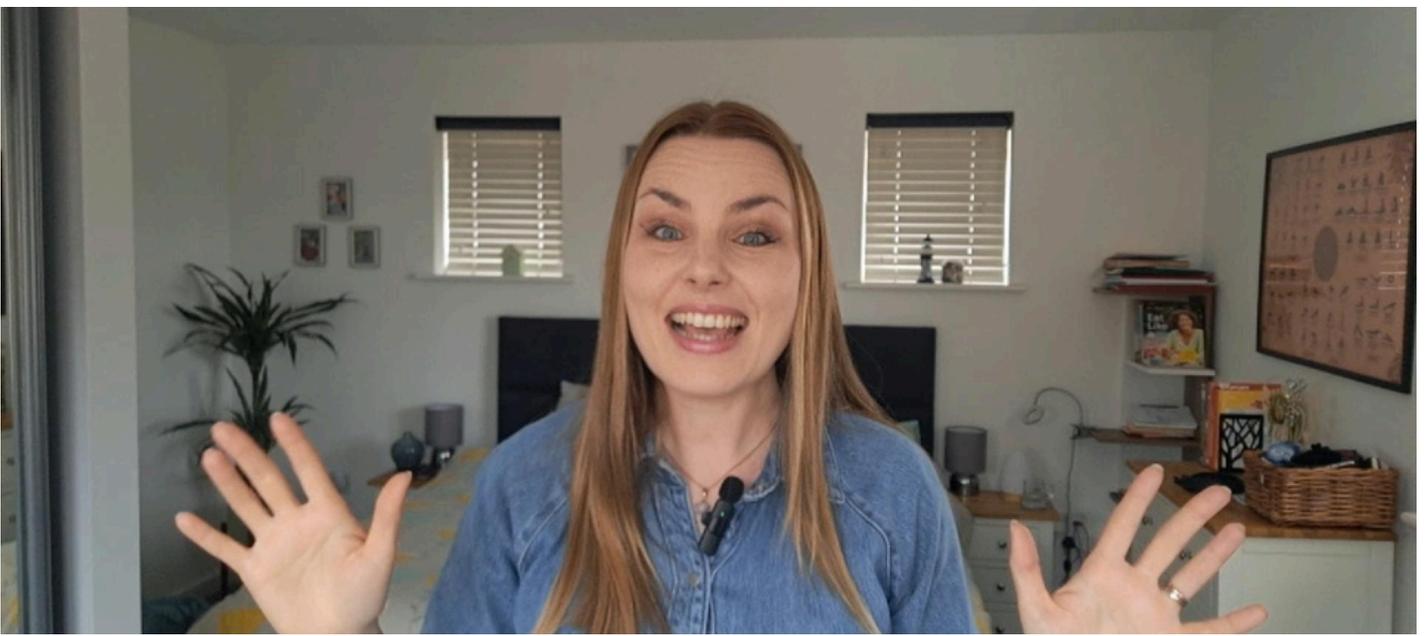


# 10 Days to Reset Your Spark

*A MINI-COURSE TO REIGNITE  
YOUR ENERGY, CONFIDENCE  
& INNER COMPASS*

BY MISHA PALMER



# Introduction

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Hi, I'm Misha - your Midlife Reset Guide and Coach.

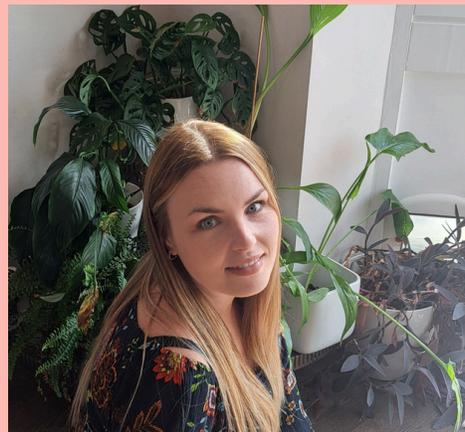
I help women who feel like they've lost their spark... reconnect with it.

I work with women in midlife who are ready to reset their habits, energy, and mindset - so they can feel amazing in their bodies, rediscover their purpose, and create a life that truly lights them up.

And I get it - because I've been there too.

“ *Is this really it?* ”

# About Me



A few years ago, I reached a point where, even though I was deeply grateful for my family and everything I had worked so hard to build... something still felt off.

I felt flat, disconnected, and stuck in survival mode - like I was going through the motions of a life that didn't feel aligned anymore.

I kept wondering, "Is this it?"

That quiet question was the beginning of everything.

Since then, I've made small but powerful shifts - in how I eat, how I think, how I move through the day, and how I honor what really matters to me.

This guide was created to help you start that same journey - one honest step at a time.



*Misha Palmer*

# How to Get the Most From This Minicourse



To get the full benefit of your reset journey, here's how to get the most out of this guide and mini-course:

1. Start each day with the short video.

It sets the tone, brings insight, and helps you drop into the day's theme with intention.

