

7 DAY

MENTAL RESET

CHALLENGE

VOL. 1

A GUIDED JOURNEY TO SHIFT YOUR
MINDSET, RESET YOUR ENERGY,
AND FEEL MORE LIKE YOURSELF
AGAIN.

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EACH DAY INCLUDES:

- ✓ A SIMPLE MINDSET SHIFT OR AFFIRMATION
- ✓ A DAILY HABIT OR ACTION STEP
- ✓ A JOURNAL OR REFLECTION PROMPT

day 1

Mindset:

"I don't have to do everything to
make progress."

Action:

Choose one thing to simplify today
—a task, expectation, or to-do.

Journal Prompt:

What's something I can let go of to
create more space for peace?



day 2

Mindset:

"Small steps count."

Action:

Drink a full glass of water before
your coffee or tea.

Journal Prompt:

When have small steps led to big
change in my life?



day 3

Mindset:

"My energy is valuable. I get to protect it."

Action:

Say "no" to one non-essential task or request.

Journal Prompt:

What drains my energy the most lately?





day 4

Mindset:

"Rest is productive."

Action:

Schedule 10 minutes of intentional
rest or stillness.

Journal Prompt:

What does rest feel like to me, and
do I allow it?



day 5

Mindset:

"I deserve to feel good in my
body."

Action:

Go for a 5-10 minute walk or
stretch session.

Journal Prompt:

How does movement affect my
mood?





day 6

Mindset:

"Gratitude shifts everything."

Action:

Write down 3 things you're grateful for—big or small.

Journal Prompt:

Which one of those 3 things brought me unexpected joy?



day 7

Mindset:

"Awareness is the first step to change."

Action:

Track your hydration, meals, and mood today.

Journal Prompt:

What patterns do I notice between how I nourish myself and how I feel?

You've Completed Volume 1!

This is just the beginning of your mental reset journey.

You showed up for yourself for 7 days—and that's powerful. These mindset shifts, habits, and reflections might seem small, but when practiced consistently, they create lasting change.

Stay tuned for Volume 2, where we'll go deeper into boundaries, energy management, and confidence. Until then, take a deep breath. Be proud of yourself. And remember—you deserve to feel good again.

XO Kim Wicker

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Supplements I use + love:

Kim's Supplements