Inspired by my experience at the Rē Precision Health retreat, this book was born from a deeper journey of reflection, healing, and reconnection.

LOVE AND HEALTH

A 21-DAY JOURNEY BACK TO YOURSELF

MIND • BODY• HEART •SPIRIT • RELATIONSHIPS



BY: LIDA MARCELA SILVA

A TRANSFORMATIONAL GUIDE TO EMOTIONAL AWARENESS, NERVOUS-SYSTEM REGULATION, SELF-LOVE, CONSCIOUS RELATIONSHIPS, HOLISTIC WELLNESS, AND INTENTIONAL LIVING

WELCOME

Love and health are deeply connected to the way we experience life. This collection of information is rooted in my own experiences and, in part, inspired by a retreat I took in Puerto Vallarta, Mexico.

From the outside, everything looked fine, but inside, something felt depleted. I was beginning to understand that symptoms of depression, anxiety, and burnout don't always appear out of nowhere. Sometimes, they are signals that the body and mind have been carrying too much for too long—an invitation to slow down, decompress, and return to yourself.

So, for my 44th birthday last year, I gave myself something different: a nervous system reset in Mexico. The work happening at Re. Precision is some of the most fascinating work I've encountered on nervous system regulation. I left feeling clearer, calmer, and more aligned than when I arrived.

Health and wellness matter deeply not just physical fitness or eating a clean diet, but also our mental, emotional, and nervous system health.
How we feel in our bodies influences how we think. How we think influences the choices we make. Our emotional patterns influence the relationships we accept, pursue, avoid, and create. Underneath all of these layers lives something even deeper: our relationship with ourselves.

This book invites you to come home to that relationship. Not to become a different person. Not to chase perfection. Not to force yourself into constant positivity. But to become present enough to recognize what your body, heart, mind, and spirit have been trying to tell you.

GUIDED E-BOOK + WORKBOOK

BEFORE YOU BEGIN

This guide is intended for education, personal reflection, and general wellness. It is not a substitute for medical care, mental-health treatment, diagnosis, therapy, or emergency support.
Some practices in this book use terms such as energy, alignment, and vibration that promote a healthier, more positive version of you. Here, these words describe spiritual or personal-development concepts - not scientifically established forces that guarantee health or relationship outcomes.

Take what resonates. Question what you do not. Allow wisdom, discernment, appropriate professional guidance, and your own lived experience to be part of the process.



PRESENCE MATTERS MORE THAN PERFECTION

HOW TO USE THIS BOOK

You can read this book from beginning to end or move through the chapters that resonate most with you. The final section contains a structured 21-Day Transformation Journey.

For those 21 days, permit yourself to move slowly. Each day uses the same six anchors so that reflection becomes a rhythm rather than another task to perform.
INTENTION: What you are consciously bringing into awareness.

BODY: A physical or nervous-system-based practice.

FEEL: An emotional-awareness exercise.

BE STILL: A short meditation or moment of quiet
.
SPEAK: An affirmation to support healthier inner dialogue.

WRITE: A journal prompt to help you listen more deeply.



WHERE ARE YOU NOW?
A BEGINNING-OF-JOURNEY WELLNESS ASSESSMENT

Rate each area from 1 (needs attention) to 10 (feels deeply supported).

Do not judge the number. Use it as a snapshot.

Physical health: 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Emotional well-being: 1 2 3 4 5 6 7 8 9 10

Relationships: 1 2 3 4 5 6 7 8 9 10

Movement: 1 2 3 4 5 6 7 8 9 10

Nutrition: 1 2 3 4 5 6 7 8 9 10

Stress management: 1 2 3 4 5 6 7 8 9 10

Spiritual connection: 1 2 3 4 5 6 7 8 9 10

Purpose: 1 2 3 4 5 6 7 8 9 10

Joy: 1 2 3 4 5 6 7 8 9 10

REFLECTION

Which area is asking for compassion and attention first?

_____

_____

_____

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PART I

THE MIND-BODY CONNECTION

Understanding Your Inner Ecosystem
You are not a collection of separate parts. Your body, thoughts, emotions, relationships, environment, and sense of meaning continually influence one another.



CHAPTER 1 — YOUR INNER ECOSYSTEM

Your well-being is not determined by one thing. You are an ecosystem. Think about a period when you were under significant stress. Perhaps you slept poorly. Your patience became shorter. You craved different foods. Your motivation changed. You interpreted conversations differently. Maybe you isolated yourself or became more dependent on reassurance.

