

# A Gentle Guide for Women Who Feel Overwhelmed



ONE SMALL STEP AT A TIME

# Welcome

## *7-Day Faith Reset Guide*

You don't need to have everything figured out.

If you're here, it probably means you've been feeling:

- overwhelmed
- disconnected
- tired mentally and emotionally

Maybe you've been pouring into everyone else... and slowly losing yourself.  
This guide is not about fixing your life overnight.

It's about:

Slowing down

Reconnecting with yourself

Gently coming back to God

One small step at a time.

TAKE IT AT YOUR OWN PACE.

# How to Use This Guide

This is meant to feel soft and simple.

Each day includes:

a small focus

a short reflection

one gentle action

You don't need more than:

5–10 minutes a day

Take it at your own pace.

There is no pressure here.

“BE STILL, AND KNOW THAT I AM GOD.”  
- PSALM 46:10

# Day 1: Pause & Breathe

## **Focus:**

Slowing down

## **Reflection:**

What has been overwhelming me the most lately?

## **Action:**

**When everything feels overwhelming, your mind doesn't need more input—it needs space. Slowing down, even for a few minutes, helps you come back to yourself and release the tension you've been carrying.**

Take 5 minutes today to sit in silence. No phone. Just breathe.

## **Faith:**

“Be still, and know that I am God.”  
— Psalm 46:10

“COME TO ME, ALL YOU WHO ARE WEARY...”  
— MATTHEW 11:28

# Day 2: Release the Pressure

## **Focus:**

Letting go

## **Reflection:**

What expectations am I putting on myself right now?

## **Action:**

**Sometimes the weight you feel isn't from life itself—but from the expectations you're placing on yourself.**

**Letting go doesn't mean you're failing. It means you're choosing peace.**

Write down everything you feel pressured about... and let it go.

## **Faith:**

“Come to me, all you who are weary...”

— Matthew 11:28

“DRAW NEAR TO GOD, AND HE WILL DRAW NEAR TO YOU.”  
— JAMES 4:8

# Day 3: Reconnect With God

## **Focus:**

Faith

## **Reflection:**

When was the last time I truly felt connected to God?

## **Action:**

**You don't need perfect words or a perfect moment to  
reconnect with God.**

**You just need honesty.**

**Even the simplest prayer can bring you back to  
a place of peace.**

Spend a few minutes talking to God honestly today.

## **Faith:**

“Draw near to God, and He will draw near to you.”

— James 4:8

“DRAW NEAR TO GOD, AND HE WILL DRAW NEAR TO YOU.”  
— JAMES 4:8

# Day 4: Clear Your Space

## **Focus:**

Environment reset

## **Reflection:**

What around me is adding to my stress?

## **Action:**

**Your environment affects your mind more than you realize.**

**When your space feels heavy or cluttered, your thoughts often do too.**

**Creating even a small sense of order can bring unexpected calm.**

Clean or reset one small area  
(desk, room, bag)

## **Faith:**

“God is not a God of disorder but of peace.”  
— 1 Corinthians 14:33

“YOU ARE FEARFULLY AND WONDERFULLY MADE.”  
— PSALM 139:14

# Day 5: Care for Yourself

## **Focus:**

Self-care

## **Reflection:**

What do I need right now, physically or emotionally?

## **Action:**

**You’ve been giving so much of yourself to everything and everyone.**

**This is your reminder that your needs matter too.**

**Taking care of yourself is not selfish—it’s necessary.**

Do ONE thing just for yourself today  
(rest, walk, tea, journaling)

## **Faith:**

“You are fearfully and wonderfully made.”  
— Psalm 139:14

“CAST ALL YOUR ANXIETY ON HIM...” — 1 PETER 5:7

# Day 6: Simplify Your Mind

## **Focus:**

Clarity

## **Reflection:**

What has been draining my energy the most?

## **Action:**

**When everything feels overwhelming, it's often because your mind is holding too much at once.**

**Clarity doesn't come from doing more—it comes from simplifying.**

Write a short list:

what matters

what doesn't

## **Faith:**

“Cast all your anxiety on Him...”

— 1 Peter 5:7

“HIS MERCIES ARE NEW EVERY MORNING.”  
— LAMENTATIONS 3:23

# Day 7: Start Again

## **Focus:**

Renewal

## **Reflection:**

What kind of woman do I want to become moving forward?

## **Action:**

**You don't need a perfect plan to move forward.**

**You just need a gentle direction.**

**Starting again doesn't mean you failed—it means you're  
choosing yourself again.**

Write 3 simple habits you want to keep

## **Faith:**

“His mercies are new every morning.”

— Lamentations 3:23

# You've Just Taken Your First Step

## And that matters more than you think.

If you've made it here, it means something in you is ready for change.

Not a rushed, overwhelming change...

But a gentle, meaningful reset.

The truth is:

A few days can help you pause.

But real transformation happens when you go deeper.

If You're Ready for a Deeper Reset...

I'm creating something for you.

A guided experience to help you:

- rebuild your routine
- reconnect with yourself
- strengthen your faith
- feel grounded and clear again

In a soft, realistic way that actually fits your life

## Coming Soon

Reset & Reconnect With Yourself

(A deeper faith-based reset journey)

Until Then...

Keep going gently.

You don't need to rush.

You don't need to have everything figured out.

Just keep showing up — one small step at a time.

Lucie xx