

21 DAY RESET GUIDE

Helping you to raise your vibration so you can
connect with your intuition and gain clarity.

BY: ALEXUS MARIE

Free Guide

In the year 2021, I fell into a deep depression after becoming energetically depleted. From toxic arguments in my personal relationship to dealing with postpartum issues to having no boundaries between my work life and career, I burned myself out energetically into exhaustion. From there, I went into what is known in the spiritual community as a divine spiritual intervention. This phase took me on a spiritual awakening journey where I was learning how to strengthen my faith and connect with God.

For four years, I was in a state of spiritual isolation where I was learning how to trust my intuition, move my body, and rely on God and my team of angels and spiritual guides for divine support. During this phase, I looked crazy to the outside world. I went through the worst judgment and was criticized by people who were supposed to be closest to me, as well as by outside people from when I had a larger social media following. I felt humiliated and embarrassed by the fact that I had built public success for myself and lost it all—not because I was not worthy of having it, but because I fell into a deep, dark depression due to not protecting my peace and my energy.

I had gone through a season where I had become financially dependent on a man—not because I wanted to, but because I felt stuck and trapped in my environment. Being a mom of a toddler at the time, I didn't have much help. I was forced to borrow a vehicle from my narcissistic father, who lives a very wealthy life and also owns a car shop. Yet the vehicle he let me use had major issues, and I needed his support to help me fix it. He then made me feel like a burden for asking him for help during the time when I needed a father's love and support the most.

Although I was grateful that I had transportation to get from A to B, I was driving in fear that the vehicle would shut off on me while driving, as it did many times. And with having children in the car, it made me paranoid.

I felt alone; I had no friends, and the only one I could truly lean on was God. Throughout this refining process, God was calling me closer, yet I was being tested on so many levels.

DEPRESSION & ANXIETY

My journey with ...

My confidence was gone; I had lost my self-esteem, and I truly went through an identity crisis during this season of refinement. I had forgotten my sense of self. I was no longer making money in my business; I had to depend on a man to provide financially.

I felt stuck and trapped in my environment, and I truly felt hopeless and started to hate myself. I felt like a failure and the worst person ever. I would randomly have anxiety and depression attacks where I would just cry and feel unmotivated.

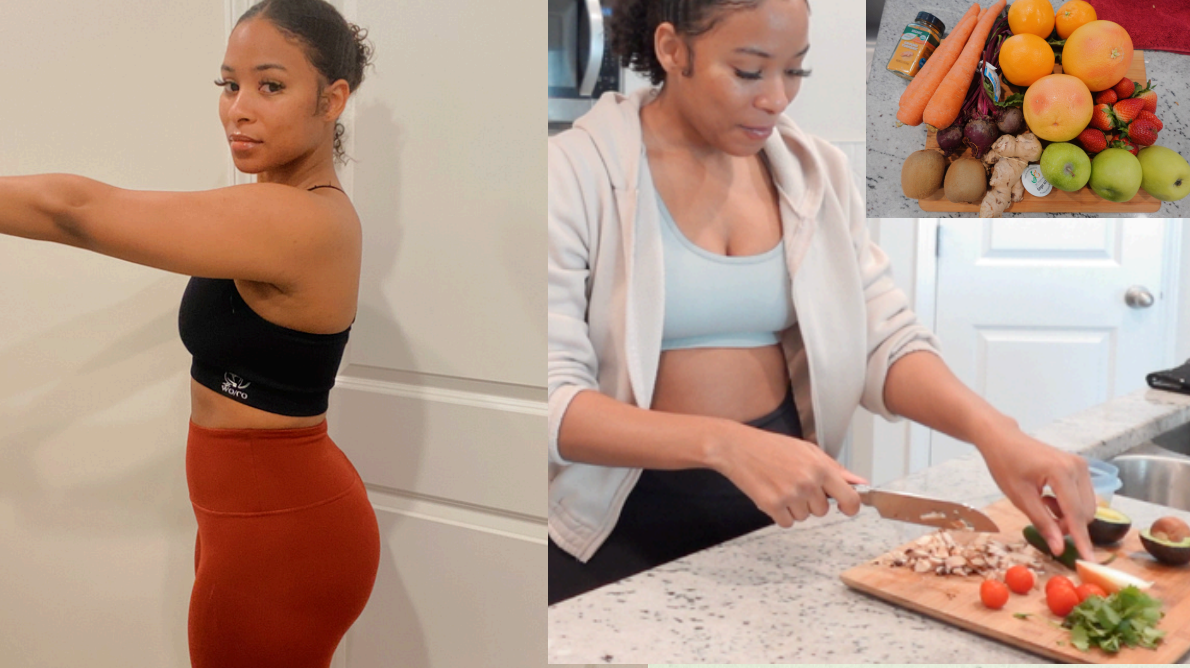
I would eat a bunch of hot Cheeto puffs, to be exact, to just suppress my emotions, wishing I could escape from how I was feeling.

