



OVERWHELMED TO CENTERED

A 90-Day Reset Program for
the Modern Woman

PARTICIPANT WORKBOOK



WELCOME

YOU'RE HERE. THAT MATTERS.

Not because you've failed at managing your life – but because you've been managing too much of it for too long. You've been holding everything together while quietly falling apart. Somewhere in the juggle, you lost track of yourself and that's okay – life happens to the best of us.

This workbook is your companion for the next 90 days. It's not about adding more to your plate. It's about creating space. The space to reflect, to feel, to question and ultimately, to come home to yourself.

Each week, you'll find:

Before Your Session: Reflection prompts to prepare your mind and heart

Session Notes: Space to capture what resonates

After Your Session: Exercises to integrate what you've learned

Celebration: A reminder to acknowledge your progress

There are no right answers here. Only honest ones. Write in the margins. Cross things out. Let this workbook get messy – messy means you're doing the work and that's what matters. You don't need fixing. You need finding.

Let's begin.

Love, Mandy

HOW TO USE THIS WORKBOOK

BEFORE EACH SESSION

Set aside 15-20 minutes in a quiet space. Complete the reflection prompts honestly, not perfectly, honestly. These aren't tests. They're invitations to notice what's really going on beneath the surface.

DURING EACH SESSION

Use the notes section to capture insights, phrases that resonate, or questions that arise. Don't try to write everything—just what lands.

AFTER EACH SESSION

Complete the post-session exercises within 48 hours while the content is fresh. These are designed to help you integrate what you've learned into your daily life.

THROUGHOUT THE WEEK

Return to your notes. Notice what's shifting. Celebrate the small wins – because they're not small at all. They're the path you're laying back to yourself, brick by brick.



A NOTE ON HONESTY

THIS WORKBOOK IS FOR YOU. NOT FOR ANYONE ELSE TO READ, JUDGE, OR EVALUATE. THE MORE HONEST YOU ARE, THE MORE YOU'LL GET FROM THIS EXPERIENCE. WRITE WHAT'S TRUE, NOT WHAT SOUNDS GOOD.

PHASE 1: FINDING YOUR FOOTING

Weeks 1-3

**BEFORE YOU CAN
MOVE FORWARD,
YOU NEED TO SEE
WHERE YOU ARE.**



WEEK 1

THE STARTING POINT

! Orientation & Intention Setting



BEFORE YOUR SESSION

WEEK 1

Before we adjust anything, we see clearly. Take some time to arrive - into this program and into honest conversation with yourself.

WHEN DO YOU FEEL MOST UNDER PRESSURE? DESCRIBE A RECENT MOMENT.

WHEN WAS THE LAST TIME YOU DID SOMETHING PURELY FOR YOURSELF? WHAT WAS IT?

WHAT HAS FRUSTRATED YOU MOST IN THE PAST MONTH

WHERE HAVE YOU LOST YOURSELF? WHAT DID YOU COMPROMISE THAT HAS LEFT YOU FEELING DEPLETED?



SESSION NOTES

WEEK 1

Use this space to capture insights, ideas and moments that resonate during your session.



WEEK 1

WHAT INTENTION DO YOU WANT TO SET FOR THE NEXT 90 DAYS? WRITE IT AS A STATEMENT: 'I AM...' OR 'I WILL...'

WHAT IS ONE THING YOU'RE READY TO LET GO OF?

WHAT IS ONE THING YOU'RE READY TO RECLAIM? WHY?



THIS WEEK'S AFFIRMATION

WEEK 1

**"I AM ALLOWED
TO TAKE UP
SPACE IN MY
OWN LIFE."**



CELEBRATE

WEEK 1

What's one thing, however small, you're proud of this week?



WEEK 2

THE WEIGHT YOU CARRY

♥ Boundaries, Pressure & the
Juggle



BEFORE YOUR SESSION

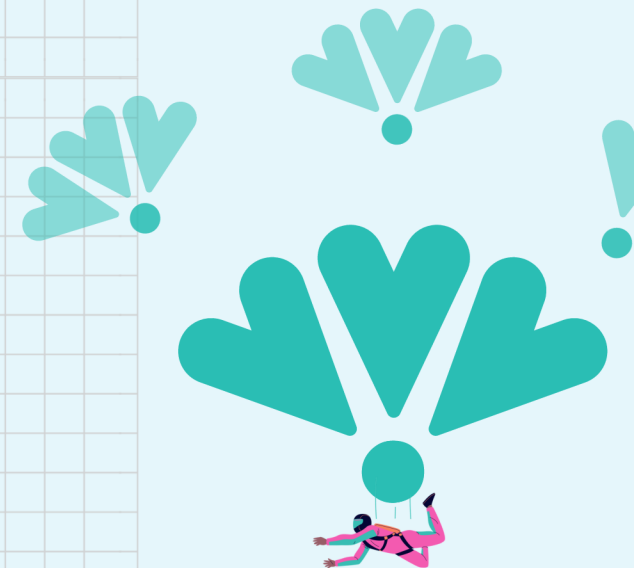
WEEK 2

This week, we examine what you've been holding - and what's been holding you hostage.

ON A SCALE OF 1-10, HOW COMFORTABLE ARE YOU SETTING BOUNDARIES WITH AUTHORITY FIGURES (BOSSES, PARENTS, PARTNERS)? WHY DID YOU CHOOSE THAT NUMBER?

LIST THREE THINGS YOU'RE CURRENTLY CARRYING THAT AREN'T ACTUALLY YOURS TO CARRY.

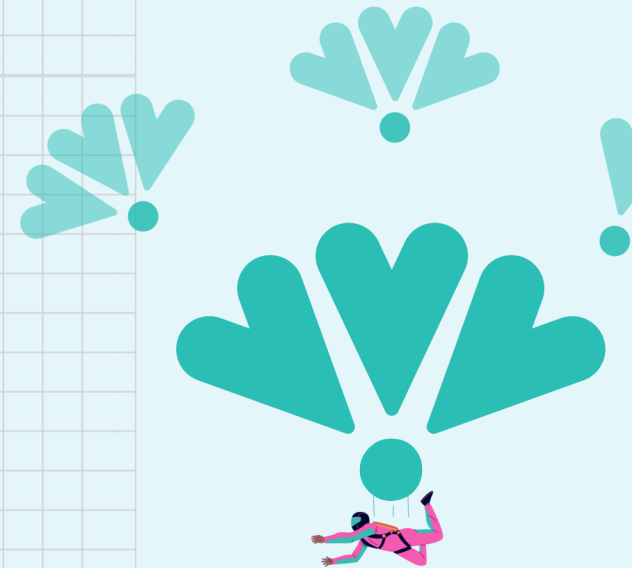
WHERE DO YOU KEEP SAYING YES WHEN YOU MEAN NO? WHAT'S THE COST?



