



Because your wellness is not a luxury—it's a lifeline.
You don't have to overhaul your life to feel better. You just have
to start making time—for you.

Use this checklist to create simple, meaningful moments that
refill your cup every day. 🧡

For Your Brain

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Take 5 deep breaths and check in with how you feel

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Read (even just one page) of a book that inspires
or calms you

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Take a 5-minute tech break—no phone, no scroll,
just stillness

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Journal or voice note your thoughts for 3 minutes

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Try a brain-boosting food or supplement today



For Your Body

- ☐ Move your body in any way that feels good (walk, stretch, dance, lift)
- ☐ Drink clean, filtered water—hydrate with intention
- ☐ Eat one thing today that supports your energy instead of depleting it
- ☐ Rest when your body asks—guilt-free
- ☐ Go outside and let the sunlight hit your face



For Your Heart

- ☐ Call or voice message someone who lifts your spirit
- ☐ Say “no” to one thing that drains you
- ☐ Say “yes” to one thing that brings you peace or joy
- ☐ Give yourself permission to ask for help
- ☐ Celebrate one thing you did well today (yes, you did)



Michelle Phillips

Weekly Reset Ideas

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Schedule 30 minutes just for you this week

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·Try a new self-care ritual: bath, meditation, podcast, or walk in nature

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Plan one unplugged meal or walk with a loved one

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Reflect: What do I need more of right now?
What do I need less of?

Remember:

You are not selfish for needing care.

You are wise for honoring your needs.

This world needs your light—so protect your energy, your joy, and your wellness.



Michelle

Beautiful. Vibrant. Confident. at Any Age!

WWW.MICHELLEPHILLIPS.COM