But then one day, I heard a message in a YouTube video of someone saying, "No one is coming to save you, and if you want to change, you have to save yourself." And from that day forward is when my life changed.



It wasn't until I trusted my intuition to put myself on a spiritual mind, body, soul challenge that I was able to raise my energy, set goals for myself, and get unstuck. And inside this guide, I am going to share with you what I did that helped me to get out of depression, how I was able to raise my energy, and what I did to gain clarity which helped me to get financially unstuck. This guide is going to show you what to do—what I did for myself when I felt lost, stuck, depressed, trapped in my environment, lonely and isolated, and confused. By the end of this guide, you will be prepared to join my “21 DAY RESET PROGRAM,” where I will show you how to get UNSTUCK after hitting rock bottom and help you raise your energy and feel motivated again. By the end of my 21-day program, you will have clarity, plans, and an action plan. You will know exactly how to beat depression so you can accomplish your goals.





I know what it's like to feel depression and a lack of clarity.

Whenever we feel depression in the body, this creates a ripple effect of many negative things, from experiencing self-doubt, negative thoughts, and bad habits, which tend to lead to unhealthy patterns that could create blockages in the mind and body. "Spiritual warfare is real if you don't take care of your mind and body on a soul level."

My 21-day challenges and intuitive workouts that I share on my YouTube channel are truly medicine for my body, and my intention is to motivate women like you, reading this, to move your body so you can just feel good and happy in your body!

Moving your body is medicine for the body, and honoring how your body wants to move—listening and trusting yourself—is the goal here.

I created this guide to give you a visual of some ideas that you can start doing now to begin spiritually detoxing your body so that you can raise your vibration, reverse aging, feel happier, healthier, and lighter in your body, connect with your intuition (your faith), and manifest your goals.

By raising your vibration over the next 21 days by putting yourself on a spiritual detox fast that aligns with your soul, you will be able to hear and feel your intuitive guidance, which has all the answers you need and want to lead you to your goals and create a life you enjoy and love!

Step 1.

GET CLEAR ON YOUR GOALS.

The first step to getting unstuck is getting clear on your goals.

GET CLEAR ON YOUR GOALS.

In order to get unstuck, you must get clear on what you want.

WRITE DOWN YOUR GOALS

I believe that it's best to write down your goals in a journal or a notebook of your choice. You can use this sheet as your general outline to help you write down your goals. What I personally like to do is write down my goals in my journal, and then I like to put them on my dry erase board (which is a huge one) because it's hanging up on my wall, where I am able to visually see my goals daily. This reminds me of my goals and keeps me on track to stay focused! Seeing the vision every day is so important!

So, I do recommend getting a dry erase board and placing it in your room or office space. Take action on the daily steps that you know you need to take so that you can make your goals and your dreams come true.

Your MONEY goals here.

