

The Soft Reset Workbook

A 7-Day Self-Healing & Reflection Journal for Women

by Tamika Cotton | The Soft Reset Studio

“ Healing is not about becoming someone new — it ’ s about remembering who you are beneath the noise. ”

Welcome to your Soft Reset — a gentle journey of reflection, renewal, and peace. This workbook is your personal healing space. Over the next 7 days, you ’ ll explore mindful practices, affirmations, and journaling prompts designed to help you reconnect with yourself. Take your time. Breathe deeply. This space is yours.

Day 1 – Pause & Breathe

Focus: Stillness and presence.

Affirmation: In stillness, I find my peace.

Reflection Prompts:

- What does peace feel like in my body?
- When was the last time I allowed myself to just be?

Notes & Reflections:

Day 2 – Gratitude Grounding

Focus: Noticing the small joys.

Affirmation: Gratitude roots me in the present.

Reflection Prompts:

- What three things brought me light today?
- How can I express more gratitude for myself?

Notes & Reflections:

Day 3 – Boundaries with Love

Focus: Protecting your energy.

Affirmation: Saying no is an act of self-love.

Reflection Prompts:

- Where in my life do I need stronger boundaries?
- What does loving protection look like for me?

Notes & Reflections:

Day 4 – Move with Intention

Focus: Movement as medicine.

Affirmation: I honor my body by moving with love.

Reflection Prompts:

- What movement feels freeing or joyful for me?
- How can I make space for more embodied living?

Notes & Reflections:

Day 5 – Digital Detox & Reconnection

Focus: Presence over distraction.

Affirmation: I release what drains my peace.

Reflection Prompts:

- How does technology affect my emotions?
- What could I do today instead of scrolling?

Notes & Reflections:

Day 6 – Self-Compassion Letter

Focus: Healing through kindness.

Affirmation: I am deserving of gentleness.

Reflection Prompts:

- Write a letter to your past self, offering forgiveness.
- What do you most need to hear right now?

Notes & Reflections:

Day 7 – Reflection & Renewal

Focus: Integrating healing.

Affirmation: I am soft, I am strong, I am whole.

Reflection Prompts:

- What has shifted within me this week?
- What will I carry forward from this journey?

Notes & Reflections:

Healing doesn ' t happen all at once — it happens every time you choose yourself.

Thank you for giving yourself this space to reset. Return to these pages whenever you need peace, clarity, or grounding.

Continue your journey at thesofresetstudio.com

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