



THE 7-DAY RESET

# WORKBOOK

When Everything Feels Too Much

BY MAYA STEELE

# WELCOME

*Hi There!*

If you're here, life might feel heavier than you expected.

You may be functioning on the outside while quietly carrying too much inside. Tired, stretched thin, or unsure where to begin.

This guide isn't about fixing everything. It's about creating a small pause - a moment to breathe, reflect, and reset at your own pace.

Start wherever feels easiest.  
Take breaks when you need to.  
There's no right way to move through this.

You're allowed to go slowly here.

*Maya Steele*

## ABOUT ME

I'm Maya Steele.

I create gentle reset tools for women who are carrying too much and don't have space to fall apart.

My work is shaped by lived experience, quiet resilience, and the belief that real change happens in small, honest steps.

**Maya Steele**

Soft Life. Hard Boundaries.

# DAY 1: PERMISSION TO PAUSE

*A small pause to help you slow down, notice, and reset - just for today*

## **What would happen if you just...stopped for one day?**

You're not quitting or failing - just pausing long enough to notice what changes when you give yourself a moment of space.

## **Micro-action: Cancel ONE thing today.**

Choose one small thing you can cancel or pause today - not fall behind, but to create space.

## **Reflection**

Use this space to notice what came up for you, without judging or fixing it.

## DAY 2: HOLDING A BOUNDARY WITHOUT A BATTLE

*A reminder that boundaries don't have to be loud to be effective.*

### **When you 're too tired to fight, try one of these instead.**

These are calm, low-energy ways to protect your time without explaining, defending, or overthinking.

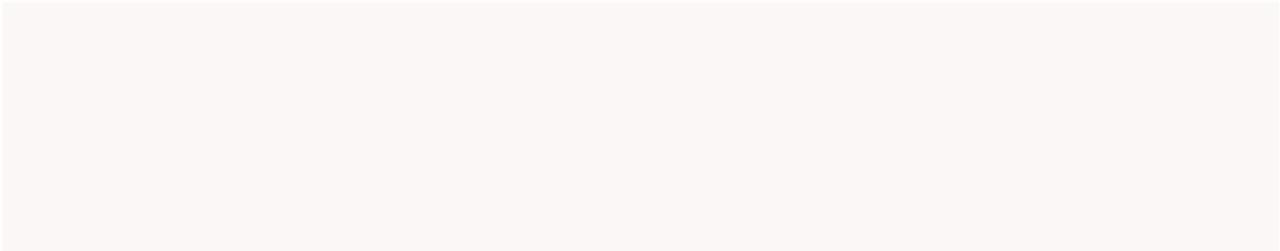
“I can't commit to that right now, but I'll let you know if things change.”

“I need some time to think about it.”

“That doesn't work for me.”

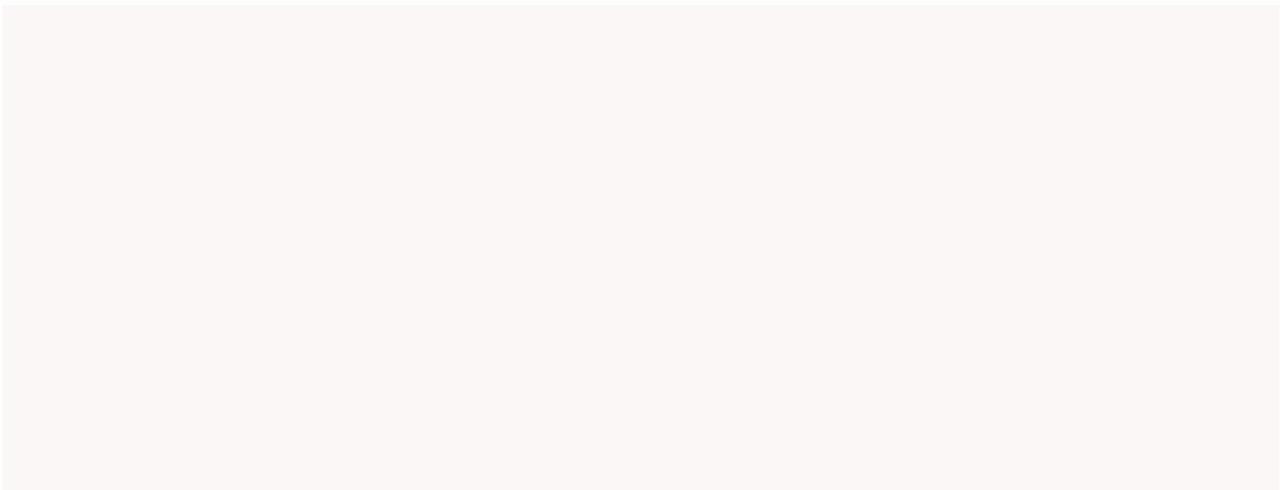
### **Which one will you use today? (Write it here, or adapt it in your own words.)**

