

MY PERSONAL

LIFE
RESET

Blueprint

THE LITTLE DETAILS
I DID EVERY DAY
THAT LEAD TO
BIG CHANGE.



MY PERSONAL

♥

LIFE RESET

Blueprint

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WHY I MADE THIS

I didn't rebuild my life with one huge decision.
It happened in the ordinary things I started doing
differently every day.

How I started my mornings. What I ate. How I moved my
body. What I allowed into my life. What I stopped allowing.
The books I read. The time I spent with God. The promises
I started keeping to myself. Even going to bed at a decent
hour mattered.

None of those things seemed life-changing on their own.
But they added up.

That's what this blueprint is about.

I'm sharing the things that helped me get my life back
together, not because I think you need to live exactly
like I do, but because sometimes seeing what worked for
someone else helps you figure out what might work for you.

Take what helps you.
Leave what doesn't.

THEN START WITH ONE THING.

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MY MORNING RESET

My mornings used to be chaos. I was the queen of snooze. I'd hit it until I had no choice but to fly out of bed, rush around and start my day already stressed.

That was one of the first things I changed.

01 GET UP WHEN THE ALARM GOES OFF.

No snooze. It sucked at first, but eventually getting up became my first win of the day.

02 THANK GOD BEFORE I GET OUT OF BED.

"Thank you, God, for waking me up today. That was really nice of you." Then I pray.

03 NO SOCIAL MEDIA FIRST THING.

I don't hand my morning over to my phone.

04 NO NEWS.

I stopped watching it years ago unless there's something I truly need to know. I've never watched the news and thought, "Man, I feel super today."

05 COFFEE + READING.

I take the dogs out, make coffee and read for at least 20 minutes. Usually my Bible, a devotional or both.

06 PUT GOOD THINGS IN MY HEAD.

I listen to uplifting YouTube videos or podcasts while I'm getting ready, making food or doing things around the house.

07 MOVE MY BODY.

Getting back to regular morning workouts helped rebuild my confidence, self-trust and better food choices.

SOME OF MY FAVORITE PEOPLE TO LISTEN TO ON YOUTUBE

Joel Osteen | Steven Furtick | Jocko Willink | Max Lucado

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MY NUTRITION RESET

For the last four and a half years, meal prep has been one of the most consistent things I've done for myself. Before that, I'd leave for work without food, come home starving and eat whatever was easiest.

So I changed it.

01 MEAL PREP ONCE A WEEK.

I keep food ready so being starving doesn't make my decisions for me.

02 PRIORITIZE PROTEIN.

I aim for around 1 gram of protein per pound of body weight each day.

03 EAT FRUITS + VEGETABLES.

Nothing fancy. Just the basics most of us learned as kids.

04 EAT FOOD I ENJOY.

I still eat fun food. Most of what I eat simply helps me feel good.

05 DRINK WATER.

Simple, but it matters.

06 PAY ATTENTION TO ALCOHOL.

I chose to stop drinking. I'm not saying everyone needs to quit, but I do think you should ask yourself why you're drinking.

ASK YOURSELF

- Am I drinking because I genuinely enjoy it?
 - Or am I using it to numb, escape, relax, fit in or avoid something?
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A BOOK I HIGHLY RECOMMEND

If you feel you might struggle with alcohol, I highly recommend Euphoric by Karolina Rzadkowska.

KEEP IT SIMPLE

Plan your food. Eat your protein. Eat your fruits and vegetables. Drink your water. Enjoy some fun food. Pay attention to what you're using food or alcohol for.

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MY HEALING RESET

By the time you reach 50, you've lived some life. Heartbreak. Disappointment. Loss. Failure. Relationships that didn't work. Things you wish you had done differently. Things other people did that hurt you.

For a long time, I thought being strong meant pushing through it. So I distracted myself instead.

MY DISTRACTIONS

- Drinking
- Staying constantly busy
- Shopping
- Social media
- Binge-watching TV
- Anything that kept me from sitting with what actually hurt

I kept trying to outrun pain that needed my attention.

WHAT I DID DIFFERENTLY

- 01 I stopped running from it.**
I allowed myself to feel things instead of immediately trying to make the feelings go away.
- 02 I went to therapy.**
Therapy helped me tremendously. Sometimes you need someone outside your life to help you understand what you're carrying.
- 03 I started reading.**
I reached for books that helped me understand myself, my choices and how I wanted to live going forward.
- 04 I changed what I listened to.**
I listened to podcasts and people talking about personal growth, happiness, faith and changing your life.
- 05 I gave healing time.**
I stopped expecting myself to "get over it" because enough time had passed.

WHAT I LEARNED

You can stay incredibly busy and still be stuck. For me, healing started when I stopped trying to outrun what hurt and finally gave myself permission to deal with it.

BOOKS THAT HELPED ME

- Rising Strong — Brené Brown
- The Seat of the Soul — Gary Zukav
- Your Best Life Now — Joel Osteen
- Tame Your Thoughts — Max Lucado

ASK YOURSELF

What am I doing to distract myself from something I probably need to deal with?

