

THE RESET STARTER GUIDE

A beginner guide to help you start rebuilding after survival mode

Your reset does not have to be loud. It just has to be intentional.

A NOTE BEFORE YOU BEGIN

This starter guide gives you the doorway - not the whole house. The full Reset & Rebuild Blueprint goes deeper into the stories, lessons, mind-body practices, and accountability work that help a woman rebuild with intention.

Created by Weird Beautee

healing | rebuilding | becoming

Welcome to Your Reset

A gentle beginning for the woman who knows something has to shift.

Hey beautiful,

This guide was created for the woman who has been functioning, surviving, showing up, raising children, working, loving people, carrying grief, paying bills, and still quietly wondering, "When do I get to come back to myself?"

A reset does not mean your life is broken beyond repair. It means you are brave enough to tell the truth about what no longer fits, what no longer feels safe, and what no longer deserves access to your mind, body, home, money, spirit, or future.

This starter guide is your first step. It will not ask you to become someone else. It will help you start hearing yourself again.

THE RESET PROMISE

I do not have to rebuild everything in one day. I can begin with one honest truth, one released burden, one small act of obedience, and one decision that honors the woman I am becoming.

Use this guide slowly. Write in it. Pause when something hits your spirit. Cry if you need to. Laugh if your body finally exhales. Circle what feels true. This is not about performing healing. This is about beginning it.

Reflection Prompt

Today, I am giving myself permission to...

One part of me that is ready to come back alive is...

How to Use This Guide

Five short sections. One honest beginning.

This starter guide follows the five-part Reset & Rebuild rhythm:

- 1. RESET** - Where am I really?
- 2. RECOGNIZE** - What am I carrying?
- 3. RELEASE** - What needs to leave?
- 4. REBUILD** - What am I building now?
- 5. RISE** - How do I keep going?

BEFORE YOU BEGIN

This guide is educational, spiritual, and mind-body informed. It is not therapy, medical advice, legal advice, or financial advice. If you are in immediate danger, contact emergency services or a trusted local support resource. If this work brings up intense emotions, pause and reach out to a qualified professional or a safe support person.

Simple way to move through it:

- Set aside 10-20 quiet minutes.
- Keep water nearby and notice your breathing.
- Answer what feels safe today. You can return later.
- Choose one action before moving to the next page.

MIND-BODY NOTE

Your body often notices what your mind has learned to explain away. Tight shoulders, stomach knots, jaw clenching, exhaustion, racing thoughts, and shutdown can all be signals asking for attention, care, and change.

Survival Mode Check-In

Before you rebuild, tell the truth about what survival has been costing you.

Check any statements that feel familiar. This is not for shame. This is for awareness.

- I keep going even when I am exhausted.
- I struggle to rest without feeling guilty.
- I have things in my home that still carry old energy.
- I say "I am fine" when I am not fine.
- I overthink what people meant, said, or might do.
- I have tolerated less than my standard because I was tired.
- I feel disconnected from the woman I used to be.
- I am grieving a relationship, a season, a dream, or an older version of myself.
- I want more for my life, but clutter, fear, or old patterns keep pulling me backward.
- I know I am called to build something, but I need structure and accountability.

Reflection Prompt

My top three survival signals are...

The area of my life asking for the most attention right now is...

Day 1: RESET

Where am I really?

Reset starts with honesty. Not the polished version. Not the "let me make this sound better" version. The real version.

Ask yourself: What is actually happening in my life right now? What have I been minimizing? What have I been tolerating? What keeps pulling my attention, my peace, my money, or my body out of alignment?

RESET TRUTH

You cannot rebuild from the story you perform. You rebuild from the truth you finally tell yourself.

Quick inventory:

My spirit feels... _____

My body feels... _____

My home feels... _____

My money feels... _____

My relationships feel... _____

My future feels... _____

Reflection Prompt

The truth I have been avoiding is...

One decision I can make in the next 24 hours to honor my reset is...

Day 2: RECOGNIZE

What am I carrying?

