





14 DAY  
*Mindset*  
RESET



1 2 3 4 5 6 7  
8 9 10 11 12 13 14

DAILY RULES

	Follow a diet - no cheat meals		Take a progress picture
	(2) x 45 minutes		Gratitude Journal Entry - 10 items
	Drink 3.5L of water		15 minute Nature Connection
	No alcohol, refined sugar, or cheat meals		Read 15 pages of a non-fiction book

**You have until the end of each day to complete all of the tasks  
If you miss even one thing you have to start at day one**