



# Starting Again

A 3-Day Reset for When Life  
Feels Off

*A soft reset for the woman who's been holding it all together.*

*bn*  
BLAQUE NOIRE



# How This Works

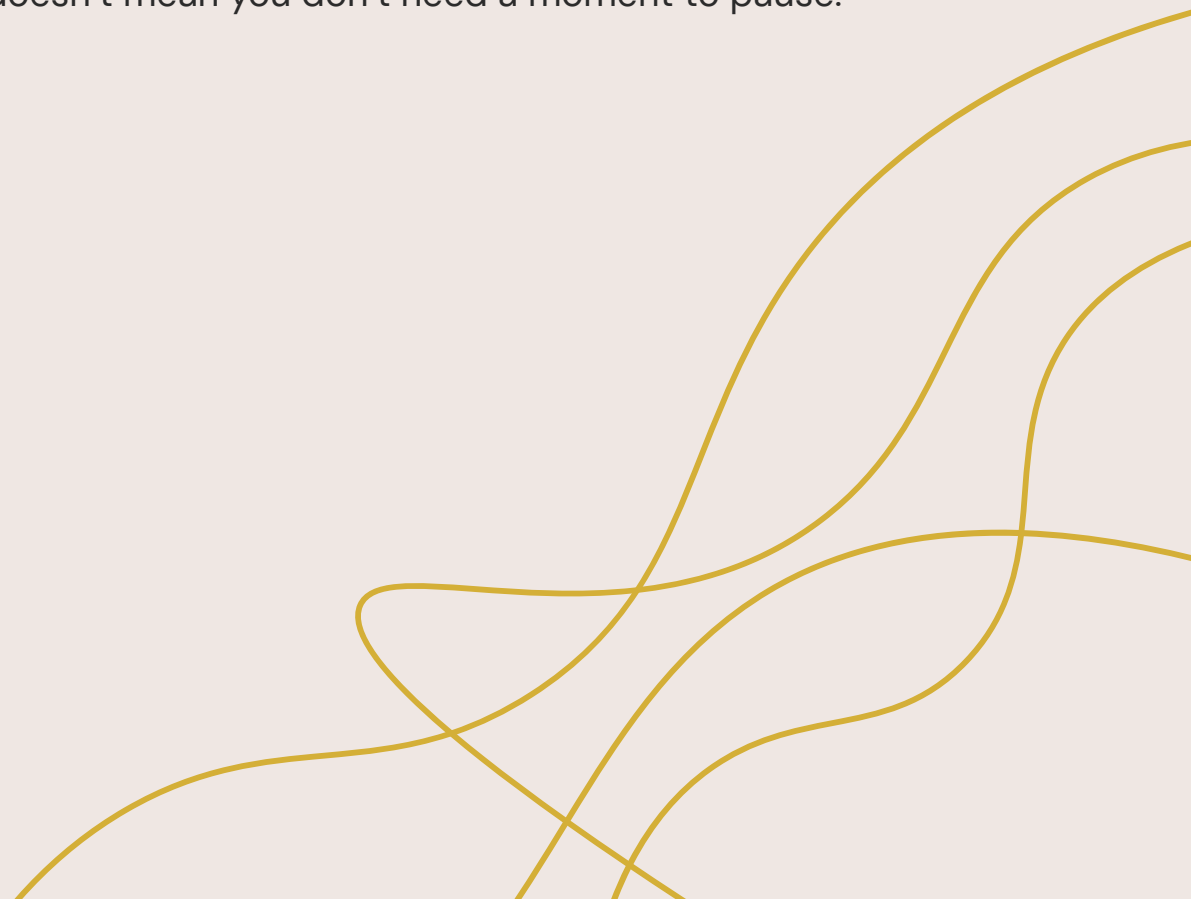
## This Isn't Another Thing to Get Right

You don't need to perform here.  
You don't need to "do it properly."

This is for you.

- ✔ Take each day slowly – no rushing
- ✔ Be honest, **not** perfect
- ✔ Give yourself **30–60 minutes each day**
- ✔ Come as you are — tired, unsure, emotional... all of it

You've been strong for so long.  
But strength doesn't mean you don't need a moment to pause.



# Day 1 – Let It Out

Before you can reset, you need to be honest about what you're carrying.

Because the truth is —  
you've probably been pushing through for longer than you should have.

Today isn't about fixing anything.  
It's about letting it out.

## Journal Prompts

- What has been weighing on me lately?
- What am I tired of pretending I'm okay with?
- What have I been holding in?
- Where do I feel the most overwhelmed right now?

### RESET ACTION

Choose one:

- Write everything on your mind  
— no filtering, no editing
- Sit in silence for 10 minutes  
(no phone, no distractions)
- Go for a walk and let your  
thoughts flow without  
judgment

### AFFIRMATION

*I release what I've been carrying.  
I don't have to hold it all today.*

# Day 2 – Come Home to Yourself

**You are allowed to choose yourself.**

Somewhere along the way you stopped checking in with yourself.  
Not because you didn't care — but because everything and everyone else came first.

You've been in survival mode.  
In "get on with it" mode.

But today, you get to come back to you.

## Journal Prompts

- When do I feel most like myself?
- What actually makes me feel good (not just productive)?
- What do I need right now — honestly?
- What have I been neglecting about myself?

### RESET ACTION

Choose one:

- Do something just for you  
(no productivity attached)
- Take your time getting ready  
— slow it down, enjoy it
- Listen to music that shifts  
your energy

### AFFIRMATION

*I am allowed to choose myself —  
without guilt.*

# Day 3 – Start Again (*Softly*)

**You don't need to have it all figured out.**

You don't need a full life plan.

You don't need to suddenly become a “*new you.*”

You just need a small shift.

A small decision. A small step forward.

That's how real change starts.

## Journal Prompts

- What kind of life do I actually want to feel like I'm living?
- What needs to change — even slightly?
- What is one thing I know I need to stop ignoring?
- What version of me am I slowly becoming?

### RESET ACTION

Write down 3 small actions for the next 7 days:

- Keep them realistic
- Keep them simple
- Keep them for you

### AFFIRMATION

*I am allowed to start again — as many times as I need.*

# You're Not Starting From Scratch

You're starting from experience.  
From growth.  
From everything you've already survived.

And that matters.

You're allowed to want more for yourself.

More **peace**.  
More **alignment**.  
More **you**.



# This Is Just The Beginning

If this reset spoke to you.

It means you're ready for something deeper.

Because surface-level change isn't enough anymore.

Inside Blaque Noire, we go deeper into:

- Healing & self-discovery
- Breaking patterns
- Confidence & identity
- Becoming the woman you know you're meant to be



[Join the Blaque Noire Sisterhood](#)

**You don't have to do this alone anymore.**



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