Your personal goals here:

Your health goals here:

Your health goals are personal achievements you strive for. Consider this example: "I aim to weigh 148 lbs by April 8th, 2025." Remember, when setting health goals, it's beneficial to be kind and realistic. In my opinion, prioritize how you want to feel in your body rather than fixating on a number. Trust me, focusing on happiness can naturally lead to reaching your desired weight without solely concentrating on that specific goal. The universe works in mysterious ways!

Your Relationship Goals Here.

Your Career Goals Here.

Step 2.

MAKE A PLAN & TAKE ACTION

Now that you know what you want, it's time to make a plan.

You must have a plan because this will help you know what action steps you need to take daily to accomplish your goals.

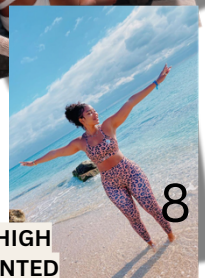
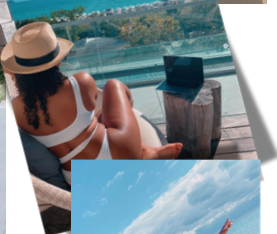
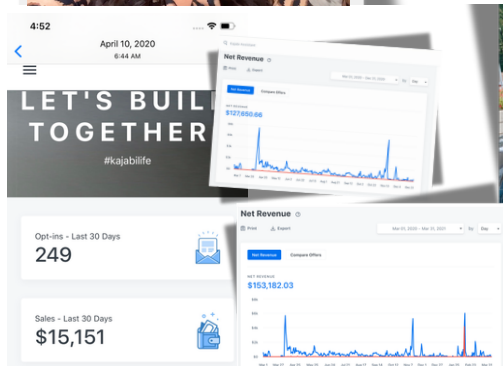
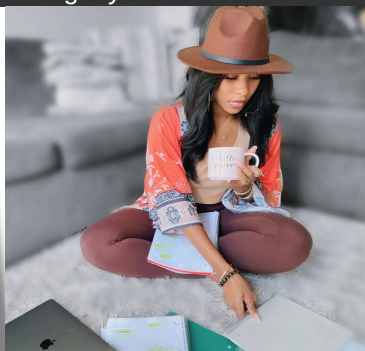
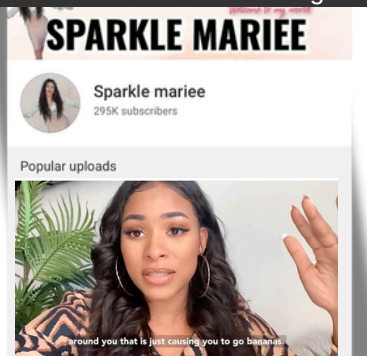


THIS IS A VISUAL OF ME HAVING TO PIVOT IN MY CAREER -

I started off by getting clear on how much money I wanted to make. Then I made a plan for the action steps that I needed to take, and I executed it by trusting my intuition with those ideas. And I was able to manifest my goals.

Within 90 days, I was able to see results, and within 6 months, I was truly manifesting my dream life... HERE ARE THE RESULTS I MANIFESTED JUST BY ME SETTING GOALS + MAKING A PLAN + TAKING ACTION.

- My YouTube channel & community started growing.
- My online course started growing.
- I started to manifest my financial goals.
- I manifested the luxury vehicle that I wanted within 90 days.
- I started traveling and living my best life... while doing what I love and enjoy!



BUT HERE'S THE CATCH—MY ENERGY WAS VIBRATING ON A HIGH FREQUENCY SO IT WAS EASY FOR ME TO ATTRACT WHAT I WANTED

YOUR ACTION STEP: TO DO LIST

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TO DO LIST:

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Step 3.

PROTECT YOUR
ENERGY AND RAISE
YOUR VIBRATION.

CONNECTING TO YOUR INTUITION

MEDITATE DAILY

Meditate for at least 15-30 minutes daily. It's best to meditate before you start your day. If that means you have to set your alarm 30 minutes earlier before starting your day, then it's important for you to do that.