SESSION NOTES

WEEK 2

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

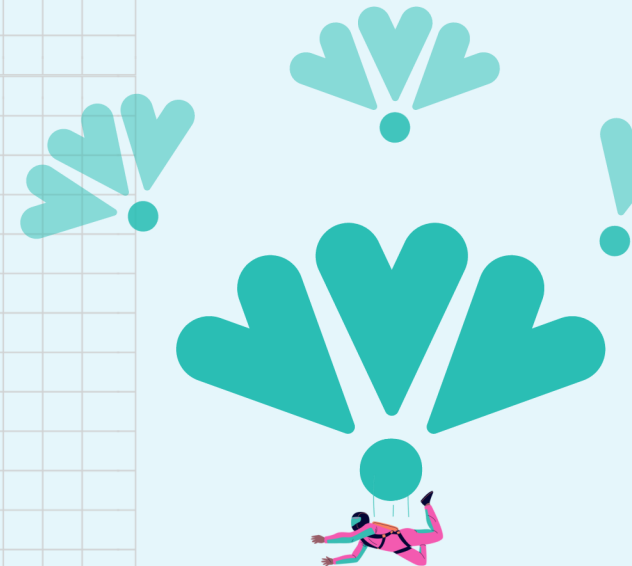
WEEK 2

You've started to see the weight. Now, begin to examine which pieces you can put down.

USING THE FRAP FRAMEWORK (FIXING, RESCUING, ADVICE-GIVING, PROJECTING) - WHICH PATTERN SHOWS UP MOST IN YOUR RELATIONSHIPS?

WHAT IS ONE BOUNDARY YOU NEED TO SET THIS WEEK? WITH WHOM? WRITE OUT EXACTLY WHAT YOU'LL SAY.

WHAT MIGHT BECOME POSSIBLE IF YOU HELD THAT BOUNDARY?



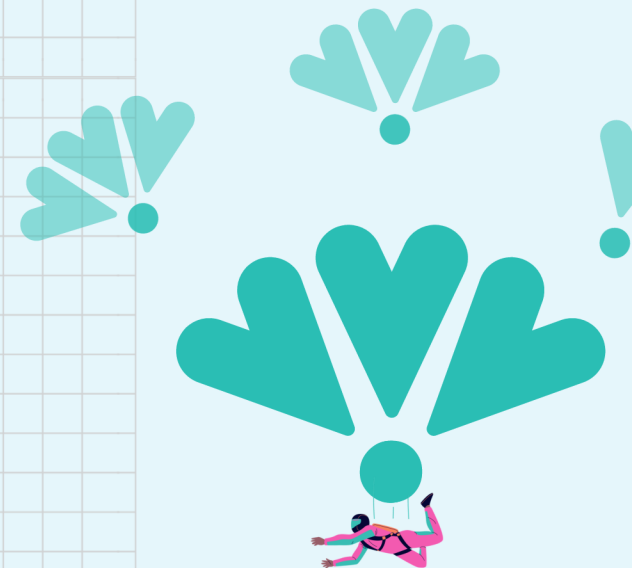
**"MY BOUNDARIES
ARE AN ACT OF LOVE
- FOR MYSELF AND
FOR OTHERS."**



CELEBRATE

WEEK 2

What's one thing, however small, you're proud of this week?

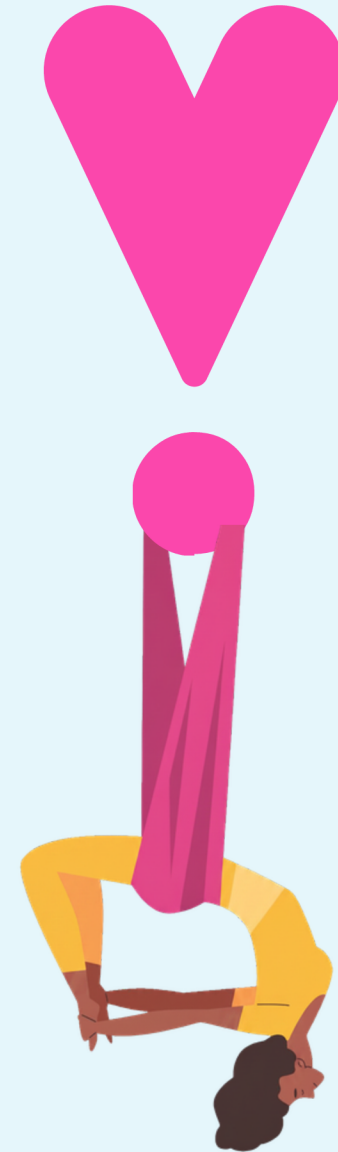


WEEK 3

TRUSTING YOURSELF AGAIN



The Self-Trust Audit



BEFORE YOUR SESSION

WEEK 3

Somewhere along the way, you stopped believing in your own judgment. Let's find out when and why.

ON A SCALE OF 1-10, HOW MUCH DO YOU TRUST YOURSELF TO MAKE GOOD DECISIONS? WHAT MADE YOU CHOOSE THAT NUMBER?

WHEN WAS THE LAST TIME YOU SECOND-GUESSED A DECISION YOU'D ALREADY MADE? WHAT HAPPENED?

WHAT PRESSURES, EXTERNAL OR INTERNAL, HAVE STOPPED YOU FROM PUTTING YOUR HAND UP FOR OPPORTUNITIES?



SESSION NOTES

WEEK 3

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

WEEK 3

Self-trust is rebuilt one kept promise at a time. Start small.

DESIGN YOUR VISION: IF YOU TRUSTED YOURSELF COMPLETELY, WHAT WOULD YOUR LIFE LOOK LIKE IN ONE YEAR? DESCRIBE IT IN DETAIL.

WHAT IS ONE DECISION YOU'VE BEEN AVOIDING? WHAT WOULD TRUSTING YOURSELF LOOK LIKE IN THAT SITUATION?

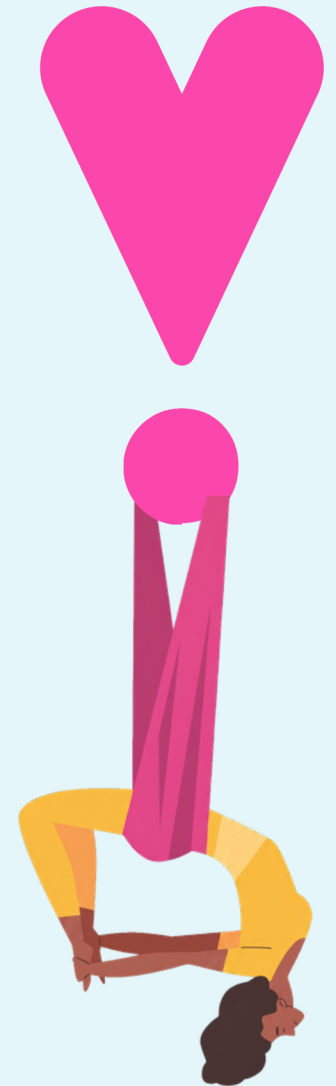
WHAT IS ONE SMALL PROMISE YOU CAN MAKE TO YOURSELF THIS WEEK—AND KEEP?