2. Then move into the daily exercises in your guidebook.

Take your time. Be honest with yourself. These reflections are where real clarity and change begin.

3. Keep the momentum going.

Aim to complete it within 10 days (or as close as you can). The structure is designed to build day by day, creating powerful shifts as you go.

However, if life gets busy and you miss a day, no pressure. Pick back up when you can. Progress over perfection.

This is your space to come back to you - your energy, your purpose, your spark.

You're doing beautifully. Let's begin.

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Create the best chapter yet



# 01 Day 1: The Wake-Up

Start your Day 1 with this video:

[WATCH NOW](#)

You Did Everything "Right" - So Why Doesn't It Feel Right?"

Maybe you built the life you were told would make you happy.

You studied hard. Chose a "sensible" career. Got the job. Got married.

Raised the kids. Bought the house. Held it all together. You were responsible, capable, successful - maybe even admired.

You ticked all the boxes that society, family, and the world laid out for you.

But now, somewhere deep inside, there's a quiet whisper...

"Is this it?"



And that question can feel scary - because from the outside, your life looks fine.

You're supposed to feel grateful.

You're not supposed to want more.

But here's the truth no one talks about enough:  
You can be grateful for what you have and still desire something different.

You can love your family and still feel lost in yourself.

You can appear "fine" and still be completely disconnected inside.

Maybe you never asked yourself, "What do I really want?" - not just what your parents wanted, or what society said was acceptable, or what your friends were doing.

Maybe you played the part so well that now... you don't even remember who you were before you started performing.



This is where the Spark Reset begins.

Not with fixing. Not with guilt.

**But with awareness.**

Awareness that you're not broken - just out of alignment.

And now, you're here.

Ready to pause. Reflect. Reset.

You're not here because you've failed.

You're here because you're ready - to come back to yourself, to make your next chapter one that's written by you.

So today, I invite you to listen to that quiet voice - the one that's been patiently waiting.

Let her speak. Let her be heard.

This is your wake-up.

And it's the beginning of everything.



# Day 1 Actions: The Wake-Up

## Objective:

To gently uncover what feels out of alignment in your life right now - without guilt or pressure to “fix” it today. This is simply about noticing, feeling, and allowing the truth to rise.

## 1 Journal Honestly (10–15 mins)

Use these prompts to reflect deeply. Let your pen flow. No censoring. No judging.

- “What parts of my life feel like they don’t truly fit anymore?”
- “Where am I living out someone else’s version of success or happiness?”
- “What am I craving more of - emotionally, physically, spiritually?”
- “Where have I been silencing my own voice?”

 Tip: Write like no one is watching. Because they aren’t.

## 2 Name the Feeling

In one word or sentence, describe how you currently feel in this phase of life.

Examples: *Stuck. Drained. Numb. Lost. Invisible. Ready. Curious.*  
This word becomes your emotional *starting point* for the reset.

## Day 1 Actions: The Wake-Up

3

### Create a “Reset Ritual” Moment

Light a candle. Play calming music. Take a slow walk. Have a cup of tea outside.

Create one intentional pause today that says:

“I’m ready to come back to myself.”

Let this moment anchor the beginning of your 10-day reset.

4

### Say It Out Loud

Stand in front of a mirror or simply close your eyes and say:

“I give myself permission to want more.

I am allowed to grow.

I am ready to come home to myself.”

 This is just the beginning - a gentle but powerful wake-up call to your own truth.

You don’t need to have it all figured out - just keep showing up, one honest step at a time.

# 02

## Day 2: Clarity Check-In



*“What Do You Really Want - and Why?”*

*Yesterday, you woke up to the feeling that something's off. That this chapter of your life-though full on paper - feels misaligned inside.*

*Today, it's time to get clear.*

*This is your Clarity Check-In.*

**Start your Day 2 with this video:**

[WATCH NOW](#)

## 🔥 Day 2 Actions: Clarity Check-In

### What You No Longer Want (and Why)

You've probably spent years meeting expectations - family, career, culture, even the version of yourself from 10 years ago.

But the woman you are now?

She's evolving. And it's time to listen to her.

Let's start by looking at what you're done with:

The habits. The roles. The stories. The ways of living that no longer feel like you.

📝 Journal prompts:

- "What am I tolerating that drains me?" (and why?)
- "What doesn't fit anymore - even if it once did?" (and why?)
- "What patterns or people make me feel small, resentful, or stuck?" (and why?)
- "Why do I no longer want these in my life?"



“

*Be bold. You're allowed to change your mind.*

## 🔥 Day 2 Actions: Clarity Check-In

### 🌱 What You Do Want (and Why)

This part might feel scary - especially if your desires have been buried under obligation or guilt.

But truth: Wanting more is not selfish.

