

RELEASE •
REPLENISH
RESET



Release • Replenish • Reset

A simple weekly ritual to
clear your mind,
restore your energy,
and step into the week ahead
with intention.

1. RELEASE

Let go of what no longer serves you from the past week.

- Pause and breathe deeply for 2–3 minutes.
- Write down any lingering stress, frustration, or unfinished thoughts.
- Acknowledge what was difficult without judgment.
- Physically release: stretch, shake out tension, or take a cleansing shower.

2. REPLENISH

Restore your energy by intentionally refilling your cup.

- Hydrate and nourish your body with a mindful meal or snack.
- Do one small thing that brings calm or joy (music, nature, rest).
- Name three things you are grateful for from the past week.
- Go to bed earlier or allow yourself a moment of true rest.

3. RESET

Gently align yourself with the week ahead.

- Choose one word or intention for the week.
- Identify your top 1–3 priorities (keep them realistic).
- Visualize yourself moving through the week with ease and clarity.
- Create one small ritual to begin your week intentionally.

***Remember: Resetting doesn't mean starting over — it means returning to yourself.**

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