THIS WEEK'S AFFIRMATION

WEEK 3

**"I TRUST
MYSELF TO
KNOW WHAT I
NEED."**



CELEBRATE

WEEK 3

What's one thing, however small, you're proud of this week?



PHASE BUILDING

2: YOUR FOUNDATION

Weeks 4-6

**CREATING THE STRUCTURES
AND AWARENESS THAT
HOLD YOU STEADY.**



WEEK 4

YOUR RHYTHM, YOUR RULES



Rituals, Routines &
Patterns of Predictability



BEFORE YOUR SESSION

WEEK 4

Overwhelm thrives in chaos. This week, we design the rhythms that ground you.

DESCRIBE YOUR CURRENT MORNING ROUTINE. HOW DOES IT MAKE YOU FEEL?

DESCRIBE YOUR CURRENT EVENING ROUTINE. WHAT'S WORKING? WHAT ISN'T?

WHERE IN YOUR DAY DO YOU FEEL MOST ANCHORED? WHERE DO YOU FEEL MOST CHAOTIC?



SESSION NOTES

WEEK 4

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

WEEK 4

Small, consistent rhythms create profound change. Start with one.

WHAT IS ONE THING YOU CAN CHANGE NOW THAT WOULD MAKE YOUR MORNINGS CALMER? (THINK PROGRESS, NOT PERFECTION.)

DESIGN A 'BOOKEND' FOR YOUR DAY—A SIMPLE RITUAL TO START AND END WITH INTENTION. WHAT WILL IT BE?

WHAT PATTERN OF PREDICTABILITY CAN YOU INTRODUCE THIS WEEK? (EXAMPLES: NO PHONE BEFORE 8AM, A WALK AFTER LUNCH, JOURNALING BEFORE BED)



**"I CREATE
POCKETS OF
CALM IN MY
DAY."**



CELEBRATE

WEEK 4

What's one thing, however small, you're proud of this week?



WEEK 5

FEELING IT ALL



Emotional Literacy &
Regulation



BEFORE YOUR SESSION

WEEK 5

Before you can regulate your emotions, you need to name them. Let's build your vocabulary.

LIST ALL THE EMOTIONS YOU'VE EXPERIENCED IN THE LAST 24 HOURS. PAIR EACH WITH THE EVENT OR TRIGGER THAT CAUSED IT.

WHICH EMOTION DO YOU FEEL MOST OFTEN? WHICH DO YOU AVOID FEELING?

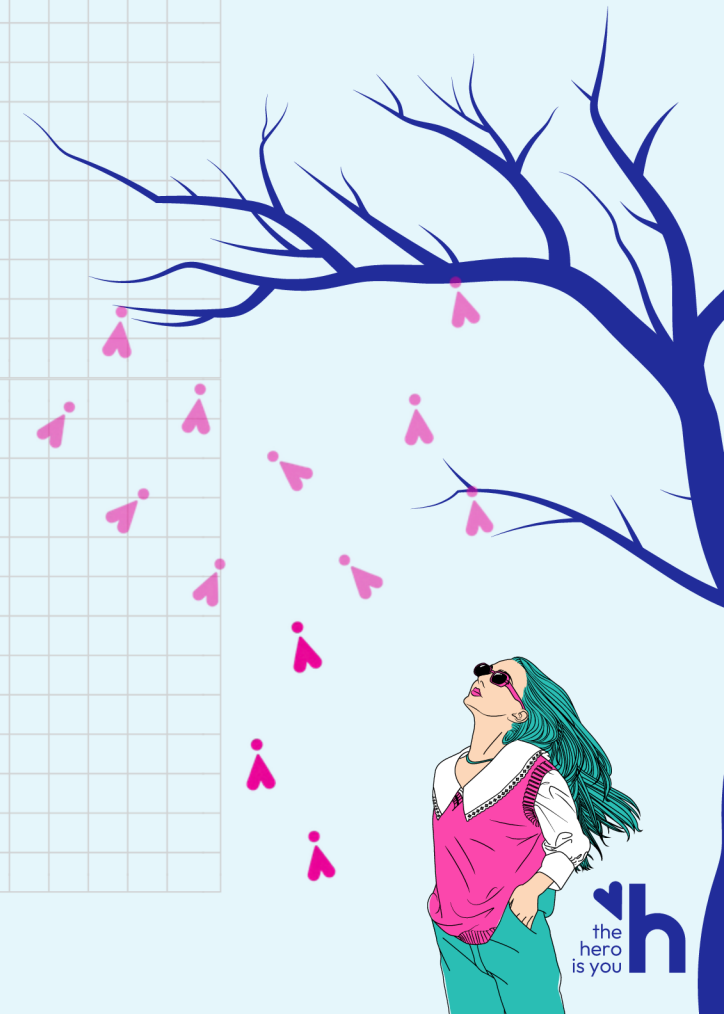
WHEN BIG FEELINGS ARISE, WHAT DO YOU TYPICALLY DO? (SUPPRESS, EXPRESS, DISTRACT, ETC.)



SESSION NOTES

WEEK 5

Use this space to capture insights, ideas and moments that resonate during your session.



WEEK 5

TRACK YOUR 'HOLD': WHEN A STRONG EMOTION ARISES THIS WEEK, NOTE HOW LONG YOU STAYED IN THAT STATE. WHAT HELPED YOU MOVE THROUGH IT?

CHOOSE AN AFFIRMATION THAT CAN OVERWRITE THE NEGATIVE THINGS YOU SAY TO YOURSELF WHEN EMOTIONS RUN HIGH. WRITE IT HERE:

COMMIT TO REPEATING THIS AFFIRMATION TWICE DAILY—MORNING AND EVENING. WHERE WILL YOU PUT IT SO YOU SEE IT?