Some burdens are obvious. Others hide in clothes, photos, furniture, unpaid bills, old text messages, songs, routines, and relationships that keep our nervous system tied to a painful season.

A trauma anchor is anything that keeps pulling your mind, body, or spirit back into a version of life you are trying to leave.

RECOGNIZE WITHOUT JUDGMENT

You are not weak because something still affects you. You are aware. Awareness gives you a choice: release it, repair it, reorganize it, or remove access.

Name what you are carrying:

Area	What I am carrying	Next move
Home / possessions		Release / Repair / Rebuild
Money / debt / obligations		Release / Repair / Rebuild
Relationships / access		Release / Repair / Rebuild
Body / emotions		Release / Repair / Rebuild
Old identity / old story		Release / Repair / Rebuild

Day 3: RELEASE

What needs to leave?

Release is not always dramatic. Sometimes it looks like deleting the screenshot. Taking the bag to the trash. Paying the old debt. Moving the furniture. Turning the music up. Letting your body finally move the grief instead of storing it.

SONG OF POWER PRACTICE

Choose one positive, light-filled song that makes you feel strong, grateful, free, or alive. Play it at least five days this week. Let it become a new anchor in your body. Move safely: sway, stretch, smile, jump, hum, cry, or breathe. Imagine chains breaking while you move.

Mini release ritual:

- Stand or sit with both feet grounded.
- Inhale slowly and name what you are releasing.
- Exhale and say: "This no longer gets to live in my body rent-free."
- Take one physical action: throw away, organize, wash, delete, pay, block, or bless and release.
- Write one sentence about what you are choosing now.

Reflection Prompt

Today, I am ready to release...

The new energy I am making room for is...

Day 4: REBUILD

What am I building now?

Rebuilding is where your healing becomes practical. It is not just candles, tears, prayers, and breakthroughs. It is systems. Standards. Schedules. Money decisions. Cleaner rooms. Better boundaries. New habits. New language. New access rules.

REBUILD TRUTH

If you had the strength to survive what broke you, you have the strength to discipline yourself long enough to rebuild.

Choose one small rebuild action for each area:

Spirit: _____

Mind and body: _____

Home: _____

Money: _____

Relationships: _____

Legacy / purpose: _____

Reflection Prompt

One standard I am raising is...

One system I need to create this week is...

One thing my future self needs me to stop delaying is...

Day 5: RISE

How do I keep going?

A reset is powerful, but consistency is what rebuilds a life. You do not have to be perfect. You need a rhythm that keeps calling you back when life gets loud.

YOUR RESET RHYTHM

Daily meaning. Weekly making. Monthly meaning. Quarterly mastery. Yearly monetization. You are not just healing for a moment - you are building a sustainable creative vision and a life that can hold it.

Daily 5-minute check-in:

- What does my body need today?
- What is one thing I need to remove, complete, or clean up?
- What decision protects my peace?
- What action moves my future forward?
- What am I grateful for right now?

Weekly reset questions:

- What did I release this week?
- What did I rebuild this week?
- Where did I abandon myself?
- Where did I choose myself?
- What is my next aligned step?

Your Next Step

The free guide begins the reset. The full Blueprint helps you keep living it.

If this guide helped you see yourself more clearly, keep going. The deeper work is about structure, accountability, and practical tools for your healing, identity, home, money, relationships, and future.

READY FOR DEEPER SUPPORT?

The Reset & Rebuild Blueprint gives you the fuller process: deeper teachings, guided reflections, mind-body practices, spiritual grounding, release work, financial rebuilding, and accountability prompts for the woman who is ready to stop surviving and start becoming.

When you are ready for deeper support, look for these Weird Beautee Reset & Rebuild resources:

Buy the full Reset & Rebuild Blueprint Handbook

Book a private 1:1 Reset Strategy Session

Join the 5-Day Reset & Rebuild Experience

Start with the resource that matches where you are right now.

Follow along for more reset work: Weird Beautee

Comment RESET when you are ready to begin again.

You are not starting over from nothing. You are starting again with wisdom.