

The Gentle Reset: Let Go & Breathe Again

A printable guide to release emotional clutter and create space for softness.



Welcome, love.

You picked up this guide because something in you is ready to stop carrying so much.

You're ready for a reset that doesn't demand perfection, release that doesn't require force, and space that allows you to simply breathe.

This is not a “fix yourself” guide.

This is an invitation to come home to your own softness.

Step 1



Notice the emotional clutter.

Take a moment to reflect. Write down what's weighing on you right now.

Thoughts I keep replaying:

Habits or routines that drain me:

Emotions I've been avoiding:



No judgment just observe.

Step 2



Body scan.

Your body often holds what your mind won't release.

- ✓ Sit or lie down comfortably.
- ✓ Close your eyes. Slowly move attention from your head to your toes.
- ✓ Notice areas of tension or heaviness.
- ✓ As you exhale, imagine releasing that tension.

Areas of tension I noticed:

Emotions I've been avoiding:

Step 3



Release and let go.

Pick one small thing to release today.

You can:

- ✓ Write it down and tear it up
- ✓ Say it out loud: "I let this go"
- ✓ Visualize it floating away with each exhale
- ✓ As you exhale, imagine releasing that tension.

What I'm releasing today:

My intention after release:

Step 4



Softness and self-care.

Create space for gentle care
in your day:

- ✓ Stretch, move, or take a mindful walk
- ✓ Drink tea or water slowly
- ✓ Say something kind to yourself
- ✓ As you exhale, imagine releasing that tension.

My self-care plan for today:

Step 5



At the end of the week, reflect.

What did I let go of?

How did my body feel?

What felt lighter or softer?

You made it to the end, Love.

Not because you pushed hard, but because you chose yourself
—slowly, softly, intentionally.

As you move forward, remember:
Releasing is not a one-time event.
Softness is not a luxury.
Rest is not a reward.

You can return to these pages anytime your heart feels full,
heavy, or simply ready to breathe again.

Be gentle with yourself.
You're learning how to make space for your own light.



If you're ready to deepen your healing...

Explore more ways to work with Morganne:

- The L.Y.F.E. Method Group Program
- Holistic Wellness Coaching
- The L.Y.F.E. Restored 5-Day Emotional Reset
- The L.Y.F.E. Lounge Membership
- Workshops, retreats & healing experiences