THIS WEEK'S AFFIRMATION

WEEK 5

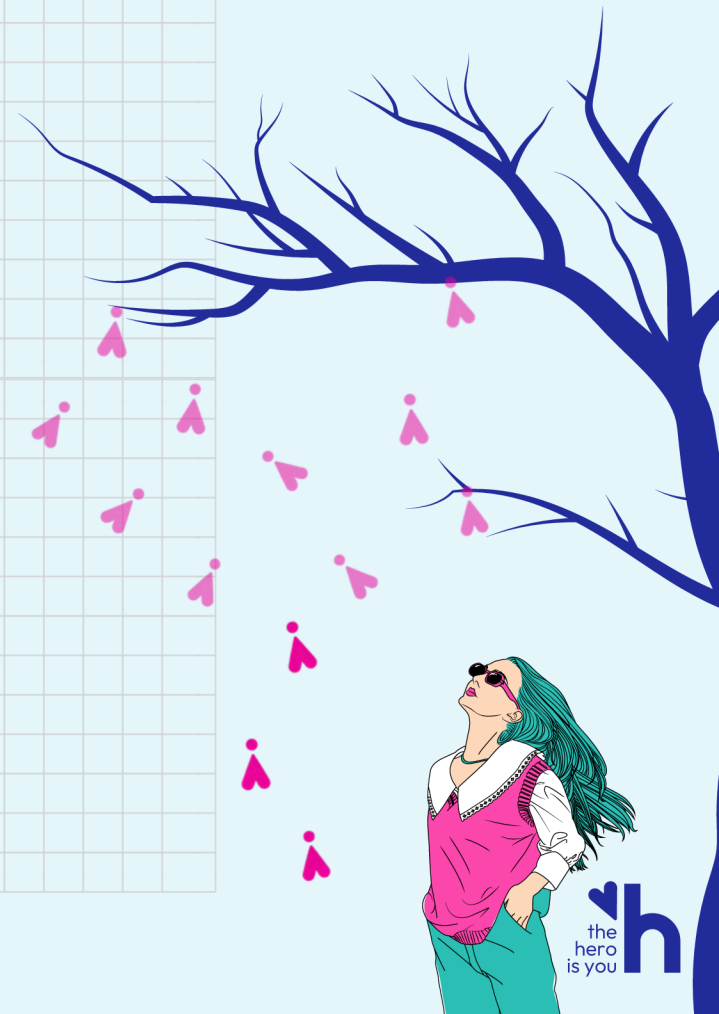
**"MY EMOTIONS
ARE
INFORMATION,
NOT
INSTRUCTIONS.!!!"**



CELEBRATE

WEEK 5

What's one thing, however small, you're proud of this week?

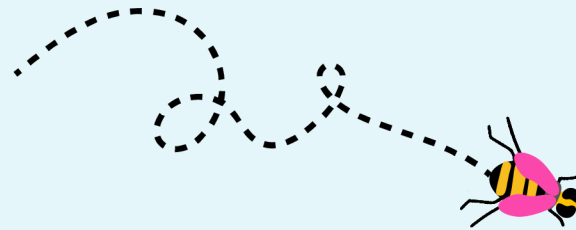


WEEK 6

THE VOICE INSIDE



Rewriting Your Inner Critic



BEFORE YOUR SESSION

WEEK 6

When did you last speak kindly to yourself? Let's meet the voice that's been running the show.

WHAT DOES YOUR INNER CRITIC TYPICALLY SAY TO YOU? WRITE DOWN ITS MOST COMMON PHRASES.

WHOSE VOICE DOES YOUR INNER CRITIC SOUND LIKE? (A PARENT, TEACHER, PAST PARTNER, SOCIETY?)

WHAT STORIES ARE RUNNING YOUR LIFE? COMPLETE THIS SENTENCE: 'I'M THE KIND OF PERSON WHO...' (LIST AS MANY AS COME TO MIND.)



SESSION NOTES

WEEK 6

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

WEEK 6

Your inner critic learned to protect you. But you don't need that protection anymore.

WHAT DO YOU DO FOR OTHERS THAT YOU NEVER DO FOR YOURSELF? (ENCOURAGING, FORGIVING, CELEBRATING, BEING PATIENT...)

WRITE DOWN WHAT YOUR KINDEST, MOST SELF-LOVING VOICE WOULD SAY TO YOU TODAY:

LOOK IN THE MIRROR AND SAY ONE KIND THING TO YOURSELF. WHAT DID YOU SAY? HOW DID IT FEEL?



"I SPEAK TO
MYSELF WITH THE
KINDNESS I GIVE TO
OTHERS."



CELEBRATE

WEEK 6

What's one thing, however small, you're proud of this week?