Nothing happened in isolation. Sustainable wellness requires curiosity about the environment in which your patterns and symptoms exist.

Physical State: Sleep, nutrition, movement, hormones, illness, pain, hydration, medication, and other physical factors influence how we experience ourselves.

Emotional Regulation: Regulation does not mean never feeling anger, sadness, fear, or overwhelm. It means learning to experience emotion without automatically allowing it to control every decision.

Subconscious Patterns: We may repeat familiar dynamics because familiarity feels predictable, even when it is not healthy.

Environment: Noise, clutter, financial pressure, work demands, community, nature, safety, and the people around you affect your internal experience.

Relationships: Healthy relationships can support connection; unhealthy ones can become chronic sources of stress.
Purpose: Purpose does not require a grand mission. Sometimes it is simply knowing what matters today.

REFLECTION

What part of my inner ecosystem has been asking for attention?

_____

_____

_____

CHAPTER 2 — THE NERVOUS SYSTEM & LOVE

We often think relationships are created entirely through conscious decisions. But our bodies participate too. The nervous system continually responds to perceived safety, uncertainty, connection, and threat.

When the body mobilizes under stress, you may notice faster heartbeat, shallow breathing, muscle tension, irritability, racing thoughts, hypervigilance, urgency, or difficulty concentrating. When the body is relatively regulated, it may become easier to listen, communicate, think clearly, tolerate uncertainty, experience intimacy, sleep, and respond instead of react.

A delayed text can feel like rejection. A disagreement can feel like abandonment. A request for space can feel like loss. Or intimacy itself may feel threatening. Regulation does not mean tolerating mistreatment. It helps you distinguish an old alarm from a present reality.

REFLECTION

What is actually happening right now? What story is my fear adding to what is happening?

_____

_____

_____

_____

NERVOUS SYSTEM CHECK-IN
A WORKSHEET FOR MOMENTS OF ACTIVATION

1. NOTICE
What happened immediately before I felt activated?

2. BODY
Where do I feel this in my body? What sensations are present?

3. THOUGHT
What is my mind telling me this means?

4. FACTS
What do I actually know to be true?

5. SUPPORT
What would help me feel 5% more grounded right now?

CHAPTER 3 — THE BODY AS AN EMOTIONAL MAP

Emotion is not experienced only as thought. You may recognize anxiety as tightness in the chest, grief as heaviness, anger as heat, embarrassment as flushing, fear as trembling, or stress as tension in the jaw and shoulders.

The body provides information. This does not mean every physical symptom is caused by emotion; persistent or concerning symptoms deserve appropriate medical evaluation. Somatic awareness simply asks: What am I noticing in my body right now?

For a 90-second body scan, notice your forehead, jaw, throat, shoulders, chest, stomach, hands, pelvis, legs, and feet. Where are you holding tension? Instead of demanding that it disappear, quietly say:

I notice you. Breathe. Observe. Allow.

BODY MAP

Where do I most often notice stress, fear, grief, anger, joy, or calm?

_____
_____
_____
_____

YOUR RELATIONSHIP MAP
NOTICE THE PATTERN BEFORE TRYING TO CHANGE IT

EXPLORE
When someone I love becomes distant, I usually...

EXPLORE
When I fear rejection, my body feels...

EXPLORE
When someone becomes emotionally close to me, I...

EXPLORE
The relationship dynamic I seem to repeat is...

EXPLORE
Growing up, love often felt like...

EXPLORE
The healthiest relationship I can imagine would feel like...

PART II

EMOTIONAL & PHYSICAL PRACTICES
Seven ways to come back to yourself
The practice is not to control every feeling. The practice is to build enough presence to choose your next response



PRACTICES 1–3
BREATH • RELEASE • PATTERN AWARENESS

1 — 4-7-8 BREATHING
Sit comfortably. Inhale gently for 4 counts, hold for 7, and exhale slowly for 8. Repeat only as comfortable. If breath-holding makes you dizzy, anxious, pregnant, or medically uncomfortable, use ordinary slow breathing instead. The goal is intentional slowing, not perfect numbers.

2 — CHEST & SHOULDER RELEASE
Raise your shoulders gently toward your ears, hold briefly, then release. Roll the shoulders backward slowly. Open your arms slightly and notice the front of your chest. Ask: What have I been carrying that I no longer need to carry in this moment?

