



THE HOLIDAY RESET



Reset, recharge, and feel better
in just 3 minutes—even during
the **busiest** season of the year



next chapter living

WITH LYNN

YOUR HOLIDAY RESET:

3 Steps in 3 Minutes



ONE SMALL CHOICE

Choose one thing that makes you proud. For me, it was black coffee—no creamer—a hot cup of clarity.

Small wins light big fires.



MOVE DAILY

5-10 minutes is enough: walk, stretch, yoga or strength. Movement creates momentum.

Move your body, shift your energy.



DAILY INSPIRATION

Fuel your mind with something uplifting: a podcast, music, quote —can be done while you move.

Fuel your mind first.

Do this trifecta daily—imperfectly but intentionally—and watch your holiday energy reset itself. ❤️