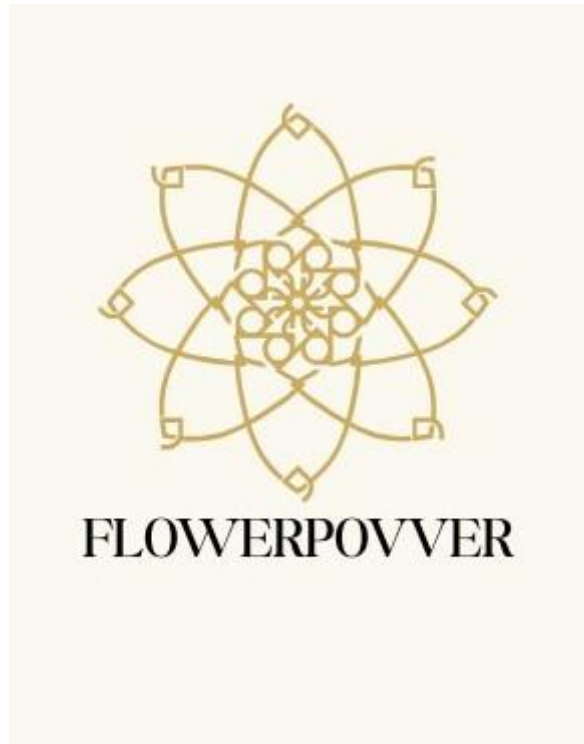


STARTING OVER AFTER 45

Your 7-Day Reset Guide



Welcome

If you're holding this guide, you might be in a season of change. Maybe you didn't expect to start over at this stage of your life. A few years ago, I found myself in the same place. At 45, everything I thought was stable suddenly changed, and I had to begin again.

Step by step, I rebuilt my routines, my confidence, and my direction. I learned how powerful small daily actions can be — how they slowly create clarity, stability, and hope again.

This 7-Day Reset is designed to gently but purposefully help you begin again. Each day gives you one simple step toward rebuilding your life with confidence and calm.

Your 7-Day Reset Plan

Day 1 — Morning Reset

Hydrate, 2 minutes of silence, set 3 feelings.

Day 2 — Evening Reset

Turn off screens, write three things that went well, and stretch.

Day 3 — Budget Reset

Write income, essentials, and possible savings.

Day 4 — Self-Care Reset

Choose one 10-minute ritual: walk, tea, skincare, music, meditation.

Day 5 — Environment Reset

Declutter one small area.

Day 6 — Vision Reset

Define the next 90 days: change, learn, continue.

Day 7 — Career Reset

Update CV, LinkedIn, browse job categories, and choose one new skill.

Checklists & Templates

Morning Routine Checklist

- Hydrate
- 2 minutes of silence
- Set 3 feelings
- Light stretch
- Quick tidy

Evening Routine Checklist

- Reduce screens
- 3 things that went well
- Gentle stretch
- Prepare clothes
- Gratitude sentence

Budget Quick-Start

1. Income
2. Essentials
3. Possible savings

Define next 90 days:

Change

Learn

Continue

Remote Work Starter Jobs

Customer service, virtual assistant, data entry, translation, and email support.

Closing

You've completed your 7-Day Reset. These small steps create real change — emotionally, mentally, financially, and practically. Starting over after 45 isn't an ending. It's a new beginning built on wisdom and strength.

Visit www.flowerpovver.com for more tools, routines, and support.