It's self-honoring.

So ask yourself:

- “What do I crave at this stage in my life?” (and why?)
- “What would feel true to me - not just impressive to others?” (and why?)
- “If I didn't care what anyone thought, what would I go after?” (and why?)
- “What would make me feel free, fulfilled, alive?” (and why?)



“*Let this be raw. Let it be messy. Let it be yours.*”

## 🔥 Day 2 Actions: Clarity Check-In

### 🔄 The Spark Shift: The “Yes / No” List

Grab a piece of paper and draw a line down the middle.

- On the left, write: “I’m Done With...”
- List what you're ready to leave behind - even if it's uncomfortable.
- On the right, write: “I Want More Of...”
- Note what you're calling in - joy, simplicity, confidence, adventure, rest, purpose, intimacy, etc.

Pin it somewhere you'll see it.

This is your compass. Your quiet rebellion. Your reset.





# 03

## Day 3: Values Reset

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“

*“Who Are You Now?”*

*Clarify your core values - not the ones you were taught, but the ones that feel right in this chapter.*

*This becomes your new decision compass.*

Start your Day 3 with this video:

[WATCH NOW](#)

## ✦ Why Values Matter

Your values are the invisible drivers behind your decisions, energy, relationships, and confidence.

When you're aligned with them, things flow.

You feel clear, connected, and purposeful.

But when you're out of sync with your values, life feels off - even if everything "looks good" on the outside.

That's why today is all about reconnecting with your core values - not the ones you were told to have. The ones that truly light you up.



### 🧭 Step 1: What Are Values, Really?

- ✓ Values are **not goals**.
- ✓ They're the **principles or feelings** that matter most to you - things like freedom, connection, integrity, creativity, growth, peace, adventure, or health.
- ✓ You don't achieve values - you live them.
- ✓ When you're in alignment with your values, even hard seasons feel meaningful.
- ✓ When you're not, you feel frustrated, stuck, or numb - even when things look "successful."



## Step 2: Reflect First

Before you choose from the list below, take a moment to reflect:

- Think of a time in your life when you felt truly alive, fulfilled, or “on track.”

→ What was happening?

→ What mattered most to you at that time?

- Now think of a time when you felt drained, resentful, or misaligned.

→ What was missing?

→ Which value might have been ignored?

This reflection will help you see which values have been active or missing in your life - and where the shift needs to happen.



## Step 3: Choose & Rank Your Values

From the list below, circle or highlight the values that **feel like you**. Not the ones that sound nice. The ones that make you feel: “Yes. That’s me.”

*Tip: Go with your gut. Don't overthink.*



## Values List (examples on the next page)

*(Feel free to expand or edit to suit your voice/style)*



## ★ Values List Examples

- Health / Vitality
- Peace / Calm
- Family
- Freedom
- Adventure
- Connection
- Creativity
- Learning / Growth
- Integrity
- Fun
- Purpose
- Spirituality

- Joy
- Authenticity
- Security
- Simplicity
- Abundance
- Confidence
- Contribution / Service
- Respect
- Beauty
- Trust
- Courage
- Self-expression
- Nature
- Wisdom

## Step 4: Narrow It Down

Now choose your **Top 5 Core Values** — the ones you want to **live by** in this next chapter.

Write them down in order of priority:

- 1.
- 2.
- 3.
- 4.

## Step 5: Understand Your “Why”

For each of your top 5 values, answer this:

**Why is this value important to me?**

How does it show up when I’m at my best?

Example format:

1. **Value:** Freedom
2. **Why:** Because I feel alive when I can choose how I spend my time and energy. I lose motivation when I feel boxed in or micromanaged.
3. **Value:** Connection
4. **Why:** Because deep relationships nourish me. When I isolate or get “too busy,” I feel drained and anxious.

(Repeat for all 5)

### Journal Prompt

“Where in my life am I living these values - and where am I not?”

This reflection is powerful. It helps you see the gaps between your *intentions* and your *reality* - and that’s exactly where change begins.

### Bonus Challenge (Optional)

Look at your top 5 values and ask yourself:

- “What’s one small daily action I could take to honor this value?”
- “What’s something I need to *let go of* to better live this value?”

# 04

## Day 4: The Inner Blocks



*“What's Holding You Back?”*

*“The Beliefs Blocking Your Spark”*

You've clarified your values - but something keeps getting in the way. Let's name it.

 Goal:

Uncover the hidden thoughts and beliefs that keep you stuck, small, or off-track - and begin rewriting them into more empowering ones.

**Start your Day 4 with this video:**

[START NOW](#)

## 🔥 Day 4 Actions: The Inner Blocks Spot + Shift Your Limiting Beliefs

### 1 Choose a Value That Feels Challenging to Live Right Now

Pick one of your **Top 5 values** - especially one that feels hard to honor in your current life.

