

ZEN VYBS

THE 7-DAY ZEN RESET

Seven gentle practices to quiet
your mind, slow your pace, and
create a calmer rhythm at home.

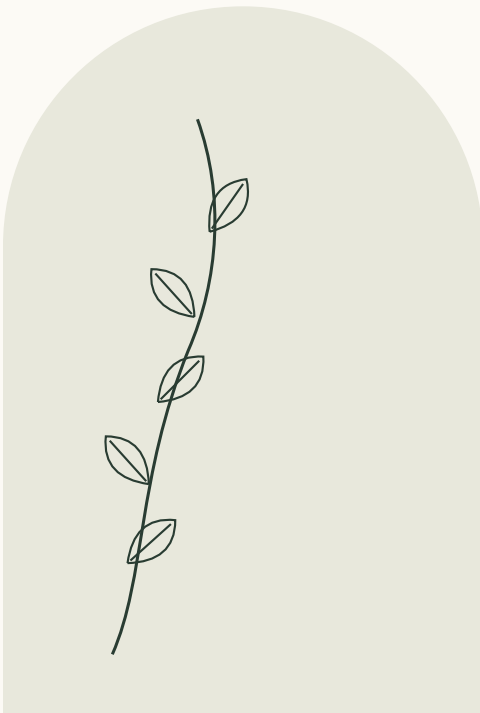
5-15 MINUTES A DAY

CALM FOR REAL LIFE



A quieter rhythm begins here

This reset is designed to feel simple and supportive. Each day offers one small ritual, one short reflection, and a gentle invitation to notice what shifts.



HOW TO MOVE THROUGH THE RESET

- Set aside a few minutes each day.
- Follow the ritual without trying to do it perfectly.
- Notice what feels different in the reflection space.
- Keep the practices that help; release the rest.

THE DAILY CHECK-IN

How do I feel before?

How do I feel after?

What small shift do I notice?

You do not need to change your whole life to change the way your life feels.

BEGIN WITH ONE SMALL RITUAL

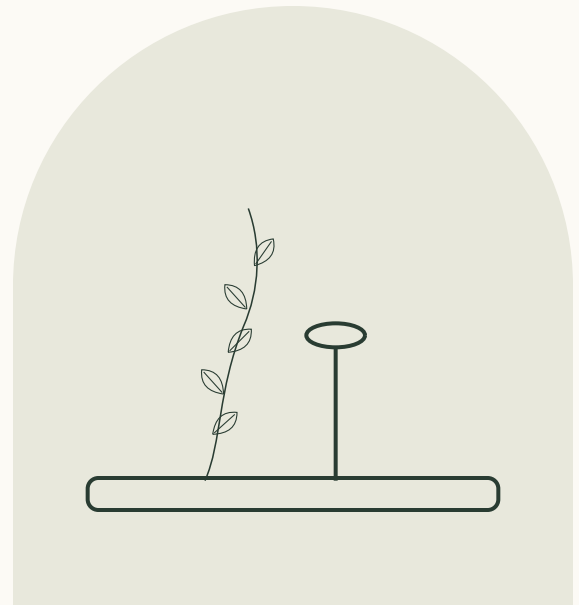
DAY 01

Clear the Noise

A small visual change can create a surprising amount of breathing room.

TODAY'S RITUAL

- Choose one visible surface: a nightstand, desk, counter, coffee table, or vanity.
- Spend 5-10 minutes clearing it. Keep this smaller than a full-room project.
- Return only what feels useful, beautiful, or calming.
- Step back and notice how the space feels now.



DAILY CHECK-IN

BEFORE

AFTER

ONE SMALL SHIFT I NOTICED

How does this space feel now compared with before?

You do not need a perfectly organized home. Start with one place where your eyes can rest.

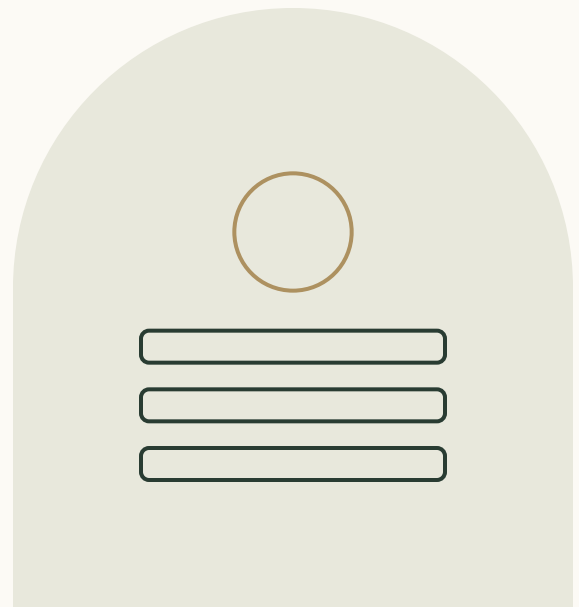
DAY 02

The Mental Reset

A busy mind often tries to hold everything at once. Give your thoughts somewhere to go.