PHASE COMING

3: HOME TO YOURSELF

Weeks 7-9

**THE DEEPER WORK OF
SELF-COMPASSION AND
SUSTAINABLE ENERGY.**

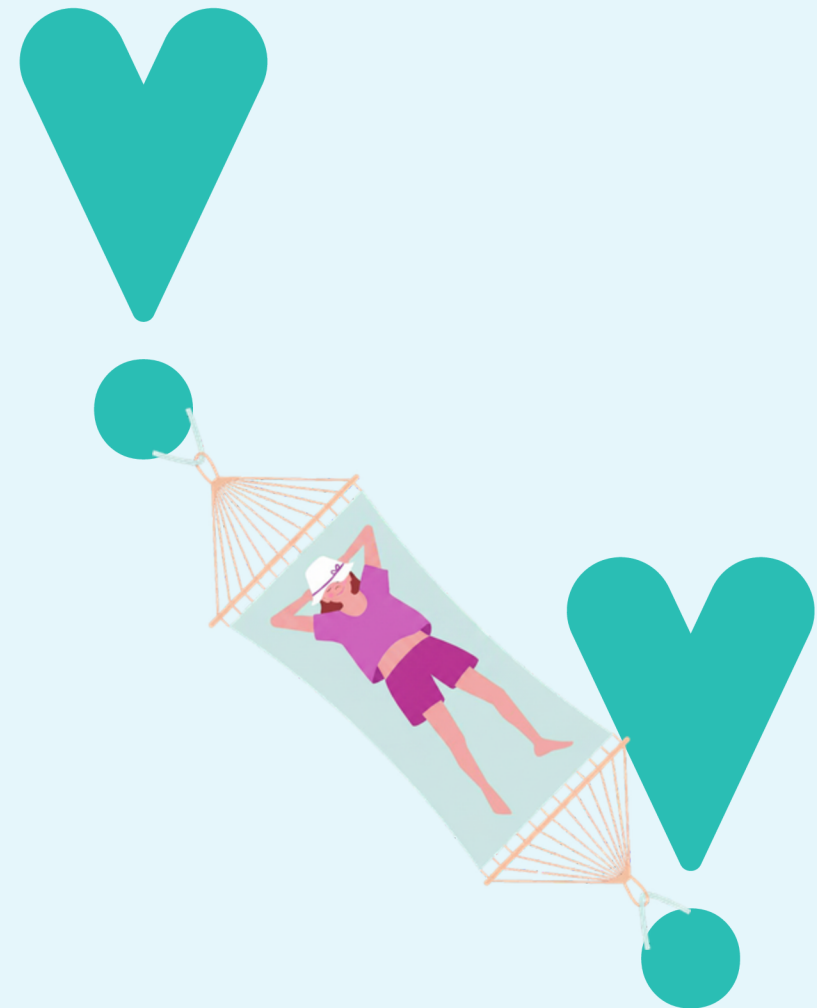


WEEK 7

WATERING YOURSELF



Self-Love & Nurturing



BEFORE YOUR SESSION

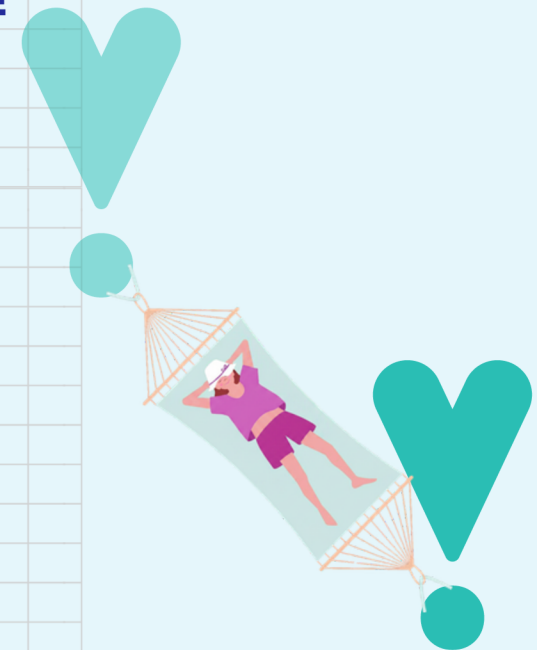
WEEK 7

You pour into everyone else. This week, we turn the attention inward.

WHAT DO YOU DO FOR OTHER PEOPLE THAT YOU DON'T DO FOR YOURSELF? (BE SPECIFIC.)

WHEN SOMEONE ASKS HOW YOU ARE, WHAT DO YOU TYPICALLY SAY? WHAT'S THE TRUTH YOU DON'T SAY?

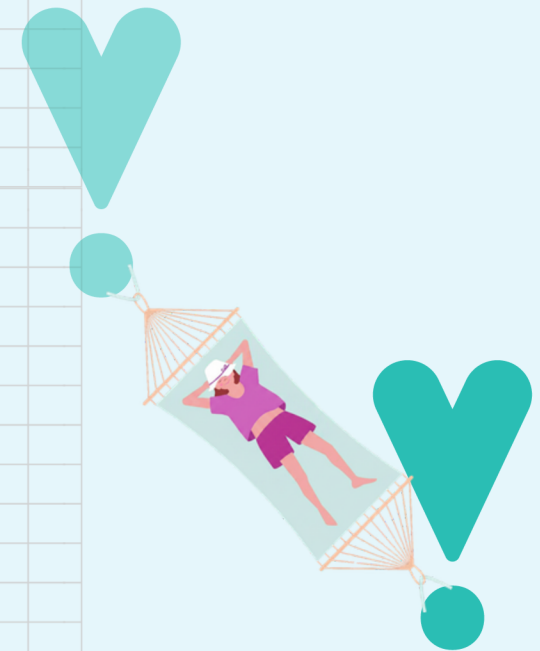
HOW DOES YOUR CURRENT 'PROGRAMMING' AFFECT HOW YOU SHOW UP FOR YOURSELF? (WHAT DID YOU LEARN ABOUT SELF-CARE GROWING UP?)



SESSION NOTES

WEEK 7

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

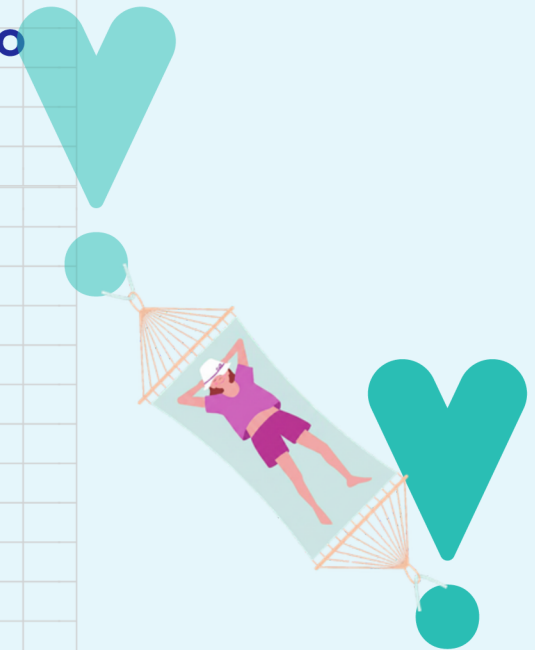
WEEK 7

Self-love isn't selfish. It's the source of everything you give to others.

WRITE DOWN WHAT YOUR KINDEST AND MOST SELF-LOVING VOICE IS SAYING TO YOU TODAY:

WHAT IS ONE WAY YOU CAN NURTURE YOURSELF THIS WEEK THAT HAS NOTHING TO DO WITH PRODUCTIVITY?

WHAT WOULD IT FEEL LIKE TO RECEIVE CARE INSTEAD OF ALWAYS GIVING IT? DESCRIBE IT.



THIS WEEK'S AFFIRMATION

WEEK 7

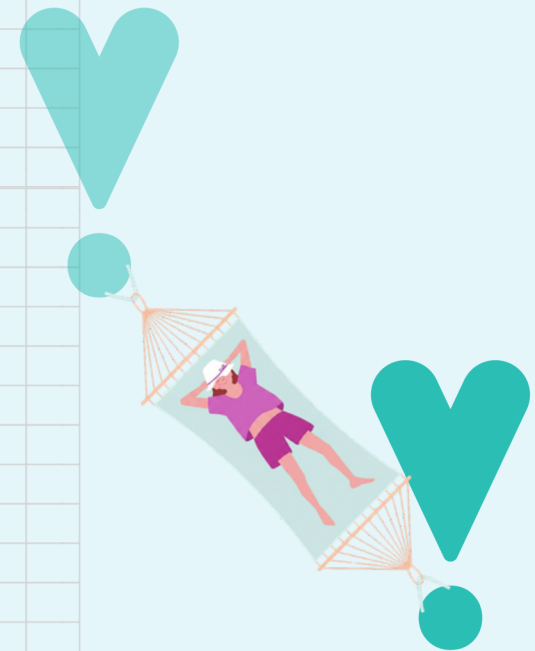
**"I AM
WORTHY OF
THE CARE I
GIVE TO
OTHERS."**



CELEBRATE

WEEK 7

What's one thing, however small, you're proud of this week?