You don't have to say it perfectly - just choose the one that feels doable today.



### **Reflection**

Use this space to notice what came up for you, without judging or fixing it.

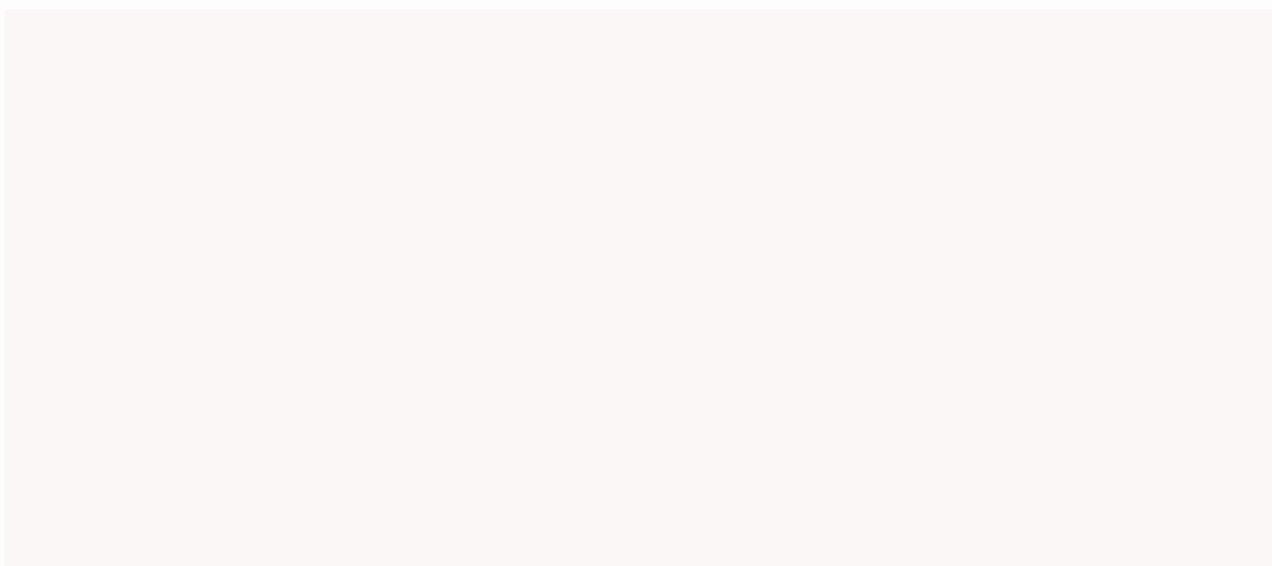


# DAY 3: PERMISSION TO PAUSE

*A reminder that doing less can still be enough.*

## **What's the absolute minimum you need to do today to keep things afloat?**

This isn't about giving up - it's about meeting yourself where you are and letting "enough" be enough for today.

