

CHALLENGE

THE CAPACITY RESET

A 30-Day Challenge to Reclaim Your Energy,
One Small Decision at a Time



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This month is not about doing more.

It is about noticing what you are already carrying, and starting to make decisions that support your energy instead of stretching it further.

You don't need extra time for this challenge. You don't need a new routine. What you need is a small moment of awareness each day, and the willingness to choose differently when it matters.

How This Challenge Works

Each day, you will focus on **one simple action**. Some will take a few minutes, others are simply about noticing and deciding.

There is no catching up and no falling behind.

You move through the challenge at your own pace, and every step counts.

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WEEK 1: AWARENESS

What Are You Carrying?

Before anything changes, you need to see clearly what is already there.

- Day 1: Write down everything that feels “open” in your mind
- Day 2: Notice where your energy drops during the day
- Day 3: Identify one thing you are doing out of habit, not intention
- Day 4: Pay attention to how often you say yes automatically
- Day 5: Notice what feels heavier than it should
- Day 6: Identify one responsibility that is not truly yours
- Day 7: Reflect on what takes the most mental space

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WEEK 2: BOUNDARIES

Start Making Small Decisions

This week is about choosing differently in small, manageable ways.

- Day 8: Say no to something that is not essential
- Day 9: Delay a decision instead of rushing into it
- Day 10: Remove one task from your to-do list
- Day 11: Create space between two tasks
- Day 12: Set a simple boundary around your time
- Day 13: Stop something earlier than usual (work, scrolling, etc.)
- Day 14: Choose rest without justifying it

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WEEK 3: ENERGY

Support What Supports You

Now that you've created some space, you can start supporting your energy more intentionally.

- Day 15: Go for a 20-minute walk
- Day 16: Drink more water than usual
- Day 17: Eat one meal that supports your energy
- Day 18: Go to bed slightly earlier
- Day 19: Take a break before you feel exhausted
- Day 20: Reduce one source of mental noise
- Day 21: Do something that helps you feel calm

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WEEK 4: ALIGNMENT

Choose What Matters

This is where everything starts to come together.

- Day 22: Choose your top 3 priorities for the week
- Day 23: Focus on one thing at a time
- Day 24: Let something stay unfinished
- Day 25: Simplify one area of your day
- Day 26: Make one clear decision you've been avoiding
- Day 27: Protect your time for something that matters
- Day 28: Notice what feels easier than before
- Day 29: Reflect on what has changed
- Day 30: Decide what you want to carry forward

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You are not trying to become someone new.

You are learning to work with yourself in a way that feels more supportive and more sustainable.

Small decisions, repeated over time, create real change.

At the end of the month, take a moment to notice:

- What feels lighter
- What you have let go of
- What you are no longer willing to carry

This is where your next chapter begins, not from pressure, but from clarity.



