

# The Vitality Reset

HEAL YOUR BODY  
NOURISH YOUR MIND  
LIVE YOUR PURPOSE

A SEVEN DAY GROUP COACHING  
EXPERIENCE FOR WOMEN WHO  
WANT MORE FOR THEIR HEALTH,  
THEIR ENERGY, & THEIR LIFE

# WELCOME TO THE *Vitality Reset*

**Your body isn't broken, it's communicating.**

Over the next 7 days, you'll learn how your internal systems actually work together to regulate things like inflammation, pain signals, digestion, hormones, and energy, and how simple daily choices can support these symptoms so you can experience less symptoms and get back to enjoying your life!

This experience is not about restriction, perfection, or extreme protocols.

It's about understanding what's happening inside your body so you can support it in a way that feels steady, sustainable, and empowering.

This workbook is a place for you to notice patterns, to reflect, and to build awareness

Every insight you gain brings clarity and every small action you take reinforces support.

*Take your time. Breathe deeply.*

Allow this week to unfold with curiosity rather than pressure.

Each day includes a daily lesson that you can tune into at your convenience, a reflection prompt, an action stem, and integration to connect what you learn to how your body feels.

The Telegram Group and I are here to support you every single day this week and it is full of women that desire to enhance their health and well-being just like you!

Please take advantage of this resource and of the community.

Ask questions and share your wins.

Sometimes healing can feel lonely and we often think that what we're going through is unique to us and us alone.

***The reality is if you are feeling it, someone else likely is too.***

You want further support beyond this week, please feel free to reach out to me via email at **courtney@vitalityholisticchw.com** or you can go to **vitalityholisticchw.com/book** to book your free Vitality Roadmap Session

And just to cross my T's and dot my I's, by participating in this group you agree to the Vitality Holistic Health and Wellness LLC Privacy Policy, Programs Terms of Use, and Legal Disclaimer.

Respective policies can be accessed here:  
<https://www.vitalityholisticchw.com/privacy>  
<https://www.vitalityholisticchw.com/programtermsofuse>  
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**I'LL SEE YOU INSIDE!**

# THE CONNECTION

What part of this lesson stood out most to me, and why?

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Have I been treating symptoms separately instead of asking which system may need support? What have I been told about my symptoms? What are my current beliefs about them?

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**Action Step:**

Throughout the day observe your symptoms without judgment. Notice if stress, digestion, fatigue, and pain tend to move together. Notice how you feel when symptoms occur and what your thoughts are. Jot them down below.

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When you're done please feel free to share with the group if you're feeling up to it :-)

# THE BELIEFS

What are my current beliefs about my body's ability to heal and my ability to live a life free of pain, discomfort, or fatigue?

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How do these beliefs shape not only my actions and how I support myself, but my internal biology as well?

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**Action Step:** Identify shifts in thought can you make that will help you move from being stuck to feeling capable and supported. Write them below and practice these throughout your day today and through the rest of the week.

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# THE CAR ANALOGY

Nutrition information can be loud, noisy, and confusing. What was your key take away from today's lesson?

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Ask yourself: have I been focusing more on numbers or nourishment?

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**Action Step:** Take a moment to write down what you eat over the next couple of days. No weighing or logging calories... Just bring awareness to your meals. Take note of some ways you can add more nutrient dense foods to your daily nutrition.

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# THE SYSTEMS

How does nutrition impact my internal systems?

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Have I been blaming my body for reacting instead of asking what my systems may be responding to?

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**Action Step:** What foods that you enjoy can both nourish you and support these internal systems? If you can, add these to your next meal. If you don't have them on hand, consider how you might plan to incorporate them into a meal or two in the upcoming week.

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And if it's feeling aligned for you, please share what's coming to light for you and what your plans are with the other women in the group!

# THE MASTER REGULATOR

How has my nervous system adapted to my symptoms, stress, or constant low-level survival state?

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When do I feel most tense during the day? What situations trigger tightness in my body? When it comes to symptoms and energy, how do these impact my nervous system?

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**Action Step:** Take five to ten minutes to practice a nervous system regulation exercise, whether that be slow deep breaths with extended exhales, a guided meditation, or even planning to eat a meal. Sitting down at the dinner table rather than standing up or on-the-go. Reflect below on how you feel after the activity.

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# THE ENERGY

The differences between clean energy and stress energy?

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Where am I currently relying on stress energy instead of stable energy?

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**Action Step:** Take a moment to look back at your food log from earlier this week. Notice where you can incorporate energizing whole foods that can help you feel satiated and sustained through the day. Also take note of things that might be causing you to rely on stress energy. Write down what you're seeing below. As always, if you can take action with your next meal, go for it. If not, begin to think about how you can support your energy with food starting with your next trip to the grocery store.

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# THE INTEGRATION

What shifts, either physically or mentally, did I notice this week?

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What action steps from this week did I find to be the most enjoyable?

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**Action Step:** Use one to two practices from this week that felt supportive, and commit to doing it for the next two weeks. Not all of them, and not perfectly. Just consistency. What are those?

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Would you like to share them with the group!?

# THE FOUNDATIONS BUNDLE #1

To access these audio lessons and other bundle items, you would need to purchase the \$27 Foundations Bundle Upgrade which can be done at any time before the end of the week at <https://www.vitalityholisticchw.com/jointhereset>

Prompt #1:

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Prompt #2:

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**Action Step:**

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# THE FOUNDATIONS BUNDLE #2

To access these audio lessons and other bundle items, you would need to purchase the \$27 Foundations Bundle Upgrade which can be done at any time before the end of the week at <https://www.vitalityholisticchw.com/jointhereset>

Prompt #1:

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Prompt #2:

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**Action Step:**

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# THE LETTER

Dear Beautiful Soul,

If you are reading this, it means you chose to pause, to pay attention, and to support your body instead of pushing through. That is not a small or insignificant decision; it's actually quite powerful.

Over the last seven days you've learned something that most women are never taught, which is that your fatigue, your gut discomfort, your pain, migraine and other symptoms are not random. They're actually signals. Those signals are shaped by the interaction between your nervous system, liver, gut and immune system and the daily inputs that we give them.

You may not feel radically different after only seven days of intention, but you are more aware. And awareness is where regulation begins. Maybe you notice subtle shifts like a calmer response, less bloating, more stable afternoons, more clarity and feeling steady instead of reactive.

Moments matter and they're proof that the body responds to your support. With time and consistency, the body can then begin to heal and you can live a life of vitality that decreased pain and increased energy. You deserve to enjoy your life, your time with your family, friends, and to do the things that you love to do.

Here's what I hope you carry with you. ***You're not broken, you're not behind, and you are not failing your body.*** Your systems are adaptable, your body is responsive, and your healing capacity is real. It doesn't require extremes or perfection. It simply asks of you consistency, understanding and support.

This week was about showing you that your body can shift when it feels safe, supported and nourished. My hope for your is that you continue building on this foundation because when systems are supported, symptoms soften.

If you feel called to go deeper and to move from short-term experimentation to long-term regulation, I would be honored to walk alongside you in the Vitality Holistic Health and Healing program.

This space is about personalization. It's about consistency. It's about supported structure. ***It's about moving from chasing and managing symptoms to stability and freedom.***

Whether we continue together or not, I want you to remember that you are capable of change. ***Your body is for you, not against you.*** Your symptoms do not define you. And this is not the end.... it's just the beginning.

***Thank you for showing up thank you for being willing and thank you for choosing yourself***

With gratitude, love, and vitality,  
Courtney