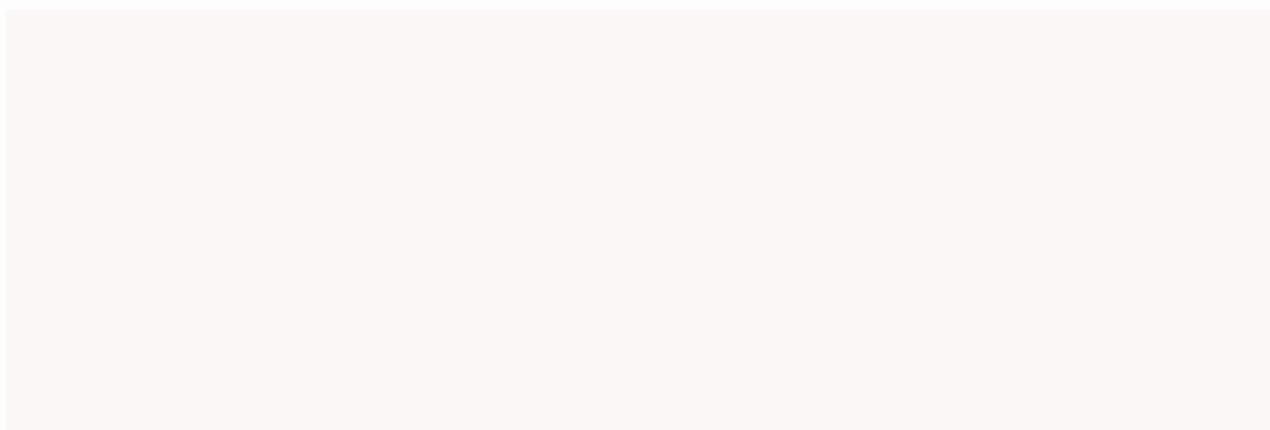


Everything else is optional.

You have permission to do **only** the minimum today.

## **Reflection**

Use this space to notice what came up for you, without judging or fixing it.



