



THE 7-DAY MIND UNWIND CHALLENGE WORKBOOK

This workbook is your safe space to pause, reflect, and reconnect with yourself. Each day includes a simple action, a journal prompt, and space to capture what shifted

DAY 1 - TAP TO PAUSE - JOURNAL PROMPTS

What does 'pause' look or feel like for you today?



What shifted for you today?



What did your body need (or still need) today?





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DAY 2 - GROUNDING BREATH RESET - JOURNAL PROMPTS

What did you notice in your body as you slowed your breath today?



What shifted for you today?



If today had a theme or title, what would it be?





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DAY 3 - TAP FOR MUM GUILT - JOURNAL PROMPTS

What's one thing you would say to a friend who was feeling this same guilt?



What shifted for you today?



Where did you notice even a tiny shift?





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DAY 4 - WATER & PROTEIN FIRST - JOURNAL PROMPTS

How did your energy shift after nourishing your body first today?



What shifted for you today?



What felt hard? What felt good?





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DAY 5 - BRAIN DUMP & BURNOUT CHECK - JOURNAL PROMPTS

What's one thing you released that felt heavy or draining?



What shifted for you today?



What's one thing you want to bring into tomorrow?





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DAY 6 - TAP TO SLEEP - JOURNAL PROMPTS

What helped you to feel more settled or safe before bed?



What shifted for you today?



What's something you're proud of — even if it feels small?





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DAY 6 - TAP TO SLEEP - JOURNAL PROMPTS

Which reset felt best this week, and how can you use it again?



What shifted for you today?



What surprised you about yourself this week?

