



The Art Of Becoming Yourself

A 7-Day Reset to Reconnect With Yourself

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Reconnect with Yourself

A simple guide for authentic moments

This week is about **embracing simplicity** as you reconnect with your true self. It's a gentle reminder that transformation doesn't require dramatic changes, just small, consistent moments of honesty.

Remember to honor your feelings without judgment. Allow yourself the space to explore, reflect, and rediscover what truly matters in your life, one step at a time.



How to Use

A Simple Reset for Connection



To truly engage with this reset, set aside **10–15 minutes** each day. Engage in the practices with an open heart and mind, allowing yourself to connect deeply without pressure. Focus on what resonates with you personally, honoring your authentic feelings.

PS: The writing section is optional. The practices do not require notes.

Each day's reflection is designed to encourage self-discovery and personal growth. Remember, this process is about returning to yourself. Embrace the simplicity and let go of expectations. This journey is for you and should feel nurturing and supportive.

Day 1

Notice Where You Are

Taking a moment to pause allows you to **reconnect** with your inner self, free of distractions. Embracing stillness helps you identify what's weighing you down and what feels uplifting.

This practice encourages mindfulness, creating space for honesty about your feelings. By simply observing, you can gain clarity and perspective on your emotional landscape without the pressure to change anything immediately.

What weighs you down?

What lifts you up?

Thoughts:



Day 2

Clear One Small Thing

A simple practice to lighten your space

Clearing small areas in your space can bring unexpected **clarity and ease**. By simplifying your environment, you allow a sense of calm to settle in, making room for new energies and intentions.

Reflecting on what feels unnecessary helps **release burdens** you may not even realize you carry. This practice fosters a feeling of lightness and encourages a more intentional approach to your daily life.

What feels unnecessary in your space? Write a list and remove them.

Thoughts:



Day 3

Come Back to Your Body

A gentle invitation to reconnect physically

Taking a moment to **reconnect with your body** can transform your day. Engage in gentle movement, allowing yourself to **feel each motion** and cultivate awareness of your physical presence.

This practice is about tuning into **your body's needs** and honoring them. Whether it's stretching, walking, or breathing, remember that small acts of kindness can foster a deeper connection to yourself.

How did you move today?

How did it make you feel?

What did your body tell you?



Day 4

Tell the Truth

Acknowledge your honest feelings today

Take a moment to **reflect honestly** on your true feelings. This practice encourages you to confront the truths you may have been avoiding, allowing for deeper self-awareness and growth.

Acknowledging your feelings can be **liberating and empowering**. Use this opportunity to better understand your needs and desires, paving the way for more authentic decision-making and self-trust in your daily life.

What feelings did you notice today?

What feelings do you want to understand deeper and why?



Day 5

Protect Your Energy

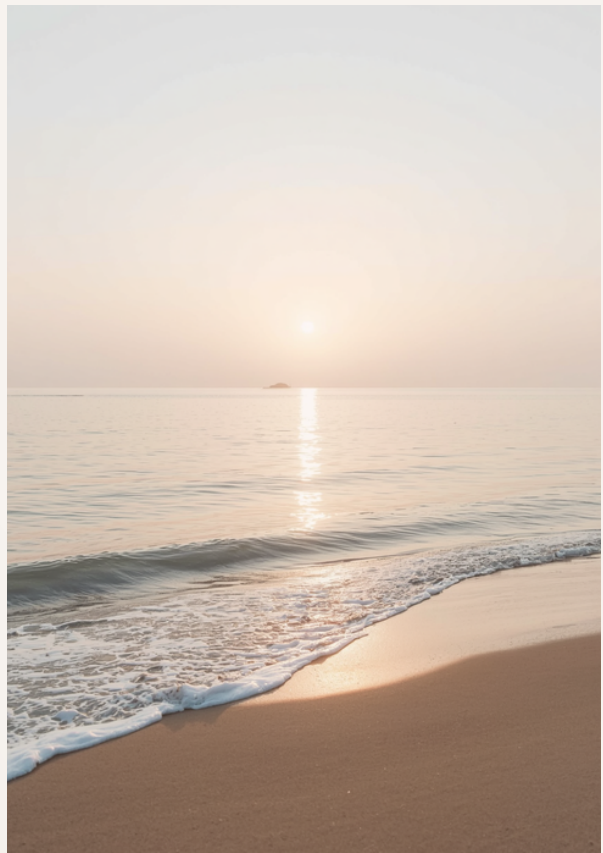
Find your boundaries and embrace self-care

It's crucial to recognize when you're **overextending yourself** in relationships or commitments. Protecting your energy allows you to be more present and engaged in what truly matters to you.

By identifying areas where you might be **overgiving**, you can set healthier boundaries that nurture your well-being. This small adjustment can create space for self-care and genuine connections.

Which areas do you tend to overgive?

How can you set boundaries in these areas?



Day 6

Choose What Feels Right

Embrace your true preferences and tastes

Connecting with what you **genuinely enjoy** is a powerful step in reclaiming your sense of self. This day encourages you to prioritize activities that resonate with your essence and joy.

By consciously choosing to engage in things that spark joy, you can **foster a deeper relationship with yourself**.

This small act can create ripples of positivity throughout your week.

Which activities make you smile and lose track of time?

How can you make sure you add these activities of joy into your daily life?



Day 7

Notice The Change

Notice the change and continue on this path that you now have successfully started

Showing up for yourself and starting is the biggest hurdle and challenge when it comes to self-development. **You have showed up** just by being here. And now you have even completed this reset.

Day seven is the day we reflect on what we have achieved so far in our self-grow journey. **Celebrating wins** is something the worlds best athletes are good at. And there's a reason for it. Every celebrated win tells the brain you made it. And you can do more. **It builds self-trust.**

Reflection time:

1. Notice where you are. Has anything shifted this week?
2. After clearing your space, how did it make you feel?
3. How did you feel after sensing the movement of your body?
4. Are your feelings more clear to you or is there something you need to dive deeper into?
5. Which boundaries have you set this week and how did it make you feel
6. Have you set yourself up for a more joyful time with the activities that make you smile?
7. **Celebrate the win of completing this week.**
Give yourself something that you normally wouldn't do. E.g. get an ice cream, take a nap, get some sirup in your coffee



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