## DAY 4: ONE SMALL WIN

*A gentle step forward, without pressure to do more.*

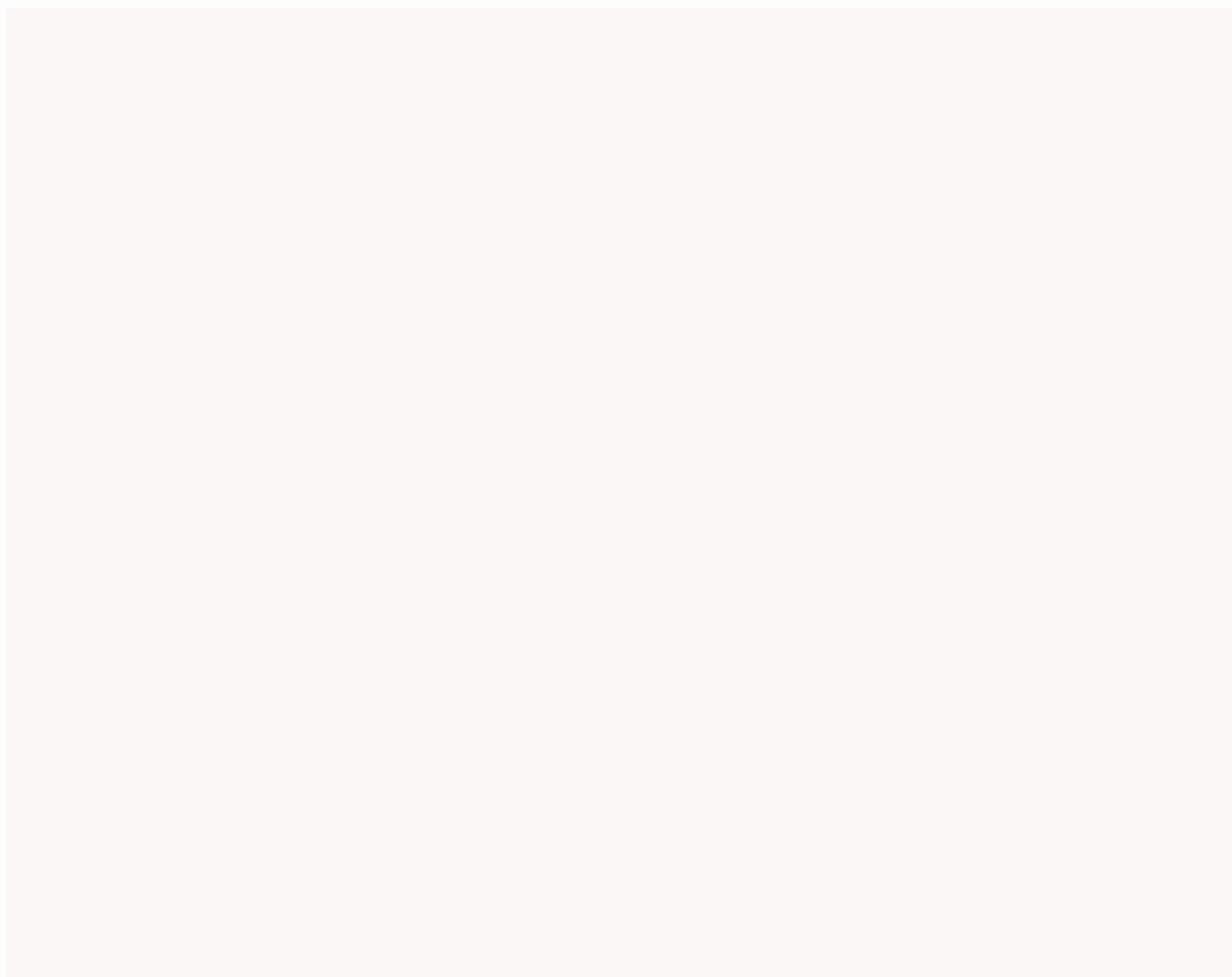
### **Pick the tiniest possible win:**

This is about momentum, not productivity. Small still counts.

- Make your bed
- Drink a glass of water
- Take a 5-minute walk
- Text one friend
- Other: \_\_\_\_\_

### **Reflection**

Use this space to notice what came up for you, without judging or fixing it.



# DAY 5: ASK FOR HELP (EVEN BADLY)

*A reminder that you don't have to carry everything alone.*

## **You can use this if it helps:**

You don't need perfect words - just something clear enough to be understood.

**“I'm going through something and need [specific thing].  
Can you help?”**

## **Who can you ask?**

This doesn't have to be the right person - just someone safe enough.

## **What do you need?**

Be specific, even if it feels small or awkward.

## **When will you ask?**

Choosing a moment makes it more real, without needing to act yet.

**Needing help doesn't mean you're failing - it means you are human.**

# DAY 6: NAME YOUR GRIEF

*A quiet space to acknowledge what's been lost.*

## **What are you grieving right now?**

This might be a person, a version of yourself, a future you imagined, or something harder to name.

