

THE 3-DAY RESET WORKBOOK

FOR MOMS WHO ARE FUCKING TIRED
FOR MOMS WHO ARE DOING TOO DAMN MUCH
- BUT STILL SHOW UP

*This isn't a cute printable -
it's your lifeline*


RESET MAMA

Stay unapologetic, The Reset Mama



WELCOME TO THE 3-DAY BURNOUT REBOOT

A survival reset for moms who are doing too damn much

Let's be honest:

You didn't grab this because things are "going fine."

YOU'RE HERE BECAUSE YOU'RE FUCKING TIRED

Mentally. Physically. Spiritually.

And still — you show up.

This isn't a cute printable to check a self-care box.

This is a lifeline. A rebellion. A middle finger to burnout culture.

Inside these 3 days, you'll:

- ✓ Get permission to not do it all
- ✓ Drop the guilt society baked into your bones
- ✓ Reclaim energy and clarity, without one damn apology

You don't need a bubble bath.

You need a reset that actually honors the
chaos you're surviving.

This is it.

⚡ LET'S BURN THE RULEBOOK - THEN RISE

— **Reset Mama**

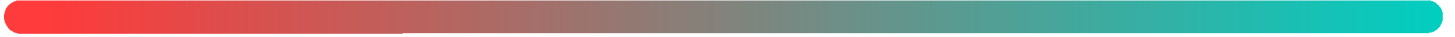


DAY 1: THE BURNOUT REALITY CHECK

The Mindset Shift

✨ Mini Pep Talk

What do I *actually* need today?



Mood Check-In

How are we surviving today?



Low Energy



Tired



Caffeinated



Frustrated



Pissed



Fucked Off



Shut Down



Numb



Barely Here

Circle what fits. Ignore the rest. Survival counts too.

Reset Affirmation of the Day:

I don't need permission to rest.

I need recovery, not guilt.



DAY 1: THE BURNOUT REALITY CHECK

The Mindset Shift

3 Quick Wins (that don't involve dishes)







“What can wait?” (Seriously.)



Answering texts



Explaining myself



Cooking for everyone

Mini Reboot Action (Choose 1)



Journal the rage



Watch trash TV



Take a walk alone



Stretch with zero expectations



Eat without sharing



DAY 2: THE BURNOUT BULLSHIT FILTER

Strip the Overwhelm

✨ Mini Pep Talk

What do I actually give a shit about today?

***Not what they expect. Not what's urgent.
What matters to you.***



Mood Check-In

How are we surviving today?

zz Low Energy

zzz Tired

☕ Caffeinated

😡 Frustrated

😡 Pissed

😡 Fucked Off

😵 Shut Down

🧠 Numb

😊 Barely Here



Reset Affirmation of the Day

"I don't owe the world access to me."

My energy is mine to protect.



DAY 2: THE BURNOUT BULLSHIT FILTER

Day 2

Strip the Overwhelm

✓ 3 Things I'm Not Doing Today

(and no, you don't need to explain it)

- Responding to messages immediately
- Fixing shit I didn't break
- Smiling when I want to scream

⚡ What actually matters today?

(Not what's urgent. What's real.)

🚧 What I'm Not Doing Anymore

- 💣 Explaining yourself to people who don't listen
- 💣 Showing up out of guilt
- 💣 Pouring into people who leave you empty

This is the beginning of your "hell no" era.

💩 What's Not Your Problem Today

Let go of:

- 💣 Responding to messages immediately
- 💣 Fixing what other people broke
- 💣 Pretending you're fine when you're not

🔥 Reminder:

**You are not the family IT help desk,
emotional sponge, or cruise director.**



DAY 3: THE BOUNDARY REBOOT

Take Your Power Back

✨ Mini Pep Talk

What's been draining me that I'm DONE apologizing for?



Mood Check-In

How are we surviving today?

zzZ Low Energy

😴 Tired

☕ Caffeinated

😡 Frustrated

😠 Pissed

😡 Fucked Off

🤖 Shut Down

🧠 Numb

😌 Barely Here

Breathe. But on your terms.

Reset Affirmation of the Day:



No is a full sentence.

And I don't owe anyone my peace.



DAY 3: THE BOUNDARY REBOOT

Take Your Power Back

3 Boundaries Reinforced Today

(no guilt required):









What's Not My Job Anymore?



Their comfort over my clarity



Being the emotional dumpster



Responding like it's urgent (when it's not)



Mini Reboot Action (Choose 1):



Say no (without explaining)



Block the energy vampire



Set your phone to DND



Cancel something that doesn't serve you



Sit in silence and feel your YES again

**"My burnout wasn't weakness. It was my body's SOS.
And I finally fucking answered."**

DAY 3.5: RESET THE DAMN BODY

**Because burnout isn't just in your brain
— it's in your bones, your boobs, and your blood sugar.**

Hydration Status:

Pick your poison. Then refill it.

- ☐ One sad glass
 - ☐ Okay, fine, two
 - ☐ Hydrated-ish
 - ☐ Basically a goddess
 - ☐ Peed twelve times. Worth it.
-

Did I Actually Eat?

(And no, coffee is not a meal. Neither are your kids' leftovers.)

- ☐ Morning fuel
 - ☐ Midday survival snack
 - ☐ Dinner that didn't come from a box
 - ☐ A snack just for me
 - ☐ Ate without multitasking (holy shit, growth)
-

Body Status Check:

- ☐ Moved something besides my mouth
 - ☐ Stretched instead of screaming
 - ☐ Took a breath deeper than "fine."
 - ☐ Caught myself clenching every damn muscle
 - ☐ Offered my body something other than judgment
-

Final Reset Affirmation:

**Reboot complete. Now go be someone's goddamn hero —
starting with your own damn self.**

You did it.

You just powered through the 3-Day Reset.

The Life Reset Planner (my ultimate system for keeping this momentum going) is in the works — it's big, it's bold, and it's coming soon.

While you wait, check out other tools I've built to keep you sane:

Smart AF Affirmations
(daily reminders you're not losing it, & it's FREE).

The Homeschool Fix
(printables + systems for surviving the school chaos).

MomFueled Co.
(health + peptide trackers for rebuilding your energy).

👉 **All available inside my shop: [link]**

**Stay unapologetic,
The Reset Mama**

The logo features a stylized 'rm' in red script, with a teal flourish above it. Below the script, the words 'RESET MAMA' are written in a teal, all-caps, sans-serif font.

RESET MAMA