3 — LOVE PATTERN JOURNALING
Choose three important romantic relationships or emotional attachments. For each, write what attracted you, what felt safe, what felt insecure, what you tolerated, what you learned, and what repeated.

DEEPER QUESTION

What was I searching for through these relationships that I may need to begin giving myself?

_____
_____
_____
_____

PRACTICES 4–7
GROUND • RE-PARENT • ALIGN • MOVE

4 — ADVANCED GROUNDING
Name 5 things you see, 4 things you physically feel, 3 things you hear, 2 things you smell, and 1 thing you appreciate. Finish: I am here. This is today. I can choose my next step from the present.

5 — INNER CHILD RE-PARENTING
Picture a younger version of yourself without forcing painful memories. Ask what she needed, what she deserved to hear, and what you would tell her today. Begin a letter: Dear younger me, you no longer have to...

6 — MORNING ALIGNMENT RITUAL
Before messages or social media, place your feet on the floor, take three intentional breaths, drink water, and choose one word for the day: Peace, Courage, Clarity, Joy, Discipline, Compassion, or Presence.

7 — HEART-FOCUSED MOVEMENT
Walk, stretch, dance, practice yoga, or move outside. For ten minutes, let movement become a conversation with your body rather than an attempt to correct it.

PRACTICE PLAN

Which practice will I return to most often, and when will I use it?

_____
_____
_____
_____

PART III

GUIDED MEDITATIONS

Five spaces for stillness, release, and intentional reflection

Meditation is not about making the mind empty.

It is about creating enough space to hear yourself differently.



MEDITATION 1 — HEALING HEART WOUNDS

Find a quiet place. Place one hand over your heart and another over your abdomen. Breathe naturally.

Bring to mind - not the person who hurt you - but the part of yourself that survived the experience. Notice her. She may be tired, angry, confused, strong, or tender.

Tell her: You do not have to relive the past to prove that it mattered.

Imagine gathering back the attention you have given to old conversations, unanswered questions, imagined alternate endings, and people who no longer belong in your present.

Say quietly: I honor what happened. I honor what I learned. And I permit myself to continue living.

AFTER THE MEDITATION

What am I ready to stop carrying as proof that my pain was real?

_____

_____

_____

_____

MEDITATION 2 — FEMININE & MASCULINE ENERGY

For this meditation, feminine and masculine are symbolic qualities rather than rigid gender roles.

Imagine two qualities within yourself. One receives; one acts. One listens; one protects. One flows; one creates structure.

Ask: Where have I been forcing when I need to receive?

Where have I been waiting when I need to act?

Repeat: I can be soft without abandoning my boundaries. I can be strong without closing my heart.

Breathe slowly. Let the words become an invitation, not a demand

AFTER THE MEDITATION

Where do I need more receptivity, and where do I need more action?

_____
_____
_____
_____

MEDITATION 3 — SYMBOLIC CORD-CUTTING

This is a symbolic visualization for emotional release.

Think of a person, situation, or chapter that continues occupying your emotional attention. Imagine a thread representing the attention connecting you to it.

Say: I release my need to control what has already happened.
Imagine loosening the connection. Say: I return what belongs to you. I reclaim what belongs to me: my attention, my choices, my present, my future.

Visualize yourself turning toward your own life.
Breathe slowly. Let the words become an invitation, not a demand.

AFTER THE MEDITATION

What attention am I ready to return to my own life?

_____
_____
_____
_____

MEDITATION 4 — FUTURE HEALTHY LOVE

Imagine yourself in a healthy relationship. Do not focus first on the person's face. Focus on how the relationship functions.

How do you communicate? How do disagreements feel? Can you speak honestly? Do you feel respected? Do you maintain your identity? Can both people grow?

Now ask: Who am I inside this healthy relationship?

Visualize becoming that version of yourself now - not waiting for another person to create her.

Breathe slowly. Let the words become an invitation, not a demand.

AFTER THE MEDITATION

What qualities do I want to embody in healthy love?

_____
_____
_____
_____

MEDITATION 5 — LONGEVITY & PHYSICAL WELLNESS

Bring awareness to your body. Instead of criticizing it, thank it.

Thank your heart for beating, your lungs for breathing, your legs for carrying you, and your nervous system for trying to protect you.

Imagine yourself making choices that support your future self: sleeping, moving, eating nourishing foods, receiving preventive healthcare, laughing, connecting, and resting.

Say: May I care for this body as the home that carries me through my life.

Breathe slowly. Let the words become an invitation, not a demand.

AFTER THE MEDITATION

What is one act of care my future body would thank me for?

