

The background of the central text is a photograph of a woman's hands in a prayer position (Anjali Mudra). The hands are pressed together, and a soft, glowing heart-shaped light effect is visible between the palms. The woman's face is blurred in the background.

THE 14-DAY RESET & RENEW COURSE FOR WOMEN 50 & BEYOND

**Reclaim Your Energy.
Renew Your Body. Reset Your Life.**

COURSE OVERVIEW

This course is designed to help you reconnect with your body, restore your vitality, and realign your everyday habits to support vibrant wellness in midlife and beyond. Each day focuses on gentle shifts, physical, emotional, and environmental, to help you feel clear, calm, and capable.

In the following pages,
you will find the
highlights of the steps and
activities you can
implement over
the 14 days.

DAY 1

Set Your Intention

Welcome message, journaling, pantry prep

DAY 2

Clean Eating for Midlife

Anti-inflammatory foods, a simple meal plan, and sugar detox

DAY 3

Morning Rituals to Boost Energy

Creating energising routines, affirmations

DAY 4

Supporting Hormones Naturally

Hormonal health, herbs & foods, dry brushing

DAY 5

Mindful Movement

Walking or strength session, body awareness

DAY 6

Restorative Sleep

Sleep hygiene, teas & supplements, guided meditation

DAY 7

Reflect & Release

Journaling, letting go rituals, Epsom salt bath

DAY 8

Gut Health & Digestion

Probiotics, fermented foods, belly massage

DAY 9

Emotional Wellness

Stress triggers, breathwork, and self-kindness challenge

DAY 10

Joint & Bone Health Movement

Mobility video, nutrition tips, walking tracker

DAY 11

Declutter Your Space, Clear Your Mind

Mini home detox, space reflection, mindset journaling

DAY 12

Power of Connection

Social bonds, boundaries, and community check-ins

DAY 13

Long-Term Wellness Plan

Habit mapping, vision board, goal tracker

DAY 14

Celebrate & Renew

Final reflection, celebration pledge, course wrap-up

Your 14-Day Path to Renewal

Over the next two weeks, you'll explore practical habits and soulful shifts that help you feel nourished, balanced, and radiant from the inside out.

Each day is a step toward the version of you that feels most aligned, energised, and empowered.

Dolly x

Dolly James
Course Creator