Example: *Freedom, Creativity, Health, Joy*

### 2 Ask: “Why am I not living this fully?”

Write freely. What fears, doubts, or beliefs come up?

Use prompts like:

- “If I fully lived this value, I’m afraid that...”
- “A voice in my head says...”
- “Growing up, I learned that...”

Example:

Value: Health

Limiting belief: “If I take time to rest or focus on my wellness, I’m being lazy.”

Belief origin: I was raised in an environment where productivity was praised, and taking breaks or being unwell was seen as a weakness.



## Day 4 Actions: The Inner Blocks Spot + Shift Your Limiting Beliefs

### 3 Reframe It

Ask yourself:

- Is this absolutely true?
- Is it mine, or was it passed down?
- What would I rather believe?

Then, write a **new, empowering belief** that supports your value.

Example:

Old belief: “I can’t make money doing what I love.”

New belief: “My skills and passion can create value and income - I just need a new strategy.”

### 4 Anchor It with Action

What’s one **small action** I could take to start living this value more — even in a tiny way?

Example:

Value = Creativity

New belief = “Creative work is worth prioritizing.”

Small action = I’ll block 30 minutes on Sunday to start a passion project I’ve been ignoring.

# Day 4 Actions: The Inner Blocks

## Spot + Shift Your Limiting Beliefs

### + Keep Going: Dig Deeper

Now that you've walked through the process for one value and one limiting belief, **don't stop there.**

Do this exercise again for:

- Another **Top 5 value** that feels hard to live out
- Any area in your life where you feel **stuck, frustrated, or resigned**

Think about:

- Work/career
- Body and health
- Relationships
- Time and freedom
- Creativity or self-expression

You can repeat the **Spot + Shift** exercise as many times as you need.

### Journal Prompt (optional)

- What beliefs do I hold that might be keeping me from my spark?
- Where did they come from - and do I still choose them?
- Who would I be without that belief?

# 05

## Day 5: Body Reset

Start your Day 5 with this video:

[WATCH NOW](#)

“Fuel, Flow & Feeling Good Again”

Your body is not the enemy.

It’s your ally, your compass, and your home.

Let’s start treating it that way.

 Theme of the Day: Partner With Your Body

In midlife, what used to “work” often stops working. Your hormones shift. Your metabolism slows. Your nervous system may be stuck in overdrive. You may feel inflamed, foggy, tired, or frustrated.

That’s not failure. It’s feedback.



If you don't feel good in your body - if you're constantly drained, uncomfortable, or disconnected - everything else becomes harder: making healthy choices, staying active, managing stress, or showing up fully in life.

Today is about moving away from punishment and perfection, and toward partnership.

It's about fueling, supporting, and listening to your body - not fighting against her.

This is your invitation to start treating your body not as a problem to fix, but as a friend to support.



# Day 5 Actions: Body Reset

## 👉 I. Your Current Relationship with Your Body

Ask:

- How do I feel about my body right now?
- What are my energy levels like?
- What's one thing I appreciate about my body?
- What's one thing I've been fighting or criticizing?

✅ Write it all down. Be honest. Release any shame. This is a reset, not a judgment.



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*Let this be raw. Let it be messy. Let it be yours.*

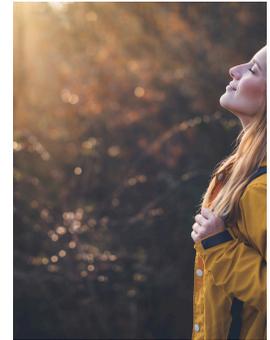
## 2. Lifestyle Check

### Sleep: Your Secret Weapon

Quality sleep is essential for hormone regulation, metabolism, recovery, mood, and energy. Poor sleep increases cravings, disrupts blood sugar, and hampers recovery.

Tips to Improve Sleep:

- Stick to a regular schedule
- Limit caffeine, alcohol, and screens
- Create a calming bedtime routine
- Keep your bedroom cool, dark, and quiet
- Get sunlight exposure during the day



### Stress: The Hidden Weight Loss Blocker

Chronic stress elevates cortisol, increases belly fat, disrupts hormones, impairs digestion, and affects sleep and aging.

Stress-Relief Tools:

- Breathwork and meditation
- Journaling and gratitude
- Gentle movement (e.g., yoga, walking)
- Nature time and digital detox



## Movement: Move Smarter, Not Harder

Midlife fitness focuses on strength, mobility, and low-impact cardio- not overtraining.

Best Types of Exercise:

- Walking for heart and hormone health
- Strength training for metabolism and bones
- Yoga and stretching for mobility
- Low-impact cardio (e.g., swimming, cycling)



**Movement Tips:**

- 7,000–10,000 steps/day
- 2–3 strength sessions/week
- Listen to your body and rest as needed
- Sync exercise with your **circadian rhythm**: move midday, relax in the evening



## Your Action Step: One Habit at a Time

Pick one area - sleep, stress, or movement- and start small.