WEEK 8

LETTING GO



Self-Forgiveness & Releasing
Old Stories



BEFORE YOUR SESSION

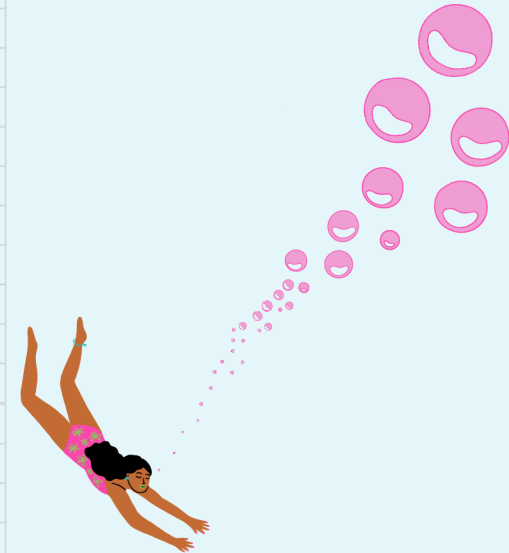
WEEK 8

You're still punishing yourself for things that happened years ago. Let's look at what you're holding.

WHAT'S AN ACTION YOU TOOK IN THE PAST THAT YOU'RE STILL JUDGING YOURSELF FOR? DESCRIBE IT WITHOUT JUSTIFICATION.

WHAT GENERATIONAL NARRATIVES OR OUTSIDE EXPECTATIONS HAVE MADE IT HARD TO FORGIVE YOURSELF?

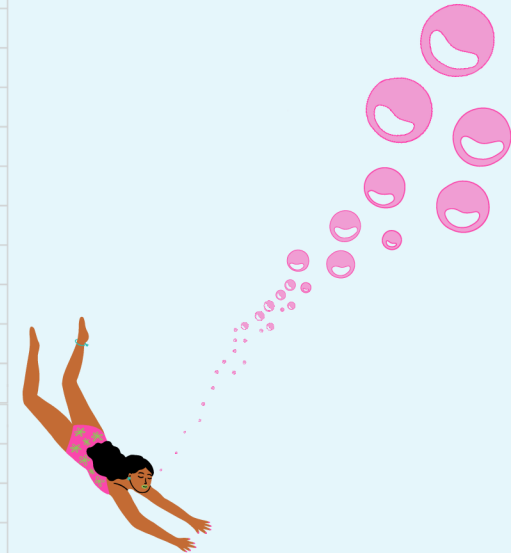
HOW DOES YOUR CURRENT PROGRAMMING AFFECT HOW HARD YOU ARE ON YOURSELF?



SESSION NOTES

WEEK 8

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

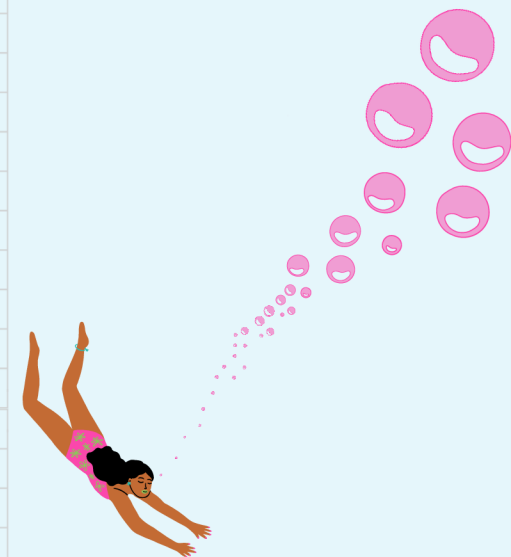
WEEK 8

Forgiveness isn't about saying it was okay. It's about releasing its hold on you.

LOOK BACK ON THAT MEMORY YOU DESCRIBED. WRITE A RESPONSE FROM THE PERSPECTIVE OF SOMEONE WHO LOVES YOU UNCONDITIONALLY:

HOW CAN YOU LOOK BACK ON THAT MEMORY AND ACCEPT THAT YOU DID THE BEST YOU COULD WITH THE INFORMATION YOU HAD AT THE TIME?

WHAT WOULD YOU SAY TO A FRIEND WHO HAD DONE THE SAME THING? WRITE IT AS A LETTER TO YOURSELF.



THIS WEEK'S AFFIRMATION

WEEK 8

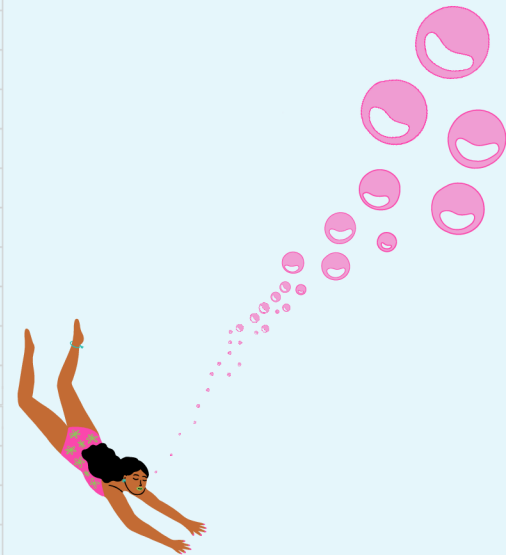
**"I RELEASE
WHAT NO
LONGER
SERVES ME."**



CELEBRATE

WEEK 8

What's one thing, however small, you're proud of this week?



WEEK 9

PERMISSION TO PAUSE

♥ Rest, Recovery & Energy
Management



BEFORE YOUR SESSION

WEEK 9

You've been running on empty and calling it strength. Let's redefine rest.

**LIST YOUR CURRENT OPTIONS FOR REST—BOTH HEALTHY AND UNHEALTHY.
(SCROLLING COUNTS. WINE COUNTS. BE HONEST.)**

**HOW OFTEN DID YOU REST THIS WEEK? HOW RECHARGED DID YOU FEEL AFTER EACH
ACTIVITY? (RATE EACH 1-10.)**

**WHAT BELIEFS DO YOU HOLD ABOUT REST? (E.G., 'REST IS LAZY,' 'I'LL REST WHEN I'VE
EARNED IT')**



SESSION NOTES

WEEK 9

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

WEEK 9

Rest isn't a reward. It's a requirement.

DESIGN YOUR PERSONAL 'REST MENU'—A LIST OF ACTIVITIES THAT GENUINELY RESTORE YOU (NOT JUST NUMB YOU):

WHAT WOULD IT LOOK LIKE TO BUILD SUSTAINABLE REST INTO YOUR WEEKLY RHYTHM? BE SPECIFIC ABOUT WHEN AND WHAT.

WHAT'S ONE REST RITUAL YOU CAN COMMIT TO THIS WEEK?



"I GIVE
MYSELF
PERMISSION
TO PAUSE."