A message from Alexis Marie

"It's important for me to say that there are various ways that we can meditate and meditation looks different for many."

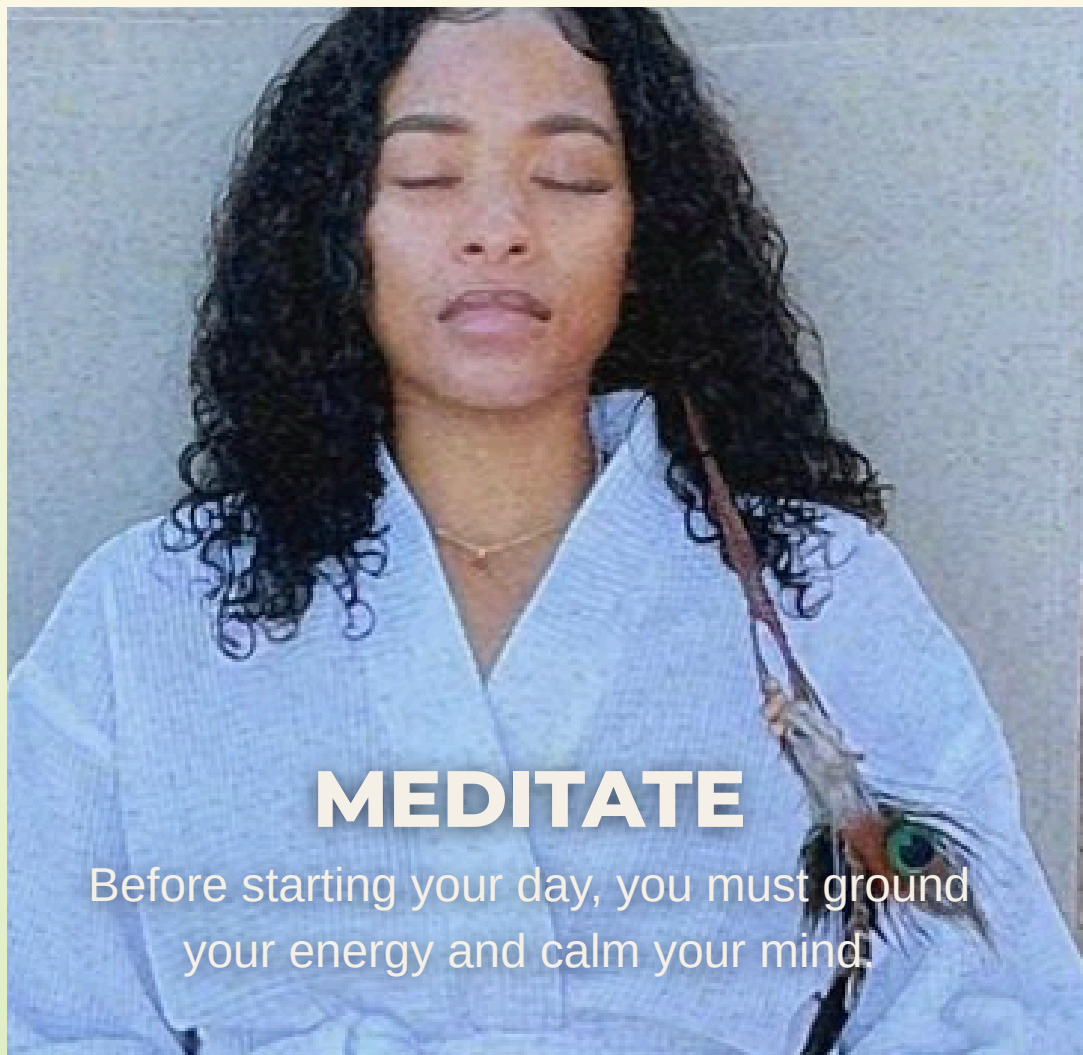


I am sharing with you the meditation technique that allows me to relax my mind before starting my day, which helps me not to overthink things and instead live in flow, being led by my intuition based on the goals I have set for myself.