Consistent, sustainable habits build lasting midlife wellness.

💡 Which habit will you focus on first? Write it down and commit!

Let's build energy, strength, and balance - step by step.

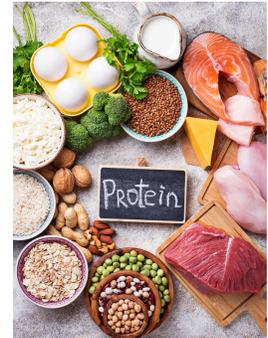


### 3. Nutrition Check

#### 🚫 Ultra-Processed Foods: Why to Avoid Them

Modern foods are often addictive and nutrient-poor. Watch for:

- Long ingredient lists (5+ items)
- Buzzwords like “low-fat,” “natural,” or “no sugar added”
- Hidden additives and artificial sweeteners
- Stick to foods with recognizable ingredients.



#### 💪 Protein: Your Metabolic Ally

Midlife muscle loss slows metabolism. Protein helps preserve muscle and keeps you full.

- Aim for ~30g per meal
- Sources: Grass-fed meats, wild fish, eggs, tofu, legumes, yogurt
- Tip: More protein = better appetite control and fat loss.



#### 🍞 Carbs: Choose Quality Over Quantity

Not all carbs are equal.

- Avoid: White bread, sugary snacks, soda
- Choose: Quinoa, oats, sweet potatoes, legumes, veggies
- Low-GI carbs = stable blood sugar + better energy
- Skip artificial sweeteners and limit alcohol - they act like sugar and disrupt metabolism.



## **Fats: Fuel for Hormones & Energy**

Healthy fats support brain, heart, and hormone function.

- Best fats: Olive oil, avocado, fatty fish, nuts, ghee, egg yolks
- Avoid: Seed oils (canola, soybean), trans fats, margarine
- Pair fats with protein for better nutrient absorption and fullness.



## **Gut Health: Your Health Starts Here**

Your gut affects digestion, mood, metabolism, and immunity.

Support it with:

- Probiotics (yogurt, kefir, sauerkraut)
- Prebiotics (garlic, onions, asparagus, oats)
- 30g fiber/day from varied, colorful plants
- Limit sugar, processed foods, and stress.



## **Fasting: Reset & Rejuvenate**

Fasting activates autophagy - your body's cell-cleaning system.

Benefits: Improves insulin sensitivity, burns fat, reduces inflammation

Methods:

- Start with 12:12 (12-hour overnight fast)
- Work up to 16:8 or try 5:2
- Break fasts with protein + healthy fats to avoid blood sugar crashes.
- Support fasting with hydration, light exercise, and detox tools like saunas or skin brushing.



## 🧩 The Bottom Line:

Midlife nutrition is about eating smarter, not less.

Prioritize:

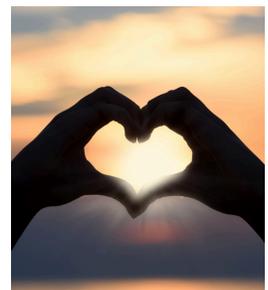
- Whole foods
- Protein with every meal
- Healthy fats
- Fiber-rich, slow carbs
- A thriving gut
- Intermittent fasting to support detox & longevity



Your body changes—your food should too.

## 💡 Reflection Prompt:

“If I treated my body like someone I loved... what would I start doing differently?”



# 06

## Day 6: Mindset Reset



*Understanding Your Subconscious Mind: The Real Driver of Your Life*

*Ever feel like your conscious mind is in control of everything?*

*Think again.*

*The truth is, your **subconscious mind** is the real driver of the bus - you're just the passenger.*

Start your Day 6 with this video:

[WATCH NOW](#)

## Day 6: Your Subconscious Mind: The Real Driver of Your Life

Imagine your subconscious as the bus driver deciding which direction to go. Sometimes, it's headed straight for Cheesecakeville.

The conscious mind just follows along, thinking, *Well, I guess we're doing this.*

But what if you could tap the bus driver on the shoulder and say, *Hey, how about we take a different route today- one that doesn't involve cheesecake?* That's what becoming aware of your thoughts and rewiring your subconscious mind is all about.

### **Thought → Feeling → Action: The Chain Reaction**

Every action begins with a thought. One moment you're fine, and the next, a thought sneaks in - *I need something sweet.* Suddenly, you feel the craving, and before you know it, you're elbow-deep in a bag of cookies.

Your **feelings are powerful indicators** of what's going on in your subconscious. If you're feeling frustrated, anxious, or down, chances are your mental programming is off track.

Here's the key:

- **Thoughts create feelings.**
- **Feelings lead to actions.**
- When you learn to pause and widen the gap between **stimulus and response**, you regain control over your choices.

