

7-Day Gratitude & Wellness Reset



The Raines
Method

Welcome to Your Reset

This 7-day journey is designed to help you cultivate gratitude and incorporate simple wellness habits into your daily life. Each day offers a unique intention, practical wellness tip, and a gratitude prompt to guide your reflection. Take this time to slow down, appreciate the present moment, and nurture your well-being. Remember, progress, not perfection, is the goal.

Day 1: Presence

Daily Intention: *I am fully present in this moment.*

Wellness Habit: Mindful breathing. Take 5 deep breaths, focusing on the sensation of the air entering and leaving your body.

Gratitude Prompt: What small details around you are you grateful for today? (e.g., the sunlight, a warm beverage, a kind word, lack of flatulence)

Space for Writing:

Day 2: Connection

Daily Intention: *I nurture meaningful connections with myself and others.*

Wellness Habit: Reach out to a loved one. Send a text, call a friend, or write a letter to someone you care about.

Gratitude Prompt: Who are you grateful to have in your life, and why?

Space for Writing:

Day 3: Nourishment

Daily Intention: *I nourish my body and mind with kindness.*

Wellness Habit: Eat a healthy meal or snack. Choose foods that make you feel good from the inside out all day today.

Gratitude Prompt: What healthy choices are you grateful to be able to make today?

Space for Writing:

Day 4: Movement

Daily Intention: *I move my body with joy and ease.*

Wellness Habit: Go for a walk or do some gentle stretching. Enjoy the sensation of movement in your body. I personally recommend taking 5 minutes to stretch, if I only have 5 minutes I prioritize stretching my hips and hamstrings.

Gratitude Prompt: How does movement make you feel, and what are you grateful for about your body's abilities?

Space for Writing:

Day 5: Stillness

Daily Intention: *I embrace moments of stillness and quietude.*

Wellness Habit: Take a few moments to empty your mind. As you breathe focus on your chest rising and lowering. Even 5 minutes of stillness can make a difference. Try to find a quiet space in your home or maybe you have deck or patio you can step out and take in some fresh air.

Gratitude Prompt: What peaceful moments can you appreciate from today?

Space for Writing:

Day 6: Creativity

Daily Intention: *I express myself creatively and authentically.*

Wellness Habit: Engage in a creative activity. Draw, write, paint, sing, dance, or anything that sparks your imagination. This is something I struggle with, but I have to remind myself I'm doing it as an exercise, not for a grade. If you struggle with coming up with ideas just make up a silly rhyme that makes you chuckle.

Gratitude Prompt: What creative outlets are you grateful to have in your life?

Space for Writing:

Day 7: Acceptance

Daily Intention: *I accept myself and my journey with compassion.*

Wellness Habit: Practice self-compassion. Treat yourself with the same kindness and understanding you would offer a friend. You are worthy of praise. You didn't make it to where you are right now without effort. Say out loud "I'm doing a great job".

Gratitude Prompt: What are you grateful for about yourself, and what progress have you made this week?

Space for Writing:

Closing Reflection

Congrats on completing your 7-Day Gratitude & Wellness Reset! Take a moment to reflect on your experience. What did you learn about yourself? What habits do you want to continue incorporating into your life? Remember, gratitude and wellness are ongoing practices. Keep nurturing your mind, body, and spirit, and embrace the journey with an open heart and mind. As you do this more often you'll notice it'll get easier and easier to get out of the hustle and hype mentality and in a space of tranquility, not letting the challenges of life outweigh the things that bring peace and joy.