

14-Day Morning Ritual + Nervous System Reset

Price: \$37

Build a calmer start to the day with a simple ritual you can keep using after the reset ends.

What is inside

- 14-day morning reset plan
- Printable daily ritual sheets
- Breathwork and grounding prompts
- Evening wind-down notes
- Sleep, energy, and calm tracker
- Routine builder for life after day 14

How to use it

- Pick one steady wake-up time for the next two weeks.
- Use the daily sheet each morning before the day gets noisy.
- Keep the routine short enough to repeat.
- Notice which steps support calm and energy, then keep those.

What this helps you do

- Start the day with less rush and more steadiness
- Build a repeatable rhythm
- Reduce decision fatigue in the morning
- Create a ritual that supports your nervous system

Prepared for Balanced Feminine Path. This preview outlines the digital product content and structure shown on the website sales page.