CELEBRATE

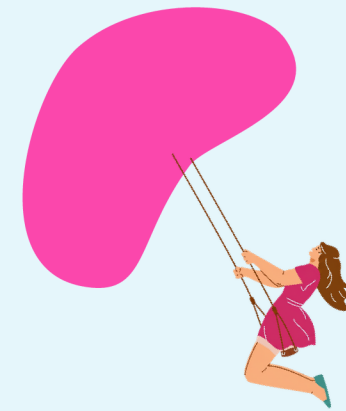
WEEK 9

What's one thing, however small, you're proud of this week?



PHASE **EXPANDING** **4: INTO** **JOY**

WEEKS 10-12



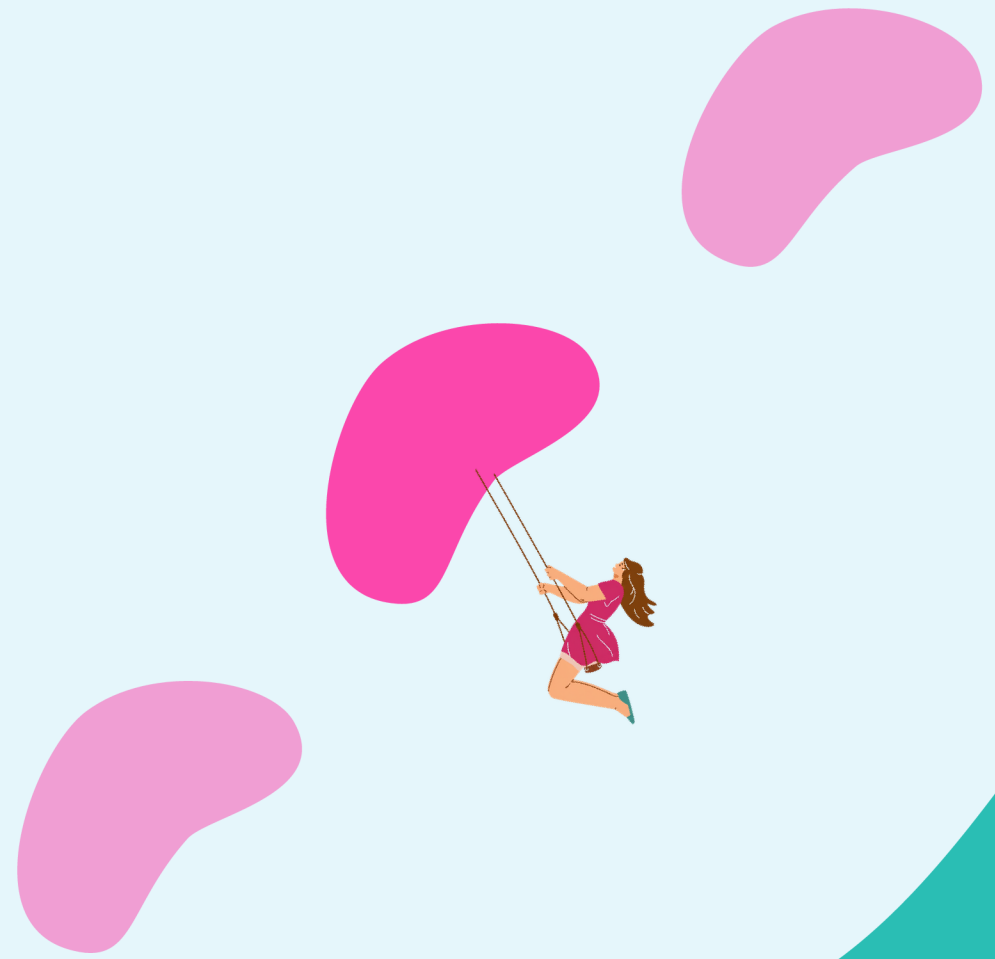
**RECONNECTING WITH THE
PARTS OF YOURSELF
YOU'VE FORGOTTEN.**

WEEK 10

REMEMBERING PLAY



Lightness, Fun & Getting Out of
Your Head



BEFORE YOUR SESSION

WEEK 10

When did everything get so serious? This week, we remember what it feels like to be light.

NOTICE WHERE SERIOUSNESS HAS BECOME YOUR DEFAULT. TRACK ONE MOMENT THIS WEEK WHERE YOUR BODY FELT CONSTRICTED AND OVERLY CONTROLLED. WHAT WAS HAPPENING?

WHEN WAS THE LAST TIME YOU LAUGHED—REALLY LAUGHED? WHAT CAUSED IT?

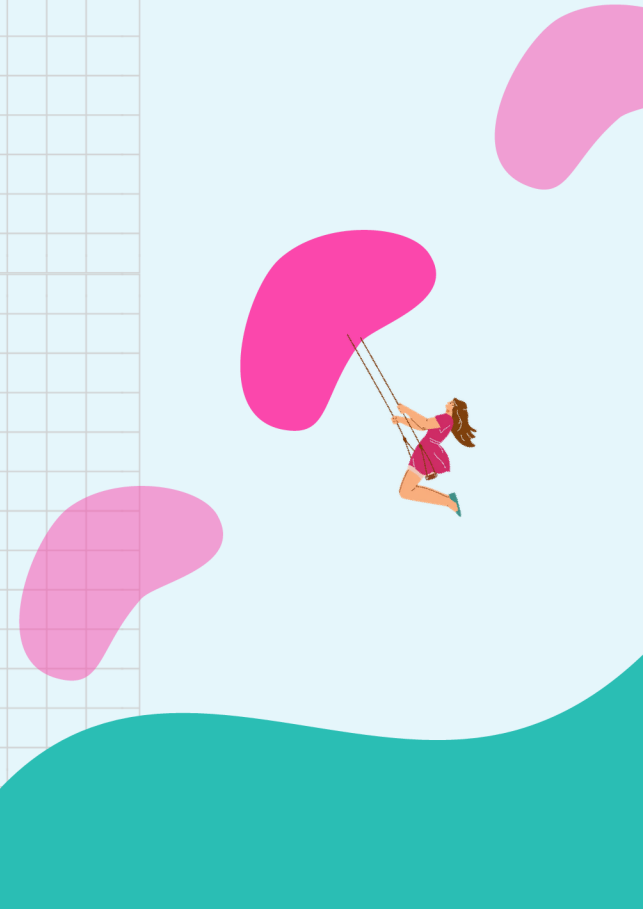
WHAT DID YOU LOVE TO DO AS A CHILD THAT YOU NO LONGER DO?



SESSION NOTES

WEEK 10

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

Play isn't childish. It's essential.

WEEK 10

WHERE CAN YOU BE MORE INTENTIONAL ABOUT EXPERIENCING LIGHTNESS THIS WEEK?

