

3-DAY RESET GUIDEBOOK



WELL-BEING RESET





Welcome

So happy you're here!

You've decided to listen to the whisper (or inner yelling) that you need a break. A rest. A reset. To breathe and feel like yourself again.

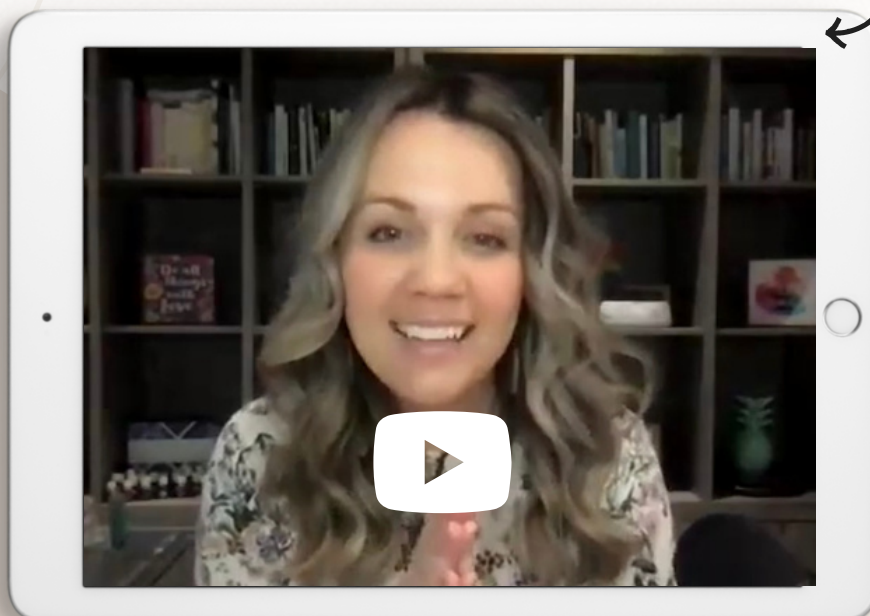
This 3-day reset will shine the light on that path home to yourself.

Simple and powerful practices that you can incorporate into your busy life to bring calm, inner connection and balance.

Enjoy the next few days, do the practices and begin to remember the truth of who you really are and what's really possible for you.

Tina xo

Watch the welcome video





Tina Green



*I'm here to light a fire in your heart.
to help you burn bright instead of burning out.*

It's so nice to meet you!

I'm Tina, a radical uplifter, a kindness junkie, a momma and a wife, and I have a huge passion for living a full, exciting life with more ease, flow and connection. I believe we are all meant to float, soar, rise, succeed, exceed, and live an amazing life. We just get in our own way sometimes...and, honestly, life does too.

Think of a cork bobbing in the water - that's you living your best life. It's there, always, meant to float. Now, think of the negative, limiting beliefs and heavy thoughts, demands and expectations you have...picture your hand pushing down on that cork a little more with each one. You're doing that. We all do it. But I'm here to tell you it doesn't have to be that way. It's not meant to be that way.

As a Chopra Certified Ayurvedic Health Teacher, Meditation Teacher, Well-Being Coach, and creator of the Glow with Your Flow Program, I want to guide you to squeeze the good stuff out of every moment. To open you up to living, rather than existing and just functioning. I'm here to help you *remember* who you really are and to guide you with simple steps toward health - in mind, body and spirit.

The real truth is that **you deserve more than what you are trying to settle for.** That you deserve ease, to feel expansive, to feel like you have energy for those you love most and to feel like you matter too...because you do.



How to use this Workbook

Let's keep this simple, since I know you're busy.

Each day you will receive an email with a video and a simple practice for the day and few extras.

This workbook will have the links to those videos (everything in one place) , as well as printable journaling pages or checklists that go along with the practices.

This journal takes the 3-day journey to a deeper level for greater transformation.



QUESTIONS?

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DAY 1

YOUR BODY

Learn a 5-minute daily energizing practice to awaken your body and give you energy to tackle your busy day.

DAY 2

YOUR SPIRIT

Follow along with a guided Chakra toning exercise to release blockages in your body and come back into balance.

DAY 3

YOUR MIND

Release what's been weighing on you and taking up space in your mind with a guided visualization. Then get clear on what YOU really want for your life.

VISION

WHAT'S NEXT FOR YOU

Learn what you can do to make your well-being vision a reality and finally live fully like you are meant to.



Introduction

THE PERSPECTIVE SHIFT

Have you ever wondered what the mind, body, spirit connection even really means?

Sure, you've been told to practice more self-care, but what does THAT even mean, as a busy, woman with such a full plate already?

Does balance and peace even exist? And what about a joyful, energetic body...does that feel possible?

