snack for a whole-food option—like apple + nut butter, oat balls, or hummus + veggies.

Why It Works

- Balances blood sugar (steady mood + energy)
- Reduces cravings and energy crashes
- Fuels your body with nutrients it recognises

Mindset Reframe

 "I deserve fuel that helps me feel steady, not drained."

Mini Challenge

Prep 2–3 grab-and-go snacks on Sunday so weekday choices are easy.

Bonus Boost: Black Seed Oil

Add it to salad dressings, yoghurt, or take it straight.

It's celebrated for:

- Anti-inflammatory benefits
- Supporting blood sugar balance
- Healthy hair, skin & nails

 Discover more about [Black Seed Oil here](#)



🌸 E – Embrace Calm

Quick Habit

🧘 Practice 2 minutes of box breathing: inhale 4, hold 4, exhale 4, hold 4.

Why It Works

- Activates your body's relaxation response
- Calms racing thoughts
- Lowers stress hormones

Mindset Reframe

🌸 "Even in chaos, I can find 2 minutes to return to myself."

🌱 Mini Challenge

Link this to a daily moment—waiting for the kettle, school pickup, or before opening emails.

***"Balance isn't something you find—
it's something you build daily."***



♥♥ T – Treasure Connection

Quick Habit

📅 Write down one gratitude snapshot each morning and evening.

Why It Works

- Trains your brain to spot positives
- Boosts resilience against stress
- Deepens appreciation for everyday little joys

Mindset Reframe

🌸 “Joy isn’t in the big moments—it’s hidden in the small ones I choose to notice.”

🌱 Mini Challenge

Keep a “gratitude jar.” Drop in one note daily, and re-read them at the end of the month.

“Wellness is not a destination, but a daily choice.”

YOUR 7-DAY R.E.S.E.T HABIT TRACKER

M T W T F S S



RESTORE ENERGY

○ ○ ○ ○ ○ ○ ○



ELEVATE MINDSET

○ ○ ○ ○ ○ ○ ○



SUPPORT
NOURISHMENT

○ ○ ○ ○ ○ ○ ○



EMBRACE CALM

○ ○ ○ ○ ○ ○ ○



TREASURE
CONNECTION

○ ○ ○ ○ ○ ○ ○

NOTES/WINS



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Reflection

- Which habit felt easiest?
- Which one gave you the biggest shift in energy, mood, or calm?
- What will you carry into next week?



Your R.E.S.E.T Journey Starts Here

🌿 **You've Reached the End...
But This is Just the Beginning.**

Lovely, you've now walked through the R.E.S.E.T Blueprint—5 simple shifts designed to bring you back to balance, one small step at a time.

Here's what I want you to remember:

- 💡 You don't need to do it all.
- 💡 Perfection isn't required.
- 💡 Even one habit, done with kindness, creates real change.

- 👉 So pick the easiest one today.
- 👉 Track your wins.
- 👉 Celebrate the ripple effects.

✨ Want more gentle inspiration?

I'll pop into your inbox weekly with doable tips—because you deserve to feel calm, energised, and in control.

In the meantime, you might enjoy:

- 🌿 [7 Emotional Burnout Symptoms](#)
- ❤️ [Gratitude and Mental Health](#)
- ⚡ [8 Natural Energy Boosters](#)
- 🧘♀️ [Why Practice Mindfulness](#)

💡 **Bonus Wellness Ally:** I often use Black Seed Oil as part of my own routine. If you're curious, here's [how I use it](#)— and this is the [brand I recommend](#).

You're not in this alone—I'm cheering you on every step. 🌸

Peace & blessings,

Teresa x