

THE

7-DAY AUGUST RESET CHALLENGE

Choose ONE small action in each area. Do all three for seven days.

Write down when you will do each action, then tell one person who can encourage you.

HEALTH MOVE OR NOURISH

YOUR ACTION: Walk for 10 minutes after one meal OR add a fruit or vegetable to two meals each day.

WHY IT MATTERS: A small, repeatable action helps rebuild momentum before colder weather brings more time indoors and less movement.

WEALTH SAVE OR REVIEW

YOUR ACTION: Transfer a small amount to savings OR complete one 15-minute money check-in this week.

WHY IT MATTERS: A quick financial reset can help you prepare early for fall expenses and holiday spending instead of reacting later.

RELATIONSHIPS REACH OUT OR BE PRESENT

YOUR ACTION: Make one meaningful call OR schedule one device-free meal or conversation this week.

WHY IT MATTERS: Intentional connection strengthens support, reduces isolation, and keeps important relationships from running on autopilot.

MY 7-DAY CHECK-IN

ACTION	MON	TUE	WED	THU	FRI	SAT	SUN
HEALTH	☐	☐	☐	☐	☐	☐	☐
WEALTH	☐	☐	☐	☐	☐	☐	☐
RELATIONSHIPS	☐	☐	☐	☐	☐	☐	☐

AFTER 7 DAYS: KEEP what worked • ADJUST what did not • REPEAT