These are questions that I'm so passionate about drilling down on and making the answers simple and clear for you.

And over the next 3 days, that's exactly what we'll do together.

The mind, body and spirit are inextricably connected. When something happens in the physical body, there is an emotional reaction as well. When we feel emotion, our physical body responds.

We cannot work on just one and expect to fully heal and feel balanced. We must nurture all parts of ourselves, have awareness of all of our layers and clear a path, through simple routines and practices, so that our body can do what it knows how to do and support us naturally. When your mind/body works in harmony with nature and the flow of your life, you experience more ease and you are freed up to do what matters to you most.

It's so possible to feel like you again, the real you, ...maybe even for the first time.

Let's get started!

5 Day Reset Chakra

Here's how to get the most out of your 3 day well-being reset. Complete the checklist below each day and feel good about making these simple and sustainable shifts.



Day 1

☐

Watch Day 1 intro video in daily email & read "The Body" page in guidebook

☐

Watch/complete Day 1 practice video/exercise Energy Routine.

☐

Complete the printable worksheet

☐

Bonus: drink a cup of warm water (1/2 lemon optional) before eating or drinking anything else in a.m.

☐

Bonus: make lunch your biggest meal of the day

Day 2

☐

Watch Day 2 intro video in daily email & read "The Spirit" page in guidebook

☐

Listen to & complete the day 2 practice audio - Chakra Toning exercise.

☐

Complete the printable worksheet

☐

Bonus: complete a round of the full sun salutation & energy routine from Day 1

☐

Bonus: drink a cup of warm water (1/2 lemon optional) before eating or drinking anything else in a.m.

☐

Bonus: make lunch your biggest meal of the day

Day 3

☐

Watch Day 3 intro video in daily email & read "The Mind" page in guidebook

☐

Listen to & complete the day 3 practice audio 1 & 2 - Letting go & Creating Something New

☐

Complete the printable worksheet

☐

Bonus: complete a round of the full sun salutation & energy routine from Day 1

☐

Bonus: drink a cup of warm water (1/2 lemon optional) before eating or drinking anything else in a.m.

☐

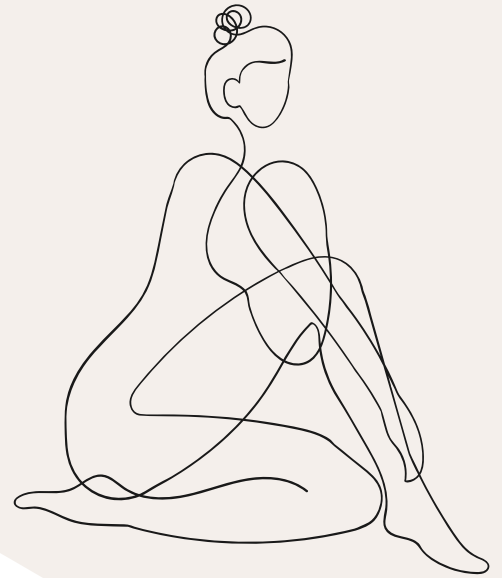
Bonus: make lunch your biggest meal of the day

01
day



awaken your body

The mind, body, spirit connection



THE BODY

The wisdom of Ayurveda, a 5000 year old healing tradition that translates to the science/knowledge of life, teaches that there are 5 elements that make up the Universe and everything in it, including you.

Space, air, earth, fire and water can be found in nature...the sun, the oceans, the ground, the wind, the empty open spaces.

Yet they are also found in you, space in between thoughts (space), digestion (fire), fluids in your body that lubricate joints, help to digest, etc. (water), the strong bones and muscles (earth), and the breath (air) are some examples of this.

This means that it's not just your physical body that is considered your body, but also your environment. Have you heard the saying, as is the microcosm, as is the macrocosm? This is the truth between the world around you, the environment, and the world within you, your body.

This is why are bodies are deeply affected when there are shifts in nature. Something also shifts within us.

And let's not forget, breath. Life force. Prana. All words meaning what you take in that enlivens you - gives you life.

What happens when a plant, a human, an animal loses their life force? Emptiness. Just a shell.

So we do things like energy work, Reiki, deep breathing exercises, and spending time in nature to revitalize and reenergize.

RECAP:

THE BODY = ENVIRONMENT + PHYSICAL BODY + LIFE FORCE

Complete the practice

Day 1

Note your mood before your practice.

