



The Reset Ends. You Keep Rising.

You made it through 30 days, but this was never meant to be something you finished and left behind.

The purpose of this Reset was to help you build a foundation you can return to in every season: nourishing your body, moving consistently, giving yourself grace, and making choices that support the woman you are becoming.

You do not need to do everything perfectly to keep moving forward. You simply need a few dependable habits that help you feel grounded.

YOUR NEW FOUNDATION

- Build balanced, protein-centered meals
- Drink enough water
- Strength train three times each week
- Move your body in ways you enjoy
- Prioritize sleep and recovery
- Return to your next healthy choice when life gets messy

YOUR DAY 31 PLAN

The three habits I am carrying forward:

My realistic weekly movement plan:

When I have a difficult day or week, I will return to:

THIS IS BECOMING

Becoming does not mean arriving at a perfect version of yourself. It means recognizing how far you have come, trusting what you have learned, and continuing to choose what helps you feel strong, grounded, and well.

You are not starting over.

You are moving forward with deeper roots, greater awareness, and a foundation you know how to return to.

Grounded. Growing. Becoming.

*With love and belief in you,
Amanda
Rooted & Rising*