What might change if I finally gave it some attention?

You don't have to deal with your entire past today.

Just stop pretending it isn't there.

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MY RELATIONSHIP RESET

After my second divorce, I did what seemed like the obvious thing. I got on the dating apps and started looking for my person. But eventually I had to look at myself too.

I always joke that after one divorce, you can point the finger at the other person. After two, you might want to look in the mirror a little.

I had things I needed to heal. If I didn't deal with them, I was going to keep carrying them into every new relationship.

WHAT CHANGED FOR ME

01 I stopped believing I needed a relationship.

Being single stopped feeling like something I needed to fix.

02 I stopped looking for validation from other people.

My worth couldn't depend on whether someone chose me, wanted me or stayed.

03 I got comfortable with my own company.

I honestly feel like God gave me a season of isolation for a reason. It gave me space to heal, focus on my career, build my business and figure out who I was without a relationship defining me.

04 I let friendships change too.

As I changed, stopped drinking and started building a different life, some friendships changed. Some ended completely. That hurt, but it also showed me which relationships still belonged in my life.

05 I stopped forcing people to stay.

Not everyone is meant to go everywhere with you.

WHERE I AM NOW

I love my life. If I meet someone wonderful, great. If I don't, I'm not putting my happiness on hold waiting for them. The same goes for friendships. I would rather have a smaller circle of people who genuinely love me than keep relationships simply because we have history.

YOUR PEOPLE RESET

Am I keeping someone in my life because the relationship is healthy, or because I'm afraid to let it change?

Am I looking to someone else to give me something I need to start giving myself?

Is there a relationship I keep forcing because I'm afraid of being alone?

You are allowed to love people and still outgrow the relationship.

You are also allowed to build a really beautiful life without waiting for someone else to complete it.

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MY SLEEP RESET

I used to sleep horribly. I went to bed at different times, slept in whenever I could and fell asleep on the couch. When I was drinking, I never felt truly rested. I'd wake up tired, grouchy and sometimes hungover.

Then menopause and hormone changes came along and sleep became even harder. That's when I finally started treating sleep like something that mattered.

WHAT I CHANGED

01 I keep a regular schedule.

I go to bed around the same time every night and get up around the same time every morning. Am I perfect about it? No. I'm human. But I'm pretty consistent.

02 I took the TV out of my bedroom.

I don't even have one in there anymore. My bedroom became a place to sleep instead of another place to stare at a screen.

03 I put my phone away.

About an hour before bed, I stop scrolling. You've heard this advice a million times. I had too. Turns out, it actually helps.

04 I created a nighttime routine I enjoy.

I do my skincare, brush my teeth, put on great pajamas and get into a clean, comfortable bed. Those little things tell my brain the day is over.

05 I made my bedroom feel peaceful.

I wash my sheets every week and use ZUM Frankincense & Myrrh laundry soap. It makes my sheets smell like pure heaven. I also use a constellation projector and peaceful music.

06 I read positive things before bed.

I like reading positive, uplifting things that I want rooted in my subconscious. I love the idea that what I put into my mind before sleep can keep doing some work on me while I'm resting.

A LITTLE REALITY CHECK

I know some of this is easier for me because I live alone and can set up my evenings exactly how I want. If you live with someone else, it may take a little more effort or compromise. But where there's a will, there's a way. Find a version of a nighttime routine that works in your home.

WHAT I LEARNED

None of this is complicated, and you've probably heard most of it before. But knowing what helps and actually doing it consistently are two different things. Changing the way I end my day made a huge difference in how I sleep and how I feel the next morning.

MY NIGHTTIME CHECKLIST

- | | |
|---|---|
| ☐ Go to bed around the same time | ☐ Read something positive |
| ☐ Put the phone away | ☐ Peaceful music |
| ☐ No TV in the bedroom | ☐ Clean sheets |
| ☐ Skincare + brush teeth | ☐ Make the bedroom feel calm |
| ☐ Comfortable pajamas | |

YOUR SLEEP RESET

What is one thing you're doing at night that you already know isn't helping your sleep?

What could you change tonight?

You spend about a third of your life sleeping.

Make your bedroom somewhere you actually want to rest.

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ONE LAST THING

None of the things in this guide changed my life overnight. Most of them are actually pretty simple.

But I started doing them over and over. I got up when my alarm went off. I paid attention to what I was putting into my body and my mind. I stopped running from things I needed to heal. I became more careful about who had access to me. I started protecting my sleep.

And little by little, my life started to look different.

That's really what this blueprint is. It's not a perfect routine for you to copy. It's a look at the small things I changed when I decided I didn't want to keep living the way I had been living.

YOUR RESET DOESN'T HAVE TO START BIG.

- Pick one thing.
 - Do it today.
 - Do it again tomorrow.
 - Let the small wins start stacking up.
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You don't need a completely different life by next Monday. You just need to start making choices that match the life you actually want.

There will be days you get off track. There will be seasons that are harder than others. Start again anyway. That has been one of the biggest lessons of my life.

You are never too old. You are never too late.

You are still becoming.

Now go live it.