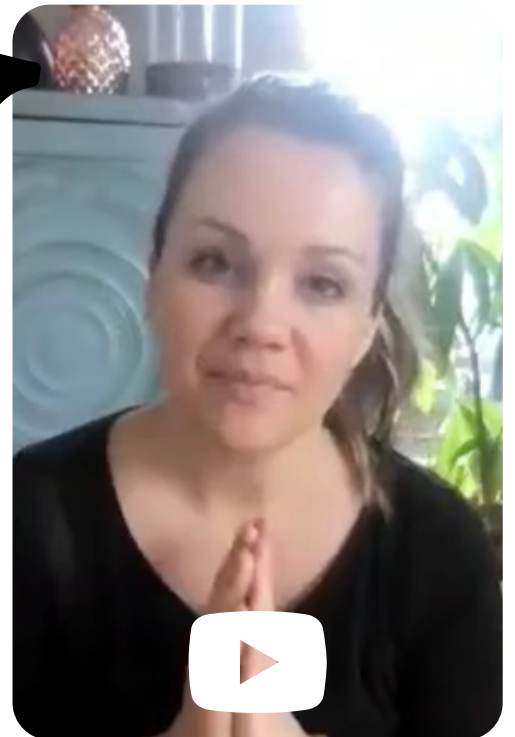
Watch this video to complete today's practice to awaken your body.

Remember to breathe in through your nose and out through your mouth deeply during your sun salutations and your energy routine.

Complete the Day 1 journal worksheet in the pages below.

Enjoy your day!

Bonus tool: if you find it helpful, you can print the next page to make it easier to follow along with the sun salutations portion of the practice.



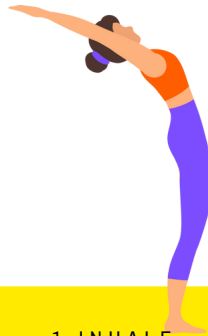


SUN SALUTATION



BEGINNING

Standing tall, feet together on ground, hands in prayer at chest.



1. INHALE

Lift arms over head, arch back, heart open.



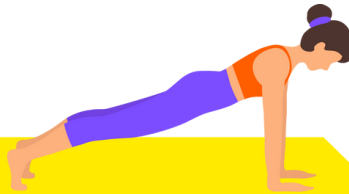
2. EXHALE

Chest forward with knees slightly bent and fold in



3. INHALE

Inhale as you come back up to a flat back and then exhale as you put one foot back and then the other



4. EXHALE

Exhale continued as you move through a plank and down into the next move



5. EXHALE/INHALE

Continue the exhale as you come down to the ground and begin to inhale as you start to come up from the ground and into cobra



7. INHALE

Shoulders down and away from ears, elbows close to body and heart open



8. EXHALE

Lift tailbone, knees slightly bent and back straight.



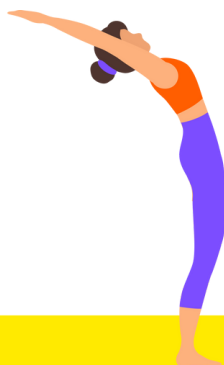
9. INHALE

Bring feet up in between hands



10. EXHALE

Exhale into a forward fold with knees slightly bent



11. INHALE

Big inhale as you stand back up with arms wide and heart open



12. EXHALE/END

Exhale deeply as hands come back into prayer position in front of chest
Repeat sequence, as desired

DATE	MOOD BEFORE THE PRACTICE
------	--------------------------

Day 1 Journal

THOUGHTS AFTER THE PRACTICE

1 WORD, THAT EXPIENCE WAS ...

MY BODY FEELS...

MY MIND FEELS...

PART I LIKED BEST

- .
- .
- .
- .

PERSONAL OBSERVATIONS

- .
- .
- .
- .

02
day



connect to your spirit

The mind, body, spirit connection



THE SPIRIT

You've heard about the soul or the spirit, but it's one of those areas that are harder to explain, and we have to rely on a blend of our intellect and on our sense of knowing and intuition to understand.

There is a part of you called the causal body. A part of you that is full of infinite possibilities and potential.

This is the part of you that is tapped in to the Universe, God, Spirit (insert your word here). It is the part of you that you access during meditation, when you get into the spaces between your thoughts. The place beyond ego, limiting beliefs and constriction.

It's the part of you that connects you to the wisdom of those who have gone before you, to your intuition, to all of the Universe. This is the place where all of you merges into all of creation. This might be a hard concept to wrap your intellectual mind around, but the best way to visualize it is to think of a wave in the ocean. When the wave pops up, it's unique, individual and looks separate from the ocean, just like you as an individual with your body, your personality, your beliefs, your fingerprint, but then it goes back down into the ocean. Ultimately, it was always part of it - never apart.

You are the same. This is your wholeness.

All of these layers that you are learning about in these three days, appear to be separate, but they ultimately make up the whole of who you are.