# Day 6: Your Subconscious Mind: The Real Driver of Your Life

## How to Change Your Relationship with Thoughts

You can't stop thoughts from popping up - your mind is a thought-producing machine. But you can change how you relate to them. Acknowledge that **a thought is just a thought**, not a command you need to act on.

For example:

- Thought: *"I need chocolate. Right. Now."*
- Reality: It's just a thought, not an emergency.

With practice, you'll notice that thoughts lose their power. You'll create space between the thought and the action—and in that space, you have **choice**.

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# Day 6 Actions: Your Subconscious Mind: The Real Driver of Your Life

## Practical Exercise: Creating Space Between Thoughts

This exercise will help you observe your thoughts without judgment and create space for more conscious choices.

### Step 1: Observe the Thought Storm

1. Set a timer for **1 minute**.
2. Close your eyes and allow your thoughts to come in freely - like cars speeding down a motorway. Notice how quickly they arrive. Just watch them.
3. When the timer goes off, open your eyes.

*Takeaway:* Notice how thoughts just keep coming, one after another. That's normal!

### Step 2: Acknowledge and Label the Thoughts

1. Set the timer for **1 minute** again.
2. This time, **acknowledge each thought** as it comes. Say silently, "Oh, *that's a thought about [milk/work/dinner plans].*"
3. When the timer ends, open your eyes.

### Step 3: Let Them Go

1. Set the timer again.
2. As thoughts pop up, **label them and gently let them pass**, like clouds drifting across the sky.
3. Remind yourself: *It's just a thought. It doesn't define me or require action.*

## Day 6 Actions: Your Subconscious Mind: The Real Driver of Your Life

As you practice, you'll start noticing **gaps between your thoughts**. These gaps create space for conscious choice - where you can decide, Do I act on this, or just let it go?

### **Building Self-Awareness: Turning Thoughts into Insights**

Over time, you'll become familiar with the patterns of your thinking. You'll recognize, Ah, this is the feeling I get when I'm trying something new, or This is the feeling I get when I'm craving sugar.

Use these feelings as your **internal compass**. The better you get at observing them, the more power you'll have to make conscious choices and steer your bus in the right direction.

### **Key Takeaways for Rewiring Your Subconscious Mind**

- **Thoughts are not commands.** You can acknowledge them without acting on them.
- **Use feelings as a barometer.** If you're feeling stuck or overwhelmed, it's likely your thinking is off track.
- **Stimulus → Feeling → Action.** Your power lies in widening the gap between stimulus and response.
- **Practice observation.** The more you observe your thoughts without judgment, the more self-aware you become.

### **Final Thought: The Power of Choice**

The goal isn't to silence your thoughts but to **change your relationship with them**. The more space you create between thought and action, the more you'll realize - you're the one in charge of the bus, not the other way around.

Now, grab the wheel and choose the path that aligns with who you truly want to be. Cheesecake detour? Optional.

# 07

## Day 7: Self-Image Reset



### “Who Are You Becoming?”

How do you see yourself now - and who do you want to become?

This is about identity evolution, not reinvention.

Start your Day 7 with this video:

[WATCH NOW](#)

How you see yourself - the **identity you carry** - shapes every choice you make.

It's not just about willpower or discipline. It's about aligning your actions with who you *believe* you are.

And here's the tricky part:

You might still be operating from an old version of yourself - one shaped by survival, caregiving, overachieving, or putting yourself last.

But that's not who you *have* to be going forward.

This worksheet will guide you in **shifting your identity** to align with the person you want to become - one who naturally makes choices that support their goals.

# Day 7 Actions: Self-Image Reset

## Creating a New Self-Image

### Step 1: Define Your Current Identity

Be honest- how do you see yourself right now when it comes to your health, habits, and mindset?

- ◆ *I am someone who...* (struggles to stay consistent, gives up easily, stress-eats, lacks motivation, etc.)
- ◆ What beliefs have been holding you back? (e.g., "I have no willpower," "Midlife weight gain is inevitable," "I always fail at diets," "I can't change," etc.)



“*Let this be raw. Let it be messy. Let it be yours.*”

# Day 7 Actions: Self-Image Reset

## Creating a New Self-Image

### Step 2: Define Your Future Identity

Now, let's shift your focus to who you want to become. What kind of person naturally makes healthy choices, feels confident, and is in control of their habits?

- ◆ *I am someone who... (prioritizes my health, eats nourishing foods, moves my body, practices self-care, stays consistent, believes in myself, etc.)*
- ◆ *What beliefs would that version of you hold? (e.g., "I am in control of my choices," "I trust myself to follow through," "I love taking care of my body," "My energy increases when I nourish myself well," etc.)*



# Day 7 Actions: Self-Image Reset

## Creating a New Self-Image

### Step 3: Bridge the Gap – Taking Action

Your new identity isn't about being perfect - it's about consistently showing up as that person in small ways, every day.

