

■ The 7-Minute Morning Reset

A Daily Ritual to Start with Power, Clarity & Focus

Most people wake up and scroll. You wake up and **reset**.

This 7-minute practice gets your mind, body, and energy aligned so you start the day as the **creator, not the reactor**.

Do this every morning before diving into the noise.

The Reset Flow (7 Minutes Total)

Minute 1: Breath Reset

Take 3 deep belly breaths. Inhale power. Exhale yesterday.

Minutes 2–3: Body Reset

Stretch your arms, neck, and spine. Shake off any stagnant energy.

Minute 4: Mind Reset

Ask yourself: “What do I choose to create today?” Write it down.

Minutes 5–6: Gratitude Reset

List 3 things you’re grateful for. Big or small, name them.

Minute 7: Power Reset

Speak one affirmation out loud. Example: “I lead my day with clarity and courage.”

My 7-Minute Reset Log

Date: _____

My Daily Intention:

My 3 Gratitudes:

My Power Affirmation:

Closing / CTA

7 minutes a day builds momentum that compounds into weeks, months, and years of aligned living.

■ Keep leveling up with my guides:

- **F*ck the 9to5** — blueprint to build freedom.
- **Relationship Alchemy** — 600 questions to transform love.
- **Daily Awakening Routine Workbook** — deeper daily alignment practices.

■ Join My Communities:

- **F*ck Broke Business Club** — build and scale your empire.
- **F*ck the Loop Society** — for the curious breaking free from the matrix.
- **Savage Magneticians** — creators mastering manifestation & alchemy.
- **Reset Haven** — free safe space for those who feel hopeless or alone.
- **The Unf*ckwittables** — spiritual warriors training consistency & sovereignty.

■ Visit: www.dondadatheresetter.com

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Start every day as the architect of your empire.