RECAP:

THE SPIRIT = THE PERSONAL SOUL + THE COLLECTIVE
ENERGY + THE UNIVERSAL DOMAIN (THE OCEAN)

Day 2

Complete the practice



CHAKRAS

Energy centers that have a location within the body, a color, a sound and specific emotional/physical functions



Om		Crown Consciousness
Sham		Third Eye Intuition
Ham		Throat Communication
Yam		Heart Love, Compassion
Ram		Solar Plexus Digestion, Personal Power
Vam		Sacral Creativity, Sexuality
Lam		Root Grounding

DATE	MOOD BEFORE THE PRACTICE
------	--------------------------

Day 2 Journal

THOUGHTS AFTER THE PRACTICE

1 WORD, THAT EXPIENCE WAS ...

MY BODY FEELS...

MY MIND FEELS...

PART I LIKED BEST

- .
- .
- .
- .

PERSONAL OBSERVATIONS

- .
- .
- .
- .

03
day



clear your mind

The mind, body, spirit connection



THE MIND

This part of us is so much more subtle than the physical body, yet it impacts everything we do. Understanding more about how it works will impact your life and help you to understand how you make decisions and choices.

There are three layers to this more subtle part of us. The mind, intellect and the ego.

Here are the simple differences between the three.

Mind: Emotions, feelings desires

The mind takes in sensory information through your five senses.

Intellect: The part of the mind that makes choices and decisions, sees things as good or bad, sorts and sifts.

The intellect helps you sort through situations...looking at the pros and cons (based on your perspective, knowledge, beliefs) to help you respond.

Ego: The "I"

This is the part of you that identifies with your roles (mother, wife, teacher, etc.), it is your self-image.

The ego allows you to experience the world as an individual, but it can also cause you to focus on, or identify who you are with your possessions, your positions, your fears, your desires, etc., losing sight of the truth of who you really are...pure and unlimited.

RECAP:

MIND = MIND, INTELLECT & EGO

Day 3

Complete the practice



PART 1



PART 2

Find a comfortable space away from distractions and have a pen and paper, or notebook, with you.

Take a deep breath in and release.

Listen to the audio in part 1 and write down your thoughts (as directed).

When completed, take another deep breath in and release.

Listen to the audio in part 2 and write down your thoughts (as directed).

Complete the printed Day 3 Journal page below.

Enjoy your day!

DATE	MOOD BEFORE THE PRACTICE
------	--------------------------

Day 3 Journal

THOUGHTS AFTER THE PRACTICE

1 WORD, THAT EXPIENCE WAS ...

MY BODY FEELS...

MY MIND FEELS...

PART I LIKED BEST

- .
- .
- .
- .

PERSONAL OBSERVATIONS

- .
- .
- .
- .



Tips for Healthy Routine



Rise around 6 a.m.



Begin your day by thinking about how you would like your day to go - set an intention for what kind of a person you need/or want to be today.



Drink a cup of warm/hot water before you have any coffee, tea or food (you can add the juice of 1/2 lemon)



Complete your sun salutations and energy routine



Make lunch your biggest meal of the day



If you are feeling like your digestion is sluggish, sip on warm water with fresh ginger throughout the day and don't drink during meals



Turn the lights down and devices off in the evening by 9:00 p.m.



Be in bed by 10:00 p.m. to get the most healing, digestion and restoration and to wake up feeling refreshed.





CONCLUSION

Congratulations! You finished the reset!

Seriously.

It's no small thing that you've come this far, shown up everyday for the practice, and more importantly, for yourself.

How did that feel? To give yourself the gift of time?

Self care and health, truly doesn't need to be in the big stuff. It's about self-awareness. Being with you and turning off the noise. Being more of you. Tuning into what you need and being gentle with yourself.

You are not meant to live like a pressure cooker...slow build up of toxins, unprocessed emotions, unexplored dreams, the weight of other people's expectations, bad sleeps, physical pain, and exhaustion only to blow up if you try to open the cover.

By taking care of yourself in little ways, in little intentional pockets of time, by being aware of, and honouring, how you feel, by aligning yourself with the rhythms of nature, by tuning in to your body, your breath, your five senses, you get to stop pushing and rather let the pull of your flow guide you to truly living.

That is the true self care. That is living a life of peace and balance.





READY TO MAKE YOUR VISION A REALITY?

Join the Glow with Your Flow Program

You learned that if you want to heal and let your body do what it knows to do,
you must take care of the mind, body & spirit.

You've awakened your body and your awareness.

You've begun to release energetic & emotional blocks.

You've let go of what you no longer want to waste time on and
you've created an intentional vision for your future.

In this program, you will discover your specific/unique blueprint to make your
well-being vision a reality and remember your wholeness.

To get into the flow of YOUR life.

[LEARN MORE](#)