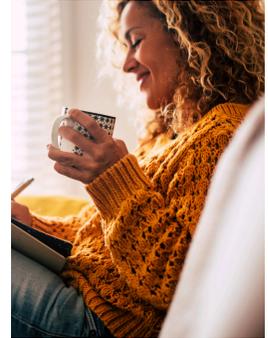
◆ What's ONE small action you can take today that aligns with your new identity?

(e.g., choosing a protein-rich breakfast, drinking more water, setting a bedtime routine, practicing gratitude, avoiding mindless snacking, etc.)

◆ When faced with a decision, ask yourself:  
"What would the healthiest, happiest version of me do in this moment?"

◆ What habits can you start building to reinforce this new self-image?

◆ How will you remind yourself daily of this shift? (e.g., affirmations, journaling, sticky notes, phone reminders, vision board, etc.)



# Day 7 Actions: Self-Image Reset

## Creating a New Self-Image

### Step 4: Commit to Your New Self-Image

💡 Your identity is built through repeated actions. The more you act like the person you want to become, the more you'll naturally adopt that identity.

Take a moment to write a statement that declares your new self-image:

✨ "I am someone who..."

✨ "I choose to believe..."

### Final Thought:

You don't need to be "perfect" to make progress. Just keep showing up **as the version of you that you want to be**—one decision at a time.

**Are you ready to step into this new identity? Let's do this!**





# 08

## Day 8: Future You Vision

“

*“Your Best Chapter Yet”*

*Start your Day 8 with this video:*

[WATCH NOW](#)

*Design a vision that pulls you forward.*

*How do you live, feel, move, love, speak, and lead in this next  
version of you?*

## ✦ Day 8: Future You Vision — "Your Best Chapter Yet"

If Day 7 was about choosing a new identity, Day 8 is about *living* it.

When you think about your most aligned, energized, confident self - what does her *life* actually look like?

Not just what she eats or weighs or does at the gym...

But:

- How does she start her morning?

- What does her energy feel like?
- How does she move through challenges?
- What's her relationship with food, movement, and rest?
- Who is she becoming — not in theory, but in practice?

### The Goal:

To create a vivid, emotional, and sensory **vision of your ideal day** —  
one that reflects the *life you're building*, not the one you're escaping.  
Because the clearer the vision, the easier the action.



## 🔥 Day 8 Actions: Future You Vision

Grab your journal or workbook, and **write a description of your ideal day** from the perspective of Future You - the version of you who's thriving, energized, confident, and aligned.

### ◆ Prompt 1: Morning Ritual

- What time do you wake up?
- How do you feel when you get out of bed?
- What's the first thing you do for yourself?

### ◆ Prompt 2: Daily Flow

- What kind of work or activities fill your day?
- How do you move your body?
- What kind of food do you eat? How do you feel about food?
- How do you handle stress or unexpected situations?

### ◆ Prompt 3: Evening & Wind Down

- What does your evening look like?
- What rituals help you feel calm, connected, or proud of the day?
- How do you reflect or celebrate yourself?

### ◆ Prompt 4: Emotions & Energy

- How do you feel throughout this day? (Strong, calm, grateful, playful?)
- What beliefs are guiding your choices?
- What's different about how you talk to yourself now?



## 💬 Optional Add-On:

### Voice note or vision board:

After writing your Ideal Day, record yourself reading it out loud - or create a mini vision board that captures the feeling of that future life. Use it as a reminder when you feel off-track.

## 🧠 Final Thought:

Your “ideal day” isn't about perfection.

It's about **alignment** - living in a way that reflects what actually matters to you now.

You're not chasing the old version of “success.”  
You're creating something deeper, wiser, and more you.  
Ready to meet her?



# 09

## Day 9: The Confidence Code



*Start your Day 9 with this video:*

[WATCH NOW](#)

*“Show Up, Speak Up, Light Up”*

*Practice visibility, boundaries, and self-trust.*

*Choose 1 brave action today that aligns with your future self.*

By now, you've done some incredible work:

- You've uncovered your values that guide you.
- You've designed your ideal day - what feels right and energizing.
- You've shifted your self-identity toward the person you want to become.

All of these pieces create a powerful foundation. And now, it's time to step into that confidence and bring your true self forward.

Confidence isn't about perfection or never feeling afraid. It's about taking action that aligns with your values and vision, even if it feels uncomfortable at first.

So today, you're going to practice showing up, speaking up, and lighting up - in ways that feel authentic and manageable for you.

Let's do this!



## Day 9 Actions: The Confidence Code

### ✓ 1. Revisit Your Core:

- Review your **values** list. What matters most to you?
- Think about your **ideal day** - what actions align with that vision?
- Reflect on your **new self-identity** - who are you becoming?