TODAY'S RITUAL

- Sit comfortably. Take one slow breath in and a longer breath out.
- Imagine a simple shelf in front of you.
- As thoughts appear, gently place them on the shelf and say, "Later."
- Continue for 3 quiet minutes, returning to your breath each time.



DAILY CHECK-IN

BEFORE

AFTER

ONE SMALL SHIFT I NOTICED

What am I trying to carry all at once right now?

You can return to what matters later. For now, create a little space around your thoughts.

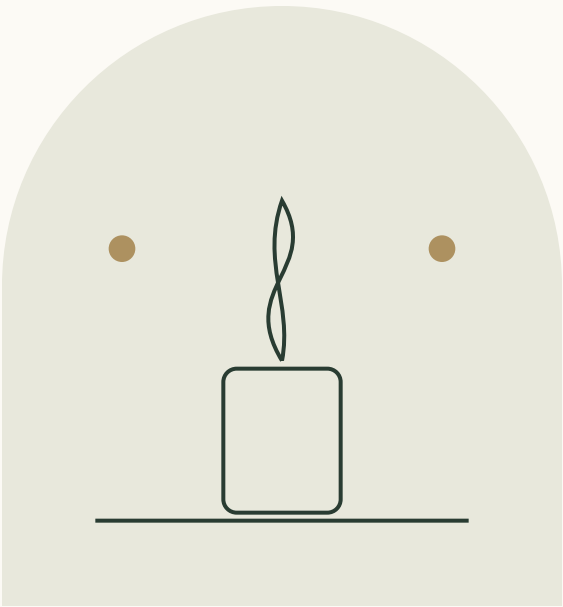
DAY 03

Change the Evening Energy

Create a softer signal that the evening has begun.

TODAY'S RITUAL

- Dim the lights or switch off harsh overhead lighting.
- Light a candle, play soft music, or lower the noise around you.
- Put your phone farther away for the last 30-60 minutes of the evening.
- Notice what happens when the atmosphere changes before your mood does.



DAILY CHECK-IN

BEFORE _____ AFTER _____

ONE SMALL SHIFT I NOTICED _____

What helps my home feel calmer at night?

Sometimes calm begins before we feel calm. Sometimes we create the environment first.

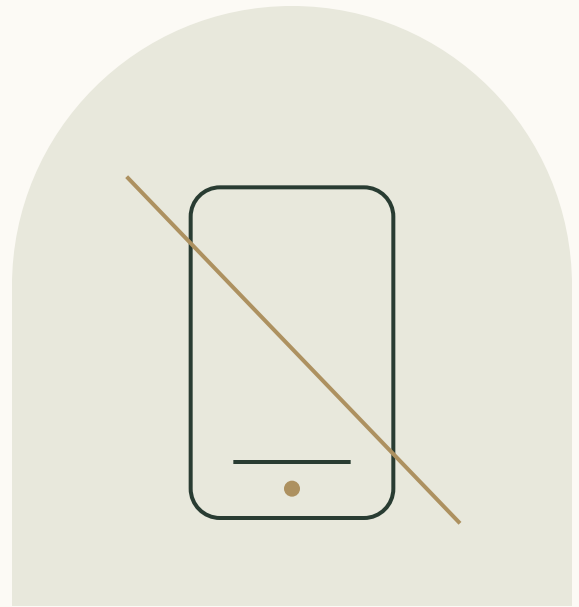
DAY 04

15 Minutes Offline

Step away from what is constantly asking for your attention. Make one small pocket of space.

TODAY'S RITUAL

- Set a timer for 15 minutes.
- Choose something nourishing: tea, a shower, stretching, a walk, or simply sitting still.
- Resist the urge to fill the moment with a screen.
- Let yourself experience what quiet feels like.



DAILY CHECK-IN

BEFORE

AFTER

ONE SMALL SHIFT I NOTICED

What did I notice when nothing competed for my attention?

Not every quiet moment needs to be filled.

DAY 05

Routine Into Ritual

Choose something you already do and slow it down. Become more present inside what is already there.

