

THE RECLAIM RESET

A gentle guide for hard days.

Hard days don't mean you're failing, they're moments to meet yourself with care.

This is a framework to support you on those days.

R — Recognise – Pause and notice, awareness without judgement.

Ask yourself:

- What has my body been telling me?
 - What have I been pushing through?
 - What feels “off” right now?
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E — Express + Connect– Women don't heal alone. Connection calms

Ask:

- Who feels safe to share this with?
 - Where can I be honest instead of strong?
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C — Choose Me– Choose yourself before productivity, people-pleasing, or proving.

This might look like:

- Cancelling plans or sessions
 - Clearing the day
 - Saying no without explaining
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L — Let It Move– Let the emotions pass through without fixing or analysing.

This might include:

- Crying
 - Resting
 - Being still
 - Breathing deeply
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A – Act Gently– Take one supportive action. Small actions signal safety

Examples:

- Nourishing food
 - Fresh air
 - A shower
 - Early night
 - Gentle movement
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I – Initiate Again– When energy returns, choose again. Reinforcing unconsciously.

Ask:

- What's one next aligned step?
 - What feels supportive now?
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M – Move Forward

Not back to “normal.” Forward with more awareness, honesty, and self-trust.

Journal reflections....

What do I need right now?

What is one gentle way I can support myself as I move forwards?

What is my body asking for if I stop pushing through?

What would choosing me look like right now?

You can return to this process whenever things feel heavy. Each time you choose awareness, support, and self-care, you are reclaiming yourself — one gentle choice at a time.

If you feel like you're wanting deeper support or to learn about the work that I do, you can check out my website here: [Kobi Pollock Coaching](#)