_____
_____
_____
_____

PART IV

AFFIRMATIONS
Language that builds a new inner relationship

Affirmations are not magic spells. They cannot guarantee love, money, health, or specific outcomes.

Their value is in noticing the language you repeatedly use toward yourself and practicing alternatives that are more compassionate, grounded, and aligned with your values.

Growth does not require cruelty.



AFFIRMATIONS — SELF & SECURE LOVE

SELF-ESTEEM
I do not need to diminish myself to belong.
My worth is not determined by another person's attention.
I can learn without shaming myself.
I respect the person I am becoming.
I am allowed to take up appropriate space in my own life

SECURE LOVE
I can love without abandoning myself.
Healthy love allows honesty.
I can communicate my needs directly.
Someone else's boundary is not automatically rejection.
My boundaries do not make me difficult.
I choose reciprocity over chasing.

AFFIRMATIONS — ABUNDANCE, HEALTH & DIVINE LOVE

EMOTIONAL ABUNDANCE
• I allow myself to experience joy without waiting for everything to be perfect.
• There is room in my life for peace.
• I can receive kindness.
• I can appreciate what exists while continuing to grow.

PHYSICAL HEALTH
• My body deserves care rather than punishment.
• Rest is part of wellness.
• I can make one supportive choice at a time.
• I listen when my body asks for attention.
• I seek appropriate professional care when I need it.

HEALTHY RELATIONSHIPS
• Consistency matters to me.
• Respect matters to me.
• Communication matters to me.
• I do not have to earn basic respect.

DIVINE LOVE
• I am open to a love greater than fear.
• I make space for stillness.
• I seek wisdom before reaction.
• I release the need to control every outcome.

PART V

HOLISTIC HEALTH

Supporting the body that supports you
Holistic health means looking at the whole person - not replacing evidence-based medicine.



CHAPTER 7 — FOUNDATIONS OF WHOLE-PERSON WELLNESS

ANTI-INFLAMMATORY EATING PATTERN

Build meals primarily around vegetables and fruits, beans and legumes, whole grains when tolerated, nuts and seeds, healthy fats such as olive oil, fish and other appropriate protein sources, and adequate water. There is no single perfect anti-inflammatory diet for everyone.

SUPPLEMENTS

Supplements should be individualized. More is not automatically better, and some interact with medications or medical conditions. Discuss significant supplementation with an appropriate healthcare professional.

LONGEVITY FOUNDATIONS

Consistent movement, adequate sleep, balanced nutrition, not smoking, appropriate preventive healthcare, healthy relationships, stress management, purpose, and community are foundational habits.

SLEEP HYGIENE

Create a consistent sleep/waking schedule when possible. Reduce stimulating light and activity before bed. Keep the room comfortable and dark. Be mindful of late caffeine and alcohol.

EMOTIONAL PROCESSING

You do not need to "detox" yourself from emotions. You need ways to process them: journal, talk, cry, move, create, pray, meditate, seek counseling when appropriate, and rest.

HORMONAL HEALTH

Hormones influence physical and emotional health, but symptoms should not automatically be attributed to "hormonal imbalance." Persistent changes deserve appropriate professional evaluation.

ONE SMALL CHANGE

What is one supportive health choice I can practice consistently this month?

_____

_____

_____

_____

PART VI

THE 21-DAY TRANSFORMATION
Release • Realign • Create

For the next 21 days, use each page as a daily appointment with yourself. You do not need a perfect streak. If you miss a day, return without punishment.

The transformation is not in completing every box. It is in becoming more present to your own life.



WEEK ONE — RELEASE

Emotional & Physical Cleansing
Release is not erasing the past. It is loosening what no longer needs to direct the present.



DAY 1 — ARRIVAL
TODAY'S INTENTION: PRESENCE

BODY
Five minutes of slow breathing and gentle stretching.

FEEL
Write down everything currently demanding your attention.

BE STILL
Sit quietly and repeat: I am here.

SPEAK
I don't need to solve my entire life today

WRITE

Where have I been physically present but emotionally absent from my own life?

_____
_____
_____
_____

DAY 2 — LISTEN TO THE BODY
TODAY'S INTENTION: AWARENESS

BODY
Complete a five-minute body scan.

FEEL
Identify where stress appears physically.

BE STILL
Breathe gently toward the areas holding tension.

SPEAK
My body is worthy of my attention

WRITE

What has my body been asking me to notice?