TODAY'S RITUAL

- Pick one ordinary routine: coffee, tea, skincare, cooking, or showering.
- Notice the scent, temperature, texture, and pace of the moment.
- Do one thing at a time with a little more care than usual.
- Bring your attention back whenever it wanders.



DAILY CHECK-IN

BEFORE

AFTER

ONE SMALL SHIFT I NOTICED

What part of my day could feel better if I stopped rushing?

Intentional living does not always require doing more. Sometimes it means being more present.

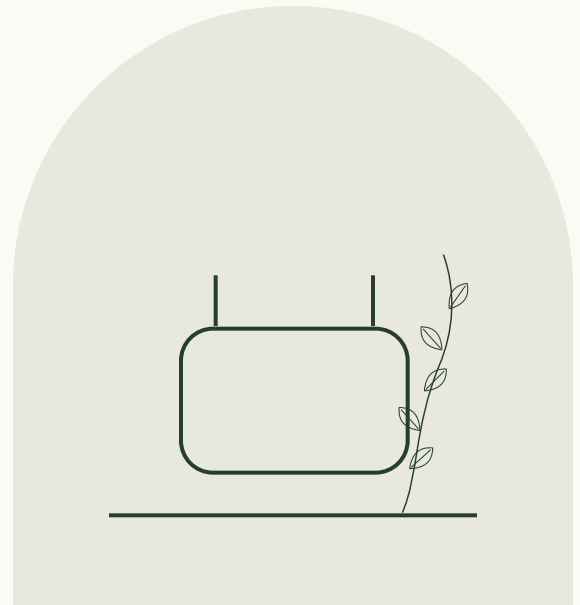
DAY 06

Create a Calm Corner

One small place can quietly remind you that you can slow down here.

TODAY'S RITUAL

- Choose a small area: a chair, bedside table, patio corner, or reading spot.
- Remove visual clutter and anything distracting.
- Add one or two calming touches: a candle, blanket, lamp, plant, or book.
- Let this be a place where nothing needs you for a few moments.



DAILY CHECK-IN

BEFORE

AFTER

ONE SMALL SHIFT I NOTICED

What does a peaceful space feel like to me?

Your home does not need to look perfect. It should give you somewhere to exhale.

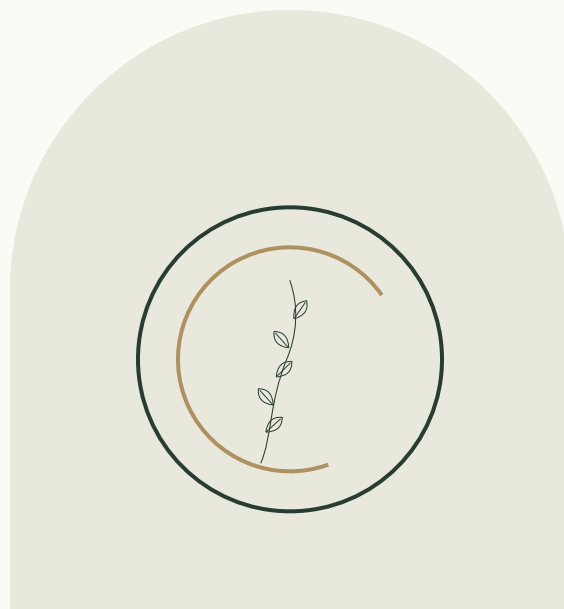
DAY 07

The Sunday Reset

Notice what helped. Choose one ritual to carry into the next week.

TODAY'S RITUAL

- Ask: What am I carrying that I do not need next week?
- What made me feel calmer or better this week?
- What do I want to do more intentionally next week?
- Choose one ritual from this guide to carry forward.



DAILY CHECK-IN

BEFORE

AFTER

ONE SMALL SHIFT I NOTICED

Which small ritual do I want to keep next week?

You do not need to change your whole life to change the way your life feels.

Keep What Helps

The goal was never to keep all seven practices. Notice which ones truly supported you, then choose one or two to carry into your own rhythm.

PRACTICES I WANT TO KEEP

- ☐ Clear one surface
- ☐ The 3-minute mental reset
- ☐ A softer evening atmosphere
- ☐ 15 minutes offline
- ☐ Turn a routine into a ritual
- ☐ Create a calm corner
- ☐ A weekly Sunday reset



A NOTE TO MYSELF FOR THE WEEK AHEAD



ZEN VYBS
GOOD ENERGY. EVERY DAY.