I created a morning routine where I wake up about 1-2 hours before everyone in my home, and after meditating, I ask my higher self, "What would my higher self do today?"

During this time, I make it mandatory to follow my spiritual daily morning practices that allow me to take care of my spiritual, mental, and physical well-being.

**MEDITATE DAILY BEFORE STARTING YOUR DAY.
THIS WILL SET YOUR DAY OFF FOR SUCCESS.
SURRENDER & RELEASE CONTROL.**



MEDITATE

Before starting your day, you must ground your energy and calm your mind.

1. WAKE UP 15-30 MIN EARLIER AND MEDITATE BEFORE STARTING YOUR DAY.

Meditation *calms your mind and body*, which helps to **build patience** and **strength**, and most importantly, **helps you to connect with your higher self**.

This is the portal that will lead you to **connect with your intuition** so that you can get **unstuck** from any **unwanted situation**. Your **intuition** will **guide** you.

Your **soul** is connected with **God, Source, the Universe, The Angelic Realm**.

Think of your intuition like your **inner navigation system**.

HOW I MEDITATE TO CONNECT TO MY INTUITION

Because there are **VARIOUS** ways meditate.

I do not want to tell you **"HOW TO MEDITATE."**

Instead... I am **including** the **steps** that I take which helps me to get in a flow state to **connect to my intuition.**

What may work for me may be different from what will work for you.

You can honestly look up various ways on how to meditate and just **feel into what works best for you.**

This is actually how I meditate

"To be honest, sometimes I will place my crystals in the palms of my hands, but I do not always do this. I rarely have my crystals in my hands as much, but oftentimes they are close by!"



- **Step 1 |** I find a comfortable position. For me, sometimes I enjoy lying down, but not flat on my back. Exactly how I am lying in this photo is how I lay down. I typically like to have a pillow to support my back, or I sit up with covers over me because I have to be warm and cozy—that's just my vibe. I place my palms facing up over my knees, sitting crisscross or however my body wants to sit or lie that day—I just listen.
- **Step 2 |** I set my timer on my phone for 15-30 minutes. Intuitively, I am guided on how long to meditate; I listen to my intuitive guidance.
- **Step 3 |** I find a meditation sound on YouTube that is calming for me, and I typically place the volume on low. This helps me to relax my mind and not think so much.
- In case you're wondering, I do not always use headphones, but I do recommend them for better relaxation and connection. "Totally your preference."
- **Step 4 |** I then close my eyes and take in however many deep breaths (inhaling through my nose, keeping it slow and steady, taking about 5 seconds to inhale and about 5 seconds to exhale through my mouth), ensuring that I am keeping my breaths slow and steady. I inhale through my nose and exhale through my mouth as if I were whistling.

I do this until I feel like my body is relaxed enough.

- **Step 5 | After I feel relaxed, I allow myself to breathe normally.**

Step 6 | Once my time is up, I then ask my angelic guidance/higher self to show me what to do next, and I flow where my intuition leads me.

Step 4.