DESIGN A 'PLAY RITUAL'—SOMETHING SMALL THAT KEEPS YOU IN A STATE OF EASE AND LIGHTNESS. WHAT WILL IT BE?

PRACTICE THE 'WHOLE BODY YES/NO': WHEN SOMEONE ASKS YOU SOMETHING THIS WEEK, NOTICE—DOES YOUR BODY EXPAND (YES) OR CONTRACT (NO)? WHAT DID YOU DISCOVER?



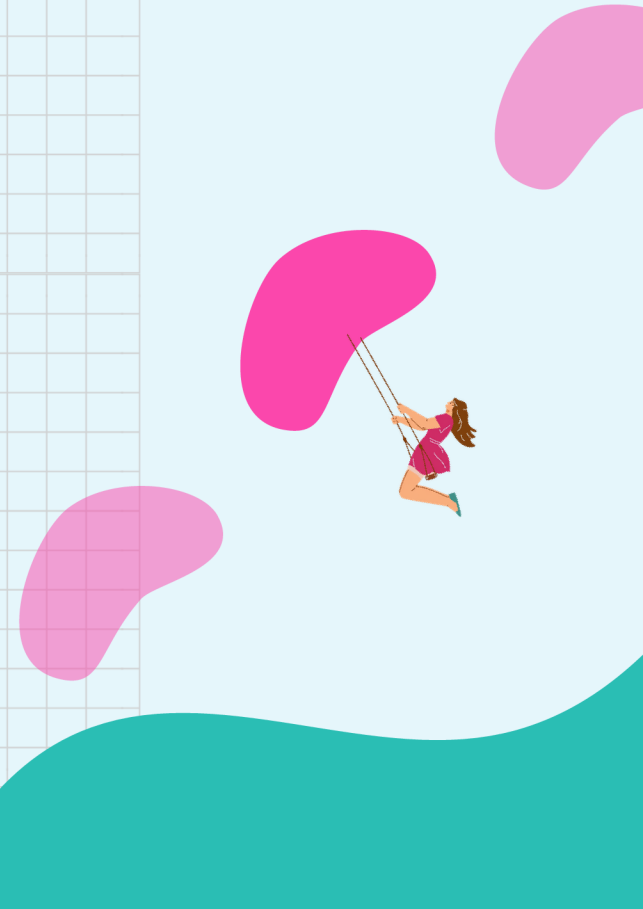
**"I GIVE
MYSELF
PERMISSION
TO BE LIGHT."**



CELEBRATE

WEEK 10

What's one thing, however small, you're proud of this week?



WEEK 11

CREATIVE RECLAMATION

♥ Expressed Creativity & Expansion



BEFORE YOUR SESSION

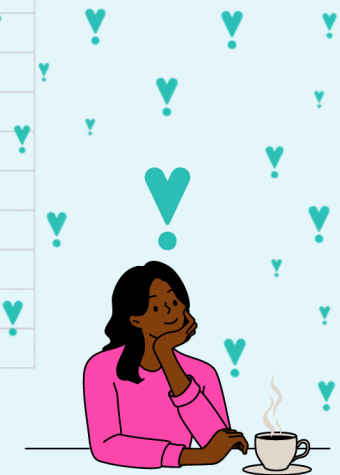
WEEK 11

There's a part of you that used to create. Life buried her. Let's find her.

IDENTIFY AREAS WHERE YOU FEEL 'BOXED IN.' WRITE DOWN THE STORY YOU TELL YOURSELF ABOUT WHY YOU'VE NEGLECTED CREATIVE EXPRESSION.

WHAT CREATIVE ACTIVITIES HAVE YOU ABANDONED BECAUSE OF LIFE PRESSURES? (PAINTING, WRITING, DANCING, MUSIC, CRAFTING...)

WHAT WOULD IT FEEL LIKE TO DO THAT THING AGAIN? WHAT'S STOPPING YOU?



SESSION NOTES

WEEK 11

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

WEEK 11

Creativity isn't about being an artist. It's about using a different part of your brain—and expanding your capacity for life.

WHAT WOULD IT LOOK LIKE TO INTRODUCE SOMETHING CREATIVE INTO YOUR LIFE—EVEN IN A SMALL WAY?

COMMIT TO DOING AT LEAST ONE THING THAT FUELS YOUR CREATIVITY THIS WEEK. WHAT WILL IT BE? WHEN WILL YOU DO IT?

AFTER YOU'VE DONE IT, REFLECT: HOW DID IT FEEL? WHAT DID YOU NOTICE?



**"I CREATE
BECAUSE IT
CONNECTS ME
TO MYSELF."**



CELEBRATE

WEEK 11

What's one thing, however small, you're proud of this week?



WEEK 12

YOUR CENTERED SELF



Reflection, Integration & Your
Future



BEFORE YOUR SESSION

WEEK 12

You arrived overwhelmed. You're leaving centered. Let's anchor what you've learned.

COMPLETE A PROGRESS AUDIT: ON A SCALE OF 1-10, WHERE ARE YOU NOW COMPARED TO WHERE YOU STARTED IN EACH AREA? (SELF-TRUST, BOUNDARIES, EMOTIONAL REGULATION, SELF-COMPASSION, ENERGY, JOY)

WHAT'S ONE SHIFT YOU'VE NOTICED IN THE LAST 90 DAYS THAT YOU WANT TO CONTINUE?

WHAT'S ONE THING YOU'RE READY TO LET GO OF AS YOU MOVE FORWARD?



SESSION NOTES

WEEK 12

Use this space to capture insights, ideas and moments that resonate during your session.



AFTER YOUR SESSION

WEEK 12

This isn't an ending. It's a beginning. The practices you've built will carry you forward.

WRITE A LETTER TO YOUR FUTURE SELF—THE WOMAN YOU'RE BECOMING. WHAT DO YOU WANT HER TO REMEMBER FROM THESE 90 DAYS?

DESIGN YOUR 'WEEKLY CHECK-IN'—A COFFEE WITH YOURSELF TO FEEL OUT WHERE YOU ARE. WHEN WILL YOU DO IT? WHAT QUESTIONS WILL YOU ASK YOURSELF?

WHAT IS YOUR COMMITMENT TO YOURSELF GOING FORWARD? WRITE IT AS A PROMISE.



THIS WEEK'S AFFIRMATION

WEEK 12

**"I AM
CENTERED. I AM
CAPABLE. I AM
COMING HOME
TO MYSELF."**



CELEBRATE

WEEK 12

What's one thing, however small, you're proud of this week?





YOU DID IT

90 DAYS AGO, YOU TOOK A STEP TOWARD YOURSELF.

Not because you were broken.
Because you were buried.
And now, you're found.

**Keep going. Keep choosing yourself.
You know the way now.**

Love, Mandy



LET'S STAY CONNECTED



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