_____

_____

_____

_____

_____

DAY 3 — NAME THE EMOTION
TODAY'S INTENTION: HONESTY

BODY
Walk for ten minutes without your phone.

FEEL
Name three emotions you experienced today without judging them.

BE STILL
Observe each emotion as something moving through you.

SPEAK
I can feel an emotion without becoming the emotion.

WRITE

Which emotion do I have the most difficulty allowing myself to feel?

_____

_____

_____

_____

_____

DAY 4 — RELEASE THE OLD STORY
TODAY'S INTENTION: PERSPECTIVE

BODY
Practice the shoulder and chest release.

FEEL
Write one painful belief from an experience. Ask: Is this always true?

BE STILL
Visualize setting the old belief down.

SPEAK
My past can inform me without defining me.

WRITE

What story about myself am I ready to question?

_____

_____

_____

_____

_____

DAY 5 — FORGIVENESS WITHOUT SELF-BETRAYAL
TODAY'S INTENTION: FREEDOM

BODY
Take a slow grounding walk.

FEEL
Write what you wish someone had acknowledged. Do not send it.

BE STILL
Use the Healing Heart Wounds meditation.

SPEAK
I can release resentment without reopening a door that needs to remain closed.

WRITE

What would forgiveness mean if it did not require reconciliation?

_____

_____

_____

_____

_____

DAY 6 — CLEAR THE ENVIRONMENT
TODAY'S INTENTION: SPACE

BODY
Clean one small physical area.

FEEL
Remove or put away something that pulls you into an unwanted emotional state.

BE STILL
Sit for five minutes in the cleared space.

SPEAK
I create environments that support the person I am becoming

WRITE

What in my environment drains me unnecessarily?

_____

_____

_____

_____

_____

DAY 7 — REST
TODAY'S INTENTION: PERMISSION

BODY
Choose restorative movement or intentional rest.

FEEL
Do something without trying to make it productive.

BE STILL
Spend ten minutes in quiet.

SPEAK
Rest does not need to be earned

WRITE

Why is it sometimes difficult for me to slow down?

_____

_____

_____

_____

_____

WEEK ONE REFLECTION
RELEASE

NOTICE
What did I become more aware of this week?

RELEASE
What am I ready to stop carrying?

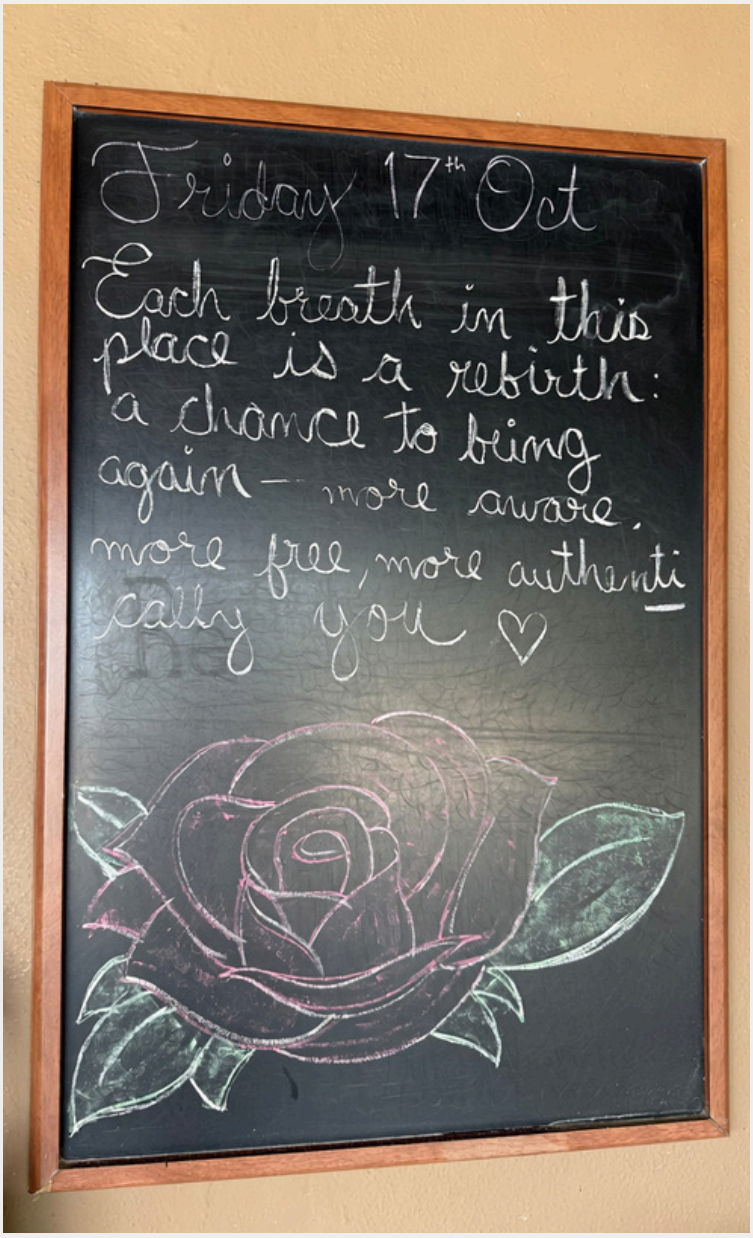
BODY
Which practice helped my body feel most grounded?