**DETOX YOUR BODY SO YOU
CAN RAISE YOUR ENERGY**

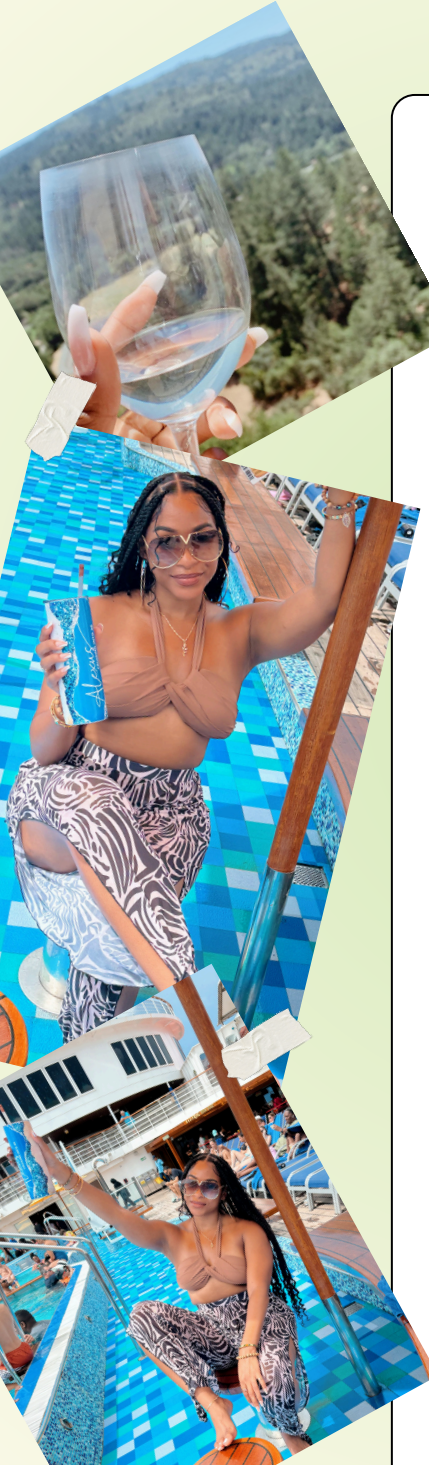
Here is a snapshot of how I eat, which helps me connect with my intuition and what I eat to manifest my goals.

You will notice your energy feeling lighter from eating fruits, veggies, drinking more water, juicing, and just meals that are grown from the earth—less processed meals and more nourishing meals that uplift the mood and body.

The only way to connect with our intuition is by our energy being elevated because the spiritual realm will not lower its vibration to reach us—we must raise our energy to connect with the angelic realm so that you can receive divine guidance from God, Source, the universe, and your angelic guides and angels.

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Don't get it *Twisted.*



I love to live my life, have drinks when I travel, celebrate, and live a good life. I like to eat meals sometimes that are not the healthiest for my body. Sometimes I overindulge in coffee, LOL—I am human; I am not perfect. But after battling with depression for nearly five years and realizing what was the cause and what made me stay in a low vibration, I started to link it back to the people who surrounded me, my environment, and how I was eating whenever I felt like I was struggling.

I started to pay attention to patterns and habits, and that is how I realized and discovered how to raise my energy and mood. Through food, one of the ways I started to make a significant change, and I can tell you that within 21 days of eating higher vibrational foods, I was able to have mental clarity and set goals because I was able to hear my intuition.

The message here is to live your life but also take care of your life and your body as well. Everything in life requires balance.

And if you are in a state of depression and need to get out of it, consider putting yourself on a 21-day reset that includes eating lighter, working out, starting your morning off with prayer and meditation, and getting clear on your goals and creating a plan. On the last page of this guide, you will be guided to join my 21-day reset program, which includes 21 days of workouts recorded by me to help you boost your self-esteem and confidence so you can get out of depression and feel motivated again. By the end of the program, you will have clarity and goals set, and you will be on the path to manifesting a brand new life that will lead you to accomplish the goals that you set for yourself, starting within 90 days to six months. I have done this several times, from manifesting a six-figure coaching business when I felt stuck in my career and needed to pivot, to then manifesting myself out of depression to gain clarity and get clear on my goals, to then manifesting a new job, and finally getting myself unstuck from a survival life to manifesting my dream life at the time of creating this guide. By the way, at the time of creating this guide, I was on a 21-day spiritual/detox fast, which helped me create important projects that have allowed me to live in my purpose and manifest my goals.

So everything I am sharing with you in this guide are things that I genuinely had to do for myself. But overall, I want you to trust your intuition, trust yourself, and the inner guidance that you are receiving so that you can get unstuck and manifest.

