

FREE DOWNLOAD



1-Page Wellness Organizer

5 Simple Tools to Organize Your Health

(Without Any Apps or Guilt)

Feeling disorganized or behind on your health goals?

You don't need another app or a perfect routine — just a few clear tools that actually work in real life.

1. The Reset Space Ritual

A designated spot that signals focus and calm.

Try this: Clean and reset the same corner or chair daily. Use it for journaling, stretching, or stillness.

2. The Weekly Anchor Habit

A recurring habit that grounds your week (and sanity).

Try this: Choose one: Sunday meal prep, midweek walk, or Friday recharge.

3. The 3-Item Health Checklist

A handwritten list of 3 simple habits to complete each day.

Try this: Each morning, list 3 small wins (e.g. hydrate, stretch, unplug). Cross them off by evening.

4. The Energy-First Planner

Plan your habits around your energy — not just your time.

Try this: Protect your high-energy window for wellness (even just 15 focused minutes).

5. The “Good Enough” Reflection

A quick evening check-in that builds consistency without guilt.

Try this: Ask, “What went well today?” Then let that be enough.

Want a full system that helps you stay consistent without burnout?

Check out [The Reset Method™](https://evolutionofwellness.com/reset) — a self-paced wellness toolkit for real life.

evolutionofwellness.com/reset

This guide is for educational purposes only and does not constitute medical advice.

Please consult a qualified health professional before making significant changes to your wellness routine.

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