NEXT
What do I want to bring into Week Two?

WEEK TWO — REALIGN

Mental & Emotional Alignment

Alignment is the practice of bringing your choices closer to what you say matters.



DAY 8 — VALUES
TODAY'S INTENTION: CLARITY

BODY
Begin with morning grounding.

FEEL
Choose your five most important values.

BE STILL
Visualize living one ordinary day according to those values.

SPEAK
My choices can reflect what matters to me.

WRITE

Where is my current life aligned with my values - and where isn't it?

_____

_____

_____

_____

_____

DAY 9 — BOUNDARIES
TODAY'S INTENTION: SELF-RESPECT

BODY
Stand tall and breathe slowly.

FEEL
Write one boundary you need.

BE STILL
Imagine communicating it calmly.

SPEAK
A boundary is information about how I participate in a relationship.

WRITE

Where do I say yes while internally feeling no?

_____

_____

_____

_____

_____

DAY 10 — ATTACHMENT
TODAY'S INTENTION: UNDERSTANDING

BODY
Ground yourself before checking messages.

FEEL
Observe what happens inside you when someone does not respond immediately.

BE STILL
Hand on heart: Uncertainty is uncomfortable, but I can tolerate it.

SPEAK
I do not need immediate reassurance to remain connected to myself.

WRITE

What activates my fear of abandonment or rejection?

_____

_____

_____

_____

_____

DAY 11 — SELF-TALK
TODAY'S INTENTION: COMPASSION

BODY
Look into a mirror without evaluating your appearance.

FEEL
Notice three critical statements you frequently make and rewrite them.

BE STILL
Imagine speaking to yourself as if you were speaking to someone you deeply love.

SPEAK
Growth does not require cruelty.

WRITE

Whose voice does my inner critic sound like?

_____

_____

_____

_____

_____

DAY 12 — RECEIVING
TODAY'S INTENTION: OPENNESS

BODY
Relax your hands and shoulders.

FEEL
Accept a compliment without minimizing it.

BE STILL
Practice simply receiving your breath.

SPEAK
I can receive without immediately proving that I deserve it.

WRITE

What is harder for me: giving or receiving? Why?

_____

_____

_____

_____

_____

DAY 13 — PURPOSE
TODAY'S INTENTION: MEANING

BODY
Walk somewhere that inspires you.

FEEL
Write three things that make you feel alive.

BE STILL
Imagine yourself five years from now thanking today's version of you.

SPEAK
Purpose can begin with the next meaningful step.

WRITE

What would I pursue if I stopped waiting to feel completely ready?

_____

_____

_____

_____

_____

DAY 14 — INTEGRATION
TODAY'S INTENTION: RECOGNITION

BODY
Choose your favorite practice from Days 1-13.

FEEL
Review everything you have written.

BE STILL
Spend ten minutes in silence.

SPEAK
I acknowledge the changes already happening within me.

WRITE

What have these two weeks revealed?

WEEK TWO REFLECTION
REALIGN

VALUES
Which choices felt most aligned with who I want to be?

BOUNDARIES
Where did I notice a need for clearer boundaries?

COMPASSION
How did my inner dialogue change?

NEXT
What do I want to create in Week Three?

WEEK THREE — CREATE

Intention, Love & Conscious Living
Creation begins when vision becomes behavior.



DAY 15 — VISION
TODAY'S INTENTION: POSSIBILITY

BODY
Begin with morning movement.

FEEL
Write a description of your ideal ordinary day.

BE STILL
Visualize experiencing that day.

SPEAK
I give myself permission to imagine a life that feels aligned.

