

Rock Bottom

*Was
Only
The
Lobby
A 21-
Day
Reset &
Growth
Journal*

The Framework

You are the architect of your own life. This 21-day journey is divided into three distinct weeks of focus to move you from the 'lobby' of survival into the 'penthouse' of your potential.

Week 1: The Foundation

Goal: Grounding and Routine. We are stabilizing your daily experience. You cannot build a penthouse on a shaky lobby floor.

Week 2: The Audit

Goal: Boundaries and Beliefs. A surgical removal of what does not serve you. You are clearing the deck.

Week 3: The Bloom

Goal: Creativity and Future. Reclaiming your identity and setting the stage for your new life.

Week 1: The Foundation

Focus: Grounding and Routine. We are stabilizing your daily experience. You cannot build a penthouse on a shaky lobby floor.

Day 3: Morning Ritual

The Why: Consistency builds self-trust.

Your Action: Implement a 5-minute routine.

5-Minute Routine Options:

Option 1: Glow & Ground (Water + Skincare + Make Bed + Set Intention)

Option 2: Artist's Presence (Clear Desk + Skincare + Stillness + Focus)

Option 3: Peace & Power (Stretch + Skincare + Power Pose + Affirmations)

Checklist & Response

Which routine did you choose?

How did you feel?

What stopped you?

Week 2: The Audit

Focus: Boundaries and Beliefs. A surgical removal of what does not serve you. You are clearing the deck.

Week 3: The Bloom

Focus: Creativity and Future. Reclaiming your identity and setting the stage for your new life.