### ✓ 2. Pick One Area to Shine:

Where do you want to step up your confidence? Examples:

- Sharing your opinion
- Setting a boundary
- Saying no without guilt
- Prioritizing your needs

### ✓ 3. Plan Your Confident Action:

Write down ONE small, clear action you can take today that reflects your values and identity.

Example: "I will speak up in a conversation about what I need."

Example: "I will say no to extra work that overwhelms me."

### ✓ 4. Take the Action:

Do it! Remember, this is practice - there's no need for perfection.

### ✓ 5. Reflect and Celebrate:

After, ask yourself:

- How did it feel to show up this way?
- What did you learn about yourself?
- How can you build on this confidence tomorrow?

**Remember:** Confidence is built one small step at a time. You already have everything you need inside. Now it's time to shine your light. You've got this!

# 10

## Day 10: Your Spark Plan

Start your Day 10 with this video:

[WATCH NOW](#)

“From Reset to Real Life”

You’ve done the work- now it’s time to *live it*.

Over the past 9 days, you’ve reflected on your energy, mindset, body, subconscious patterns, identity, confidence, and vision.

You’ve unlearned, reimagined, and started to reconnect with the woman you’re becoming.

Today is about integration. Not perfection.

It’s about creating a grounded, flexible plan that helps you stay aligned - when life gets busy, messy, or just *lifel*y.

This is your Spark and Inner Compass Plan: a simple, powerful 30-day map to carry this reset forward.



## ◆ Step 1: Reflect & Anchor

Before you move forward, pause and ask:

- What felt most powerful or surprising during the past 9 days?
- What's one insight you want to carry with you?
- Who are you becoming- and how does she move through the world?

Write it down. Let this clarity guide your next chapter.

## ◆ Step 2: Choose Your Top 3 Daily Habits

These should be small, doable actions that align with your energy, values, and new identity.

✦ Examples:

- Morning walk before screen time
- Protein-rich breakfast
- 5-minute body check-in or stretch
- Evening wind-down with no phone
- One glass of water before coffee

→ Write your 3 chosen daily habits here:

- 1.
- 2.
- 3.

Tip: These don't need to be perfect. They're anchors - something to return to, not stress about.



### ◆ Step 3: Choose One Core Mindset Shift

Think of this as your “inner script” to return to when you feel off-track.

✦ Examples:

- “I don’t need to earn rest.”
- “Progress over perfection.”
- “I treat myself with respect, not restriction.”
- “Small steps every day create real change.”
- “My needs matter.”

→ Write your chosen belief here:

🧠 I choose to believe: \_\_\_\_\_

### ◆ Step 4: Choose One Joy Anchor

Choose something small that reminds you who you are, brings pleasure, or reconnects you to yourself.

✦ Examples:

- Music that lifts you up
- Morning dance break
- A 5-minute creativity ritual
- A walk in nature
- Fresh flowers
- A weekly solo coffee or journal time

→ My Joy Anchor: \_\_\_\_\_



## ◆ Step 5: Map Your 30-Day Path

Sketch out a light 4-week plan. Keep it flexible - progress, not perfection!

### **Week 1: Start Strong**

Focus: Ease into your 3 daily habits

Habit Check-ins:

Notes/Reflections:

### **Week 2: Tune In**

Focus: Notice resistance or old patterns

Habit Check-ins:

Notes/Reflections:

### **Week 3: Recommit**

Focus: Adjust, refresh, or swap habits

Habit Check-ins:

Notes/Reflections:

### **Week 4: Celebrate & Expand**

Focus: What's working? What do you want more of?

Habit Check-ins:

Notes/Reflections:



### ◆ Final Reflection:

- What will help you stay connected to this version of you?
- How will you show yourself grace when you get off track?
- Who can support you or hold space for your journey?

✦ I am someone who... \_\_\_\_\_

✦ This next chapter gets to feel... \_\_\_\_\_

### 🕒 Final Thought:

Your Spark and Inner Compass isn't something outside of you- it's already within.

This plan is not about becoming a "new you."

It's about **coming home to the truest you** - with clarity, joy, and alignment.

Keep going. You've already begun. 🧡



# Create the best chapter yet - What's next step for you?

I hope this guide has been eye-opening and empowering - helping you reconnect with yourself, reflect honestly, and begin planning for a future that supports your health, energy, and purpose.

This is just the beginning.

If you're feeling inspired but know you'd benefit from more personalized support...

👉 Let's Chat: Book a Free Discovery Call

We'll explore where you are right now, what's feeling stuck, and whether my coaching is the right next step for you.

No pressure - just a supportive space to talk through your goals and needs.

Click here to book your free call: [BOOK A DISCOVERY CALL](#)

*Ready to feel amazing in your body, boost your energy, and reconnect with your purpose? My 90-Day Midlife Reset offers personalized coaching, 1:1 support, and a tailored plan to help you create a midlife you truly love.*

Check out the program here: [90- DAY MIDLIFE RESET](#)

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