

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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