THE ENERGETIC RESET: YOUR PERSONAL CLARITY PROTOCOL

Your Invitation

The objective of this customized protocol is to help you feel healthy and clear. I invite you to design a protocol that you can easily maintain from today through to the end of the course. Think of this as "preparing the soil"—nourishing your foundation so your intentions can truly flourish.

The Seven Inputs: A Self-Inquiry

Before you design your protocol, sit with these questions to see where your energy is currently being held or drained.

Sights	• What are you watching in terms of screens, media, or news? • Does your immediate home environment—the clutter or the calm—support your inner peace?
Sounds	• What is the quality of the music, podcasts, and conversations you engage with? • Are you making space to listen to the sounds of nature?
Scents	• Are the scents you choose to surround yourself with intentional? • How do the aromas in your home or on your body affect your mood and clarity?
Touch	• What physical sensations are you choosing to invite in, such as the textures of your clothing? • Are you creating space to be touched? (This could look like a hug, or even an Ayurvedic self-oil massage.)
Tastes	• What are you ingesting, such as alcohol, sugar, processed foods, or caffeine? • What can you easily omit right now to immediately increase mental clarity?

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Association (People & Community)	• Who are you spending your precious time with? • Are your current relationships supportive, or are they draining your energy?
Mind	• What is the quality of your very first and last thoughts of the day? • Are you taking time to sit in silence and listen to the subtle whispers of your soul?

Template for Action
Based on your reflections above, list your simple commitments for your reset.

I will stop, omit or minimize:

- _____
- _____
- _____

I will start, add or increase:

- _____
- _____
- _____