WAYS TO RAISE YOUR VIBRATION

If you are feeling low vibes
**THESE ARE FAST WAYS TO HELP YOU
SHIFT YOUR ENERGY.**

TAKE A SHOWER

- This helps to **wash off any unwanted energy.**
- Speaking your **affirmations** in the shower is a powerful way to **raise your energy.**
- Take a **salt bath** with Epsom salt and play **meditation music.**



GO OUTSIDE.

- Connect with **nature.**
- **walk** in the grass bare feet.
- Get **fresh air** daily.

DO NOTHING.

- **Reset your energy** with a nap.
- Do nothing by allowing yourself to **rest when needed** or feeling low vibrations.



MOVE YOUR BODY

- Go **workout** at a gym.
- **exercise** at home.
- go for a **walk** out in nature
- do this for at least **30 minutes.**

Step 5.

**MOVE YOUR BODY.
THIS WILL HELP YOU
CIRCULATE AND SWEAT
OUT OLD, UNWANTED,
STUCK ENERGY OUT OF
YOUR BODY.**

**THE LAST BUT MOST IMPORTANT STEP TO
GETTING UNSTUCK AND GAINING CLARITY IS
WORKING OUT OR MOVING YOUR BODY FOR AT
LEAST 15-30 MINUTES 5-6 TIMES A WEEK.**



**When you move your body, you are circulating and
sweating out stuck and unwanted energy from your
body, which also helps you receive clarity!**

HOW MOVING MY BODY SAVED MY LIFE.



After “randomly” coming across that message on YouTube, I took that as “A SIGN” that I needed to make a change.

Intuitively, I heard that I needed to put myself on a 21-day challenge, and so I listened to my inner guidance and did just that.

For about 21 days, I started to record my workouts because this was my own way of holding myself accountable. But little did I know that my purpose was also being revealed to me during my darkest season.

After completing my 21-day challenge, not only did I feel healthier, happier, and lighter, but I was also inspired to show up on YouTube and start creating content based around what I was actually doing for myself to motivate others and just share my journey.

From there, because I trusted in my intuition, I was given the idea to create a program where I could help others—other women who are also stay-at-home moms and who are feeling depressed with low energy and zero motivation understand how to get unstuck and how to gain clarity just like I was given.

And not only that, but I also wanted to show women how to feel empowered to create their own coaching course.

And that’s how I was able to create my own coaching course: by taking my personal experiences, transforming myself first, and now being able to help powerhouse women who are just like me!

21 DAYS OF BEING ON A RESET CHALLENGE.

Before
Day 1



After
Day 21



**IF YOU FOLLOW MY 5 STEPS
IN JUST 21 DAYS YOU WILL START TO NOTICE HOW:**

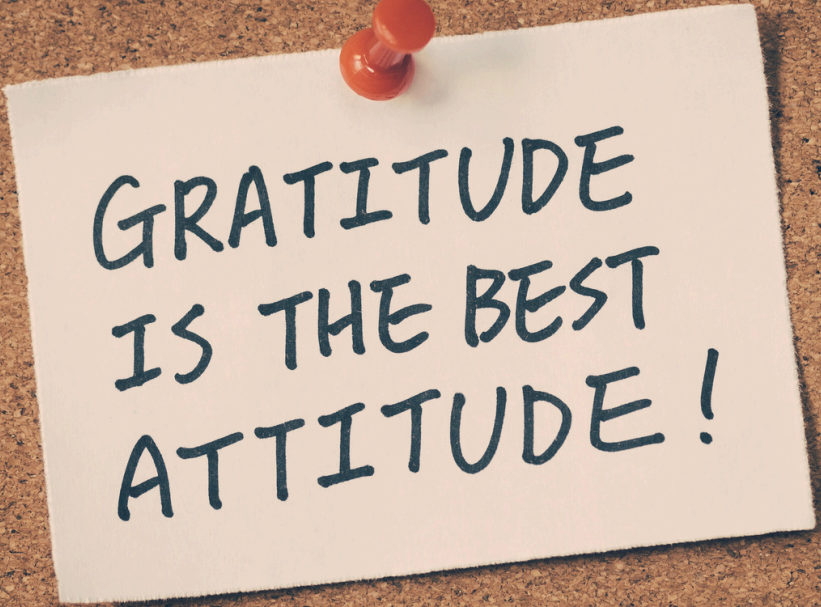
- You will have clarity on your goals.
- Your energy and vibration will improve.
- Your motivation will be back.
- You will feel lighter in your body to where you will be able to get inspired ideas from your intuition- which will lead you to getting unstuck.