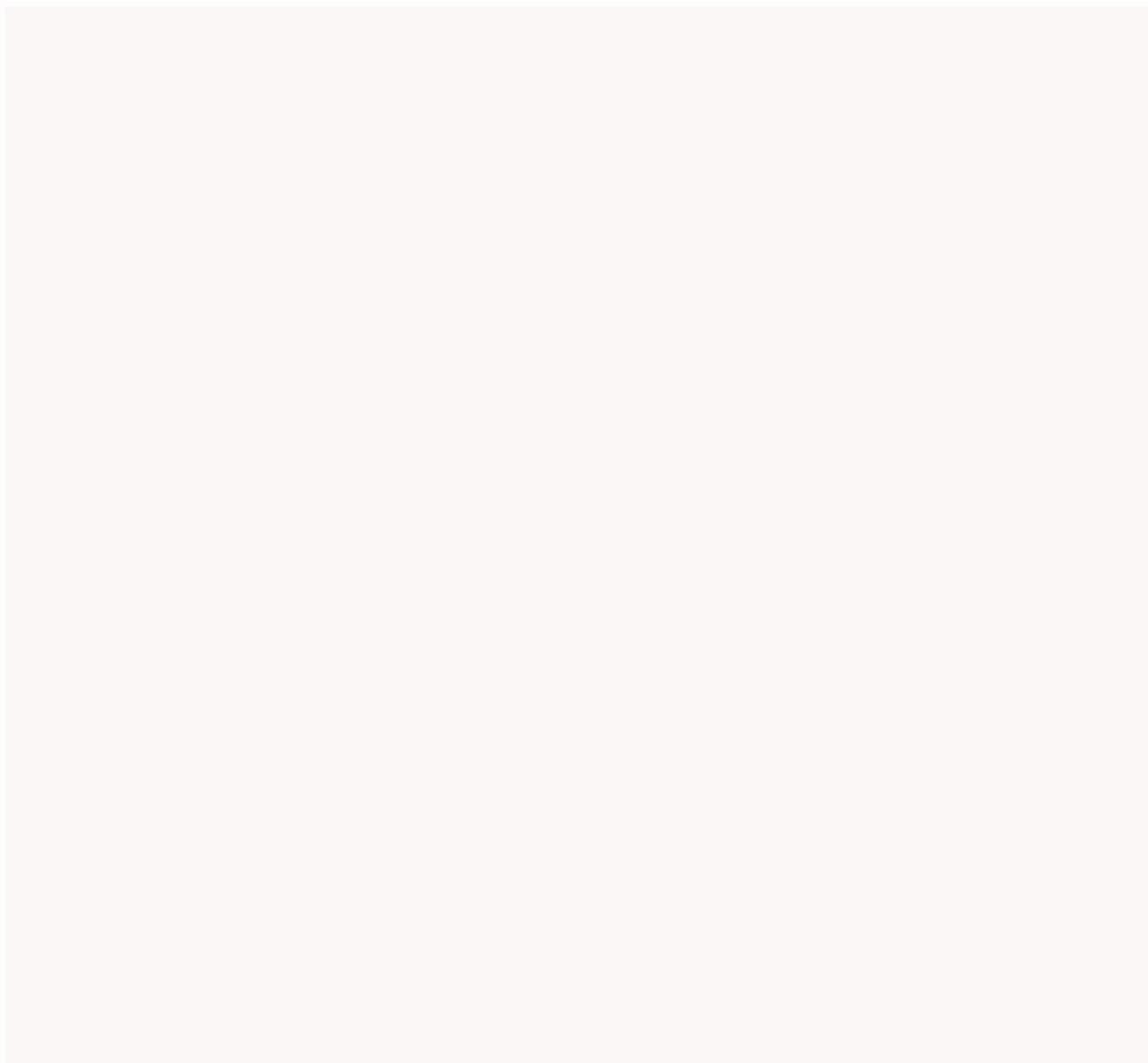
**You don't have to fix it.  
You just have to name it.**

# DAY 7: WHAT'S NEXT?

*A gentle check-in before you move on.*

## **How do you feel now compared to Day 1?**

There's no right answer here - just notice what's different, even if it's subtle.



**This reset isn't about fixing everything. It's about remembering you can take one step, then another.**

If you'd like to continue at your own pace, more support is waiting when you're ready.

Visit [iammayasteele.blog](https://www.iammayasteele.blog)



WANT TO CONTINUE  
GENTLY?



If this reset helped you create a little space, there are a few ways I can support you - only if and when it feels right.

You don't need to decide anything today.

[EXPLORE SUPPORT OPTIONS](#)

**No pressure. Just options.**