

# The Triple C Reset

A 5-Day Guided Reset Experience for Overwhelmed Women

*Reset Your Mind. Rebuild Your Life.*

Created by Total Embodiment Coaching

For women navigating overwhelm, reinvention, healing, growth, and intentional transformation.

# Welcome, Beautiful.

This reset was created for the woman who has been carrying a lot emotionally, mentally, professionally, and personally. The woman trying to hold everything together while also trying to rediscover herself somewhere in the middle of it all.

Over the next five days, we are not focusing on perfection. We are focusing on clarity, grounding, structure, reflection, and rebuilding intentionally.

*Take your time. Pause when needed. Reflect honestly. And remember...you are not behind. You are rebuilding.*

# DAY 1 — CLEARING

## Your Nervous System Needs a Minute

We're clearing mental clutter, emotional overwhelm, and the noise that has been running in the background for far too long.

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**What has been taking up the most emotional space in your life lately?**

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**What thoughts or responsibilities have been overwhelming your nervous system?**

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**What do you need less of right now?**

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*Reminder: You do not need to do more. You need systems, support, and space to breathe.*

# DAY 2 — CLARIFYING

## What Do You Actually Want?

Today is about reconnecting with your desires, values, priorities, and vision for your next chapter.

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**If fear and overwhelm were removed, what would you truly want for yourself?**

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**What areas of your life need more alignment?**

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**What does success actually look like for YOU?**

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*Reminder: You do not need to do more. You need systems, support, and space to breathe.*

# DAY 3 — CONCEPTUALIZING

## Soft Life...But With Systems

Today we focus on creating realistic systems and routines that support your goals, peace, and well-being.

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**What part of your life feels the most disorganized?**

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**What is one small system or routine that could reduce stress this week?**

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**Where do you need more structure and support?**

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*Reminder: You do not need to do more. You need systems, support, and space to breathe.*

# DAY 4 — CULTIVATING

## Consistency Without Burnout

We are building sustainable habits, healthier boundaries, and nervous-system-safe consistency.

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**Where do you need stronger boundaries?**

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**What habits are draining you instead of supporting you?**

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**What would sustainable growth look like for you?**

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*Reminder: You do not need to do more. You need systems, support, and space to breathe.*

# DAY 5 — REBUILDING

## Your Next Chapter Starts Here

Today is about intentional reinvention and deciding how you want to move forward from here.

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**Who are you becoming in this next season of life?**

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**What are you no longer willing to tolerate?**

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**What are three intentions you want to carry forward?**

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*Reminder: You do not need to do more. You need systems, support, and space to breathe.*

# Keep Resetting. Keep Rebuilding.

You made it through your 5-Day Triple C Reset journey, and I hope these pages reminded you that you deserve clarity, support, peace, structure, and intentional growth.

This is not about becoming perfect.

This is about becoming more aligned, more grounded, and more connected to yourself.

*Healing is beautiful.*

*But so is finally closing some of the tabs open in your brain.*

With love,

Total Embodiment Coaching

*Reset Your Mind. Rebuild Your Life.*