

# Start Over at Zero

7 Days to Reset Your Mind  
and Reclaim Your Focus



PRESENTED BY

Yewtree Legacy Publishing

# “NOT FROM SCRATCH... FROM WISDOM.”



*Welcome to your reset. If you've landed here, it means you're ready to begin again, not from scratch, but from wisdom. "Start Over at Zero" isn't about failure; it's about freedom.*

*These next 7 days are designed to help you declutter your mind, refocus your energy, and reclaim the purpose you were born to fulfill. You don't need hours of free time. Just 10 focused minutes a day, and the willingness to change. Let's begin*

**From the Desk of  
Yewtree Legacy Publishing**

**DAY 1**

# **CLEAR THE CLUTTER**



## **Your Inspiration:**

*You can't move forward if you're carrying the weight of yesterday.  
Release it*

## **Legacy Reflection to Ask Yourself:**

What's weighing me down right now? List three thoughts, habits, or burdens you're ready to let go of.

# DAY 2

## THE POWER OF ONE



### **Your Inspiration:**

*You don't need a dozen breakthroughs. Just one shift can change your direction.*

### **Legacy Reflection to Ask Yourself:**

What's the one area of life you want to improve this week and why?

**DAY 3**

# **REWRITE THE STORY**



## **Your Inspiration:**

*You are not your past. You are the author of your next chapter.*

## **Legacy Reflection to Ask Yourself:**

What negative belief or old story have you been telling yourself? Rewrite it into a truth that empowers you.

**DAY 4**

# **ANCHOR IN TRUTH**



## **Your Inspiration:**

*When storms come, your values are your anchor.*

## **Legacy Reflection to Ask Yourself:**

What 3 truths or values do you want to live by from this day forward? Write them as a personal manifesto.

# DAY 5

## DESIGN THE COMEBACK



### **Your Inspiration:**

*Comebacks aren't loud. They're intentional.*

### **Legacy Reflection to Ask Yourself:**

What does your next chapter look like? Write a short vision of your comeback story.

# DAY 6

## CREATE SPACE FOR RENEWAL



### **Your Inspiration:**

*Sometimes, the most spiritual thing you can do is clean your space.*

### **Legacy Reflection to Ask Yourself:**

Choose one small area (drawer, desk, phone apps) to clean.  
What did you let go of, and how did it feel?



**DAY 7**

# **THE LEGACY BEGINS**



## **Your Inspiration:**

*A legacy starts with one decision: to begin.*

## **Legacy Reflection to Ask Yourself:**

What habit, mindset, or small action will you commit to for the next 7 days? Write it down and name this moment as your new beginning.

# CLOSING THOUGHTS

You've done more than finish a workbook, you've reset your foundation. Keep your answers nearby. Revisit them when you feel stuck. And always remember: Your legacy doesn't begin someday. It begins now, one step, one choice, one day at a time.

Live. Inspire. Reset.



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**Yewtree Legacy Publishing**



Start Over at Zero:  
Embracing Contentment  
beyond the Pursuit of Happiness

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Live.  
Inspire.  
Reset.

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