Bonus step

**YOU MUST HAVE
APPRECIATION &
GRATITUDE**

You must have ♥

APPRECIATION & GRATITUDE



GRATITUDE
IS THE BEST
ATTITUDE!

For the small wins, the big wins, and even the things that you currently have.

Every day: It's best to give thanks to God, the universe, your spiritual protectors, and your angels that are all around you.

WATCH HOW YOUR BLESSINGS WILL MULTIPLY.

HERE'S WHAT SPEAKING LIFE OVER YOURSELF CAN LOOK LIKE:

I give thanks for my children and my perfect health.

I thank you for my home and the things that I have now that are helping me to reach my goals.

I am thankful for the career that I have that is helping me to manifest my goals.

I am grateful for the opportunities that are presenting and opening up to me every day.

I am thankful for my protection and for those who have been removed from my life for my protection.

I thank you, God, for my love, grace, and protection.

I thank you for the gratitude that I am now receiving, which is helping me to manifest my goals.

I thank you for the support and love that surrounds me in the spiritual realm, as well as the love and support that I now have in the physical realm.

Thank you, God, for sending the right people, opportunities, and doors that are opening up for me, and I am so grateful for the life that I am creating with you, God, by trusting in my intuitive guidance and being guided to live by your divine love and grace.

God, I thank you for my blessings and new beginnings.

I am truly grateful. Amen.

5 POWERFUL GRATITUDE HABITS

- **GIVE THANKS TO GOD - SOURCE - THE UNIVERSE - DAILY - THE MORE YOU GIVE THANKS, THE MORE THE RIGHT OPPORTUNITIES, BLESSINGS, AND DOORS WILL START TO OPEN FOR YOU.**
- **JOURNAL AS YOUR HIGHER SELF. - SCRIPTING AS YOUR HIGHER SELF - WILL ATTRACT THINGS INTO YOUR LIFE.**
- **SPEAK LIFE OVER YOURSELF. - AFFIRM THE LIFE YOU WANT NOW. (MIRROR WORK)**
- **APPRECIATE WHAT YOU HAVE NOW. - APPRECIATION LEADS TO RECEIVING MORE.**
- **GIVE BACK - HOW CAN YOU USE YOUR GOD-GIVEN TALENTS AND SKILLS TO GIVE BACK TO OTHERS, WHICH WILL IN TURN HELP YOU REACH YOUR GOALS?**

"21-Day Boost Your Confidence and self esteem challenge." CHALLENGE"

Health & Fitness Disclaimer

The workouts, movements, and wellness activities included in this **"21-Day Boost Your Confidence and self esteem challenge."** " were created intuitively by Alexis Marie based on personal experience, lifestyle, and alignment with her own wellness journey.

This program is designed for educational and motivational purposes only. It is not intended to substitute professional medical advice, diagnosis, or treatment. Always consult with your physician or a qualified healthcare provider before beginning any new fitness or wellness program.

By choosing to participate in this challenge, you acknowledge that you are doing so voluntarily and at your own risk. You accept full responsibility for your health, safety, and any injuries or outcomes that may occur.

Alexis Marie, her brand, and affiliates will not be held liable for any injuries, losses, or damages resulting from the use or misuse of this content.

Listen to Your Body

Always honor your body, rest when needed, and modify exercises as necessary.

This is a self-led journey, and your intuition is your best guide.

Thank you

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