WRITE

What do I actually want - not what am I expected to want?

DAY 16 — HEALTHY LOVE
TODAY'S INTENTION: RECIPROCITY

BODY
Choose heart-focused movement.

FEEL
Write five non-negotiables for a healthy relationship.

BE STILL
Use the Future Healthy Love meditation.

SPEAK
I choose love that allows me to remain myself.

WRITE

What does healthy love look like in behavior, not fantasy?

_____

_____

_____

_____

_____

DAY 17 — COURAGE
TODAY'S INTENTION: ACTION

BODY
Do one physically energizing activity that feels right for you.

FEEL
Complete one task you have been avoiding.

BE STILL
Visualize yourself taking the first step.

SPEAK
Courage can exist alongside fear.

WRITE

What would I do differently if fear did not make the decision for me?

_____

_____

_____

_____

_____

DAY 18 — GRATITUDE
TODAY'S INTENTION: APPRECIATION

BODY
Take a slow sensory walk.

FEEL
Write ten specific things you appreciate.

BE STILL
Spend several minutes feeling - not merely listing - gratitude.

SPEAK
I can desire more while appreciating what already exists

WRITE

What part of my current life did I once hope for?

_____

_____

_____

_____

_____

DAY 19 — RELATIONSHIPS
TODAY'S INTENTION: DISCERNMENT

BODY
Ground yourself before communicating something important.

FEEL
List relationships that nourish you and those that consistently deplete you.

BE STILL
Ask for wisdom regarding the difference.

SPEAK
I choose connection with discernment.

WRITE

Who am I when I am around the people closest to me?

_____

_____

_____

_____

_____

DAY 20 — FUTURE SELF
TODAY'S INTENTION: BECOMING

BODY
Dress, move, and care for yourself intentionally today.

FEEL
Write a letter beginning: You finally understood that...

BE STILL
Visualize meeting your future self.

SPEAK
Every intentional choice is a vote for the person I am becoming.

WRITE

What does my future self need me to begin - or stop - doing?

_____

_____

_____

_____

_____

DAY 21 — RETURN TO YOURSELF
TODAY'S INTENTION: INTEGRATION

BODY
Choose a movement that feels celebratory.

FEEL
Read your Day 1 entry and notice what changed.

BE STILL
Hand on heart: I honor who I was. I accept who I am. I welcome who I am becoming. I release perfection. I choose presence, discernment, health, and love without abandoning myself.

SPEAK
I am coming home to myself.

WRITE

What am I choosing to carry forward from these 21 days?

_____

_____

_____

_____

_____

WEEK THREE REFLECTION
CREATE

VISION
What became clearer about the life I want?

LOVE
What does reciprocity look like to me now?

COURAGE
What action am I proud I took?

CONTINUE
What practice will continue after Day 21?

PART VII

THE WORKBOOK

Integration pages to return to again and again
A workbook becomes valuable when you revisit it with new eyes.



SELF-LOVE JOURNAL
WHO AM I WITHOUT MY ROLES?

REMOVE THE LABELS: PARENT, PARTNER, PROFESSIONAL, SON/DAUGHTER, PROVIDER. WHO REMAINS?

WRITE

When nobody needs anything from me, I am.

_____

_____

_____

_____

_____

APPRECIATE

List ten qualities you value in yourself that have nothing to do with physical appearance.

_____

_____

_____

_____

_____

GRATITUDE JOURNAL

GRATITUDE

Something beautiful I noticed today:

_____

_____

_____

_____

_____

GRATITUDE

One thing I do not want to take for granted:

_____

_____

_____

_____

_____

MATERIALIZATION & INTENTION JOURNAL
MOVE FROM WISHING TO CONSCIOUS ACTION

EXPLORE

Why do I want it and what action can I take this week?

_____

_____

_____

_____

_____

EXPLORE

What part is within my control? And what outcome must I release?

_____

_____

_____

_____

_____

RELATIONSHIP PATTERN JOURNAL

PATTERN

What qualities repeatedly attract me? What will I choose differently?

PATTERN

What behaviors make me feel genuinely safe?During conflict, do I pursue, withdraw, freeze, appease, attack, or communicate?

