

# SELF-CARE RESET PLAN FOR WOMEN OVER 40

A 10-MINUTE DAILY RITUAL TO  
RECLAIM YOUR ENERGY,  
CONFIDENCE & JOY

*This was me before...*

*This is me now!*



\*Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.

**Hey, I'm TJ Hudspeth**

If you've tried everything & still feel stuck, it's time for us to talk.

I'm not coaching a diet; I'm here to help real women get healthy and make lasting changes.

# A 10-Minute Daily Ritual to Reclaim Your Energy, Confidence & Joy.

## A NOTE TO YOU...

If you're over 40 and feel like you're doing all the things—holding your family together, pouring into your career or ministry, showing up for everyone else—but still feel drained, this is your reset. You don't need more pressure.

You need a simple, doable way to feel like yourself again. This plan isn't about bubble baths and face masks (although we love those, too).

It's about resetting your mind, body, and spirit with practical habits that take less than 10 minutes a day—but create momentum that lasts.

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## STEP 1: ANCHOR YOUR DAY WITH PURPOSE

*Time required: 2 minutes*

Most women skip self-care because they're used to putting everyone else first.

This step changes that—by starting your day with *your reason why*.

### **Daily Prompt:**

“Why is it important for me to take care of myself today?”



### **Examples:**

- So I don't lose my temper with my kids later.
- Because my body is worth honoring—not fixing.
- So I can lead and love from a full cup.
- Because when I feel better, I *do* better.

This isn't fluff—it rewires your brain to see self-care as a necessity, not a luxury.

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## 💧 STEP 2: ONE NOURISHING ACTION

*Time required: 2-3 minutes*

Your body over 40 doesn't respond to restriction—it responds to real nourishment.

This step helps you build confidence with food by taking just one intentional action each day.

### **Choose 1 Nourishing Action Today:**

- Drink a full glass of water before your coffee
- Add protein (like eggs or Greek yogurt) to your breakfast
- Swap an afternoon snack for something that stabilizes blood sugar: Low fat cottage cheese, Hummus & Veggie, 1 ounce of pumpkin seeds (also known as pepitas), or a hard boiled egg
- Eat meals slow and mindfully —no multitasking, no phone, or TV

**Pro Tip:** Set a recurring reminder on your phone: "Choose 1 Nourishing Action."

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♥ **STEP 3: MOVE WITH LOVE, NOT PRESSURE**

*Time required: 5 minutes*

Forget long workouts.

Over 40, movement is less about burning calories and more about *resetting your stress, improving circulation, and building strength.*

**Try one of these 5-minute resets:**

- A short stretch routine (head, neck, shoulders are places females hold tension)
- Walk around your block or building
- Gentle yoga or floor work while listening to a devotional
- Dance it out to your favorite upbeat song
- Calf raises, squats, and arm circles in your kitchen while dinner's cooking

Remember: This is not a “workout.” This is a reset.

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## STEP 4: REFLECT WITH COMPASSION

*Time required: 2 minutes (evening)\**

Your mind needs just as much care as your body.  
This journaling prompt helps you notice what's working, rather than beating yourself up.

### **End-of-Day Reflection Prompt:**

"What's one thing I did today to honor my health—and how did it make me feel?"

You can write one line. One word. One sentence. Just check in.

### **Real reflections:**

- "I took a walk between meetings. It helped me breathe again."
  - "I drank more water and felt less bloated by dinner."
  - "I said no to a last-minute request—and felt proud of myself."
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## BONUS: THE 10-MINUTE “RESET & REFILL” ALARM

*Optional but powerful*

Choose a time of day that often overwhelms you (late morning?  
4pm crash?)

Set an alarm labeled:

“Reset & Refill — You’ve got 10 minutes.”

**When it goes off, pick ANY part of this plan:**

- Re-read your “why”
- Step outside for air
- Drink water
- Do 3 minutes of stretching
- Pray, breathe, journal, or reset

This is your permission slip to pause.

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# Weight Loss with TJ FOR WOMEN

## ✓ PRINT IT. POST IT. PRACTICE IT.

This isn't a "program."

It's a permission-based plan to come back to yourself—one small act at a time.

Stick it to your fridge, mirror, or planner.

Let it remind you that you matter too.

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## 💬 NEED MORE STRUCTURE?

This plan pairs perfectly with my full Wellness Coaching Program for Women Over 40.

If you're ready to lose weight, boost energy, and feel like yourself again—without extreme diets or workout burnout—I'd love to help.

I provide community, guidance and support, facilitate healthy habits, and clean protein based nutrition for real results.





# HI, I'M T.J.

*(Social Media Links)*



[@TJhealthcoaching.](#)



[@tj.hudspeth](#)



[@WeightLossForWomen  
-TJHudspeth](#)

[www.HudspethCoaching.com](http://www.HudspethCoaching.com)

*(Click the button below)*

**LET'S CONNECT**

## **I've been there...**

As a woman who battled with weight most of my life, I understand the struggle.

In my mid-thirties, I successfully lost 110 lbs, transforming my life and becoming a personal trainer and a certified health coach. My journey led me to specialize in working with women, teaching them how to eat healthy and lose weight without rigid exercise routines and impossible diets.

Dedicated to helping women break free from unhealthy habits and food addictions, I offer a simple, structured plan for a sustainable, healthy lifestyle. With firsthand knowledge of what works, I can guide you towards long-term success in your weight loss journey. Let's embark together on a path to a healthier, happier you – living the life you've always dreamed of!

*TJ Hudspeth*