



# THE 7-DAY BALANCE RESET

**CHALLENGE**



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LM MAGAZINE BY SARA FERNANDES

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# WELCOME!

## July is all about Finding Balance

### *The 7-Day Balance Reset*

**Because balance isn't a destination — it's a rhythm you return to.**

We get it. Life is... a lot. Between work, family, friends, that buzzing group chat, and the groceries you forgot to buy again, it's easy to feel like you're constantly juggling and rarely just being.

That's why we created The 7-Day Balance Reset — a simple, soulful invitation to pause, realign, and reconnect with what truly matters to you.

This isn't about doing more.  
It's about choosing differently.

For 7 days, you'll get small, doable actions designed to help you reset your mind, your space, and your energy — with intention, not overwhelm. You'll also find journal prompts to reflect deeper, because balance isn't just about schedules... it's also about soul.

So whether you're mid-reinvention or just trying to make it to Friday with your sanity intact, this is your gentle nudge back to center.

You don't need to do it perfectly. You just need to show up — for you.

Let's reset, rebalance, and reclaim the rhythm that feels like home.



# Monthly Planner

I start my challenge on the:

\_\_\_\_\_

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.


# The 7-Day Balance Reset

## CHALLENGE

*A gentle challenge to help you realign your time, energy, and attention – one small shift at a time.*

Designed for everyday midlife women juggling work, family, and personal goals.

Each day invites you to try one simple, grounding action. No pressure. No perfection. Just a loving reset to bring more space and intention into your week.



**Balance isn't about doing everything. It's about doing what matters – with intention.**

You can repeat this challenge anytime life starts to feel out of rhythm.

# **Printable Checklist:** **7-Day Balance Reset**

## **Instructions:**

Check off one action each day. Keep it simple. Keep it intentional. Come back to balance in your own beautiful way.

### ✓ Mindful Monday

I wrote down 3 things that help me feel grounded.

### ✓ Time Check Tuesday

I tracked my time and noticed what drains or fuels me.

### ✓ Wellbeing Wednesday

I blocked off one hour just for me – no guilt attached.

### ✓ Thoughtful Thursday

I reflected on where I'm overgiving and set one small boundary.

### ✓ Flexible Friday

I canceled, moved, or delegated one thing to create more space.

### ✓ Soulful Saturday

I did one joyful thing, just because it made me feel alive.

### ✓ Sunday Snapshot

I reflected on what worked this week and what I'd like to shift.

































*Congratulations!*