RELATIONSHIP PATTERN WHEEL
RATE EACH AREA FROM 1–10

Rate each area from 1 (needs attention) to 10 (feels deeply supported)

Trust: 1 2 3 4 5 6 7 8 9 10

Communication: 1 2 3 4 5 6 7 8 9 10

Reciprocity: 1 2 3 4 5 6 7 8 9 10

Boundaries: 1 2 3 4 5 6 7 8 9 10

Emotional safety: 1 2 3 4 5 6 7 8 9 10

Independence: 1 2 3 4 5 6 7 8 9 10

Affection: 1 2 3 4 5 6 7 8 9 10

Conflict repair: 1 2 3 4 5 6 7 8 9 10

OBSERVE

Which area is strongest? Which area most needs attention?

LETTER TO MY FUTURE SELF

DEAR ME
Today I am.

LEARNING
I am learning.

RELEASING
I am releasing.

CHOOSING
I am choosing.

REMEMBER
If life becomes difficult again, please remember this:

AFTER THE 21 DAYS
REPEAT THE OPENING WELLNESS ASSESSMENT

Rate each area from 1 (needs significant attention) to 10 (feels deeply supported)

Physical health: 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Emotional well-being: 1 2 3 4 5 6 7 8 9 10

Relationships: 1 2 3 4 5 6 7 8 9 10

Movement: 1 2 3 4 5 6 7 8 9 10

Nutrition: 1 2 3 4 5 6 7 8 9 10

Stress management: 1 2 3 4 5 6 7 8 9 10

Spiritual connection: 1 2 3 4 5 6 7 8 9 10

Purpose: 1 2 3 4 5 6 7 8 9 10

COMPARE

What changed? What did not? What deserves continued attention without judgment?

MY COMMITMENTS GOING FORWARD

3 HABITS
The three habits I want to protect are.

3 BOUNDARIES
The three boundaries I want to honor are.

MIND/SPIRIT
One spiritual or reflective practice I will continue....

HEALTH
One concrete health action I will take...

LOVE BEGINS WITH PRESENCE

Perhaps the greatest transformation is not becoming someone new. Perhaps it is remembering who you were underneath the fear, expectations, survival patterns, disappointments, roles, and noise.

Health is not perfection. Love is not rescue. Spirituality is not avoidance. Healing is not forgetting. Growth is not becoming invulnerable.

The work is learning how to remain connected to yourself while fully participating in life.

There will still be difficult days. There will still be uncertainty. There may still be heartbreak.

But you can meet those experiences differently: with awareness, boundaries, compassion, wisdom, a body you listen to, and a heart that remains open without surrendering discernment.

Come back to yourself. Again. And again. And again



This is not the end of the 21 days. It is the beginning of living them.

AFTERWORD

There are moments in life when we don't necessarily need to do more we need to become still enough to hear ourselves again.

A 21-Day Journey Back to Yourself was born after one of those moments for me.

My experience at Rē Precision Health became an important part of my own journey of slowing down, becoming more present, and looking inward. Stepping outside the constant movement of everyday life gave me space to reflect on how easily we can become disconnected from ourselves while still appearing to function perfectly well on the outside.

I began thinking about what happened after an experience like that.

How do we carry greater awareness back into ordinary life? How do we continue creating space to listen to our bodies, observe our patterns, question what no longer serves us, and intentionally choose how we want to live?

This workbook grew from those questions.

These 21 days are not about becoming a different person. They are an invitation to create a few intentional moments each day to pause, reflect, journal, breathe, reconnect, and become curious about yourself again.

My hope is that this journey becomes a beginning rather than an ending.

IF YOU FEEL TO GO DEEPER

Rē Precision Health offers Rēset retreat experiences in Mexico and Portugal, designed around nervous-system regulation, education, restorative practices, and creating the space to step outside everyday patterns. Give yourself permission to listen.

You don't have to have everything figured out.

Just begin.

Welcome to your 21-day journey back to yourself.

Having experienced Rē personally, I am grateful to share their programs with my readers. You can explore the available Rēset experiences through this link:

OR PERHAPS YOUR JOURNEY IS CALLING YOU TO HELP OTHERS

Some people begin this kind of inner work for themselves and eventually discover a desire to support others.

Rē Precision Health also offers Neurosomatic Rēlease Facilitator Training, a professional training pathway for people interested in learning Rē's approach to nervous-system and somatic facilitation.

The program explores the science and practice behind Neurosomatic Rēlease and offers pathways ranging from personal foundational study to full facilitator certification.
For wellness professionals, coaches, yoga teachers, bodyworkers, breathwork practitioners, retreat leaders, or anyone seriously interested in developing this work further, it may represent an entirely different next chapter.

Explore Neurosomatic Rēlease Facilitator Training: