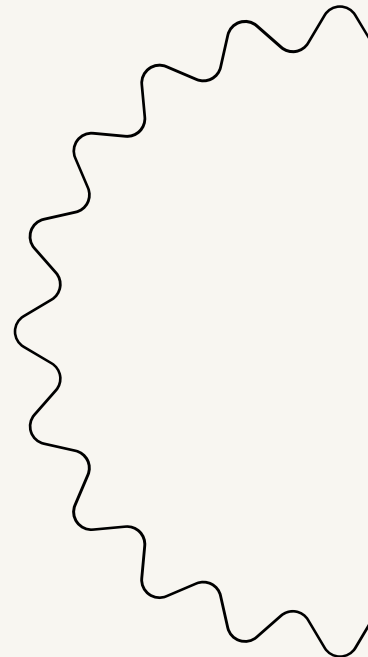
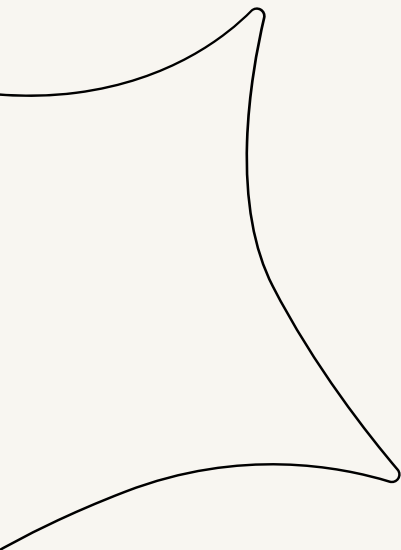


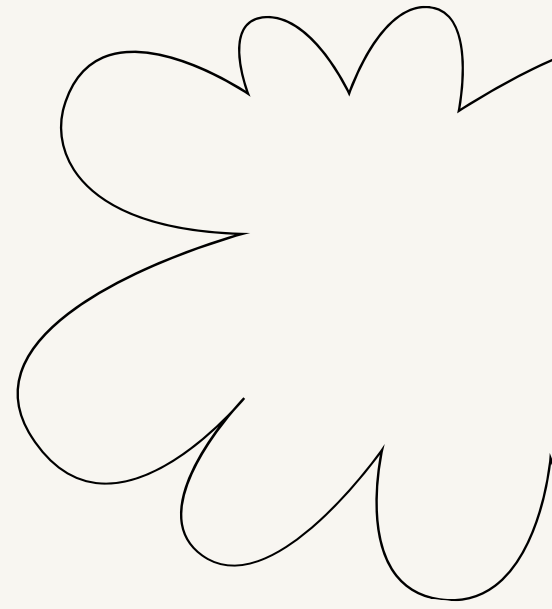
The Ultimate 7 - Day Reset

A roadmap to reset your life in just 7 days.

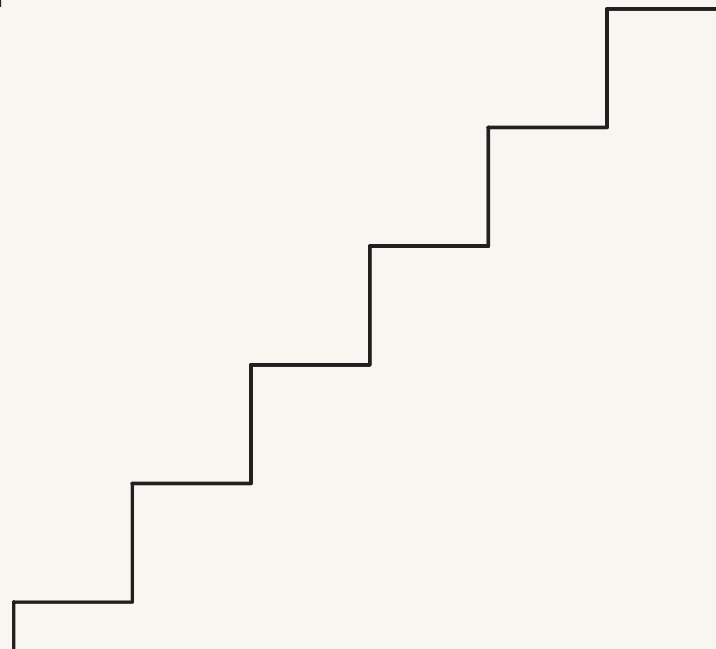


DEVANSH BISHT

Table of Contents



01	About Me
02	Day 1: Reset Your Space
03	Day 2: Reset Your Body
04	Day 3: Reset Your Focus
05	Day 4: Reset Your Input
06	Day 5: Reset Your Energy
07	Day 6: Reset Your Mind
08	Day 7: Reset Your Direction
09	Conclusion & Next Steps



About Me



Hi, my name is Devansh. My life for the past few years was basically a mess wrapped in ambition. I tried so hard to be consistent, but I kept failing spectacularly. I'd start a plan, then get distracted by parties, video games, or random impulses that promised instant fun. Every time I told myself, "Tomorrow I'll get back on track," tomorrow laughed at me and ghosted.

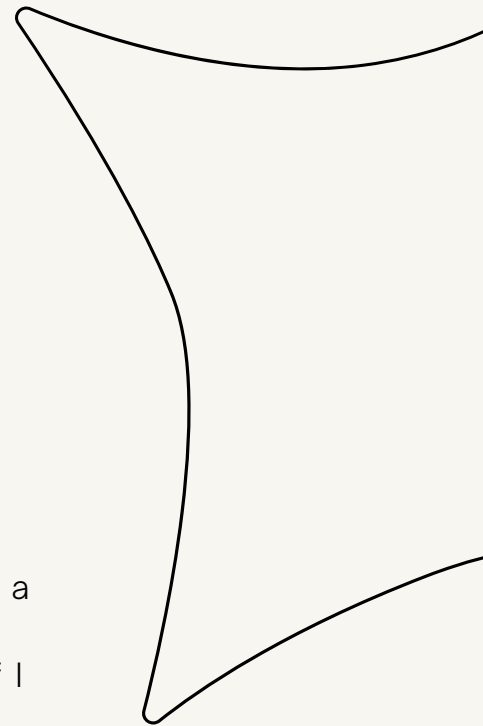
Honestly, this is how my day looked - messy room, energy all over the place, brain spinning, and a to-do list that mocked me from across the desk. I saw all these problems and... ignored them (not proud of it), but that was my life. Awareness didn't equal action when I had no systems in place.

I've always wanted more clarity, focus, freedom, and growth, but chasing big dreams without a plan was like trying to drive a Ferrari blindfolded.

Exciting for a second, terrifying the next. That's why my life felt like a constant loop of starting, falling off, and restarting, over and over.

After hitting rock bottom with my routines and habits, I finally did something different. I went through a reset. Seven days to clean up my space, clear my mind, and finally get my life working for me instead of against me.

That's how The Ultimate 7-Day Reset came into my life - a way to grab control back, focus my energy, and actually start running my life instead of watching it run me. And if I can do it, trust me, so can you.



Day 1



RESET YOUR SPACE

Your environment is the first mirror of your identity.

MINI MISSION

Before you start, look around your space.

Rate it from 1–10 on “mental peace.”

Whatever number you just said, we’re doubling it today.

PHASE 1: THE PURGE

Let’s be honest, your room looks like a documentary on “How Focus Dies.” There’s a coffee mug growing a new species, cables mating on your desk, and that one chair running a laundry startup.

We’re not doing that anymore.

Grab everything in sight.

If it doesn’t help you work, rest, or smile, it goes.

No sentimental attachment to that USB cable from 2019.

No “maybe I’ll use this someday.” That day never comes.

Science Bite:

Clutter increases cortisol (stress hormone) and slows your brain’s decision-making by up to 40%.

Translation: mess = mental buffering.

Checklist: [Click Here](#)  for Day-1 Checklist. (use after reading all Day-1 content)

Important: Duplicate before using (top right of the screen)

PHASE 2: MAKE THE BED (NOT EXCUSES)

I know, I know.
You've heard it a thousand times.

But hear me out, making your bed isn't about tidiness, it's about identity.
You're telling your brain,
"See? I said I'd do something... and I did."

That's power in its smallest form.
And trust me, folding that blanket hits different when you realize it's the first promise you've kept all day.

PHASE 3: REBUILD YOUR COMMAND CENTER

Your desk isn't a dump yard - it's mission control for your life.
Right now, it looks like a crime scene from *The Death of Focus*.

Keep only your:

- Laptop
- Notebook
- Pen
- One object that reminds you why you're doing all this

Everything else? Gone.
Clarity loves minimalism. So does your brain.

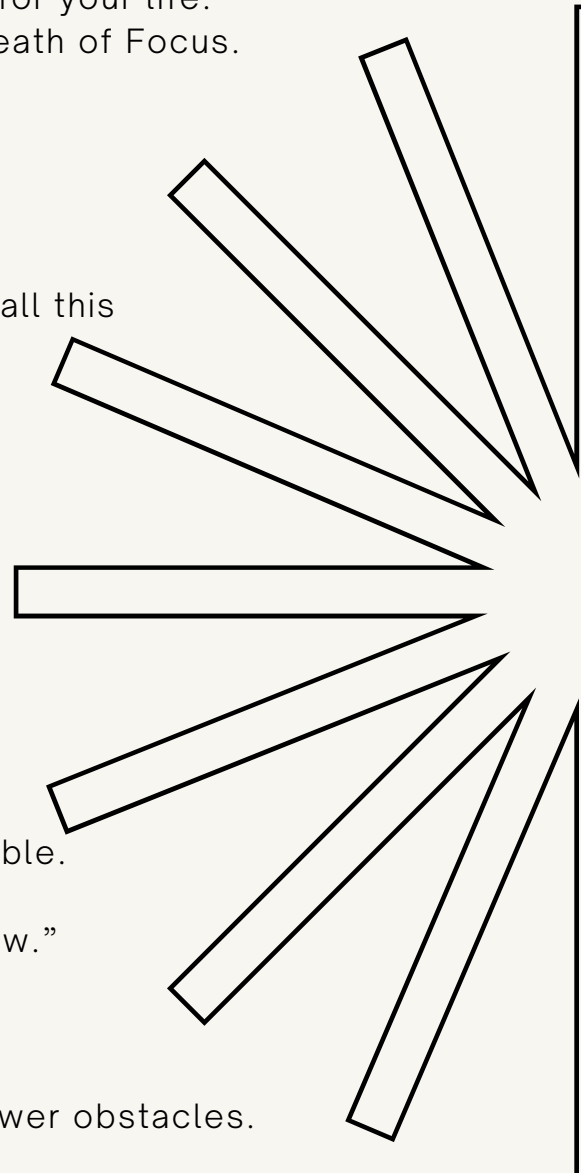
Pro Tip: Put your phone in another room.
Clutter on your screen counts too.

PHASE 4: THE REAL RESET

Here's the truth.
Your environment is your subconscious, made visible.

Every messy corner quietly says, "Maybe tomorrow."
But when you fix it, your brain finally shuts up and gets to work.

You don't need more motivation. You just need fewer obstacles.



REFLECTION TIME ✨

1. What item was hardest to throw away? Why?
2. How did your energy feel before vs. after cleaning?
3. Would Future You be proud waking up here tomorrow?

MINI CHALLENGE

Take a pic of your cleaned-up space (for yourself or the community).
Title it: **“The Day My Brain Got a Fresh Start.”**

If you haven't joined the page yet, you're missing out.
Join ambitious builders who are constantly building and growing in public



Click here [👉 Instagram page link \(Follow me now and share your insights\)](#)

TOMORROW'S TEASER

Today, you cleared the outside world.
Tomorrow, we dive inside - we reset your body.

(Warning: your muscles may file a complaint. But your future self will thank you.)

Day 2

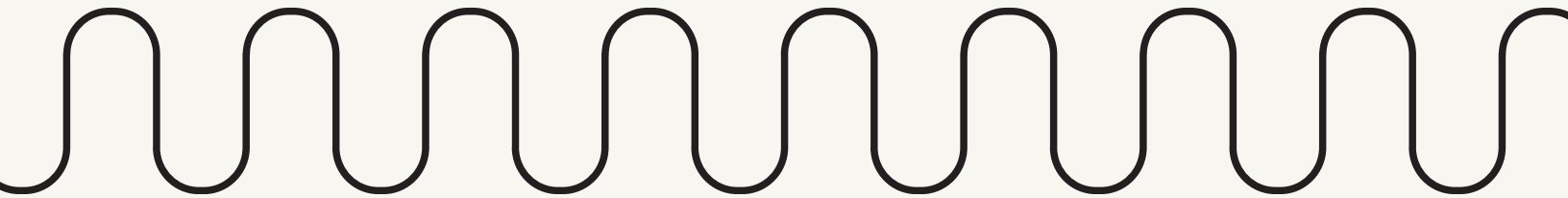
RESET YOUR BODY

Because your brain can't focus if your body thinks it's dying.

MINI MISSION

Your body is the operating system for your focus, discipline, and energy. If the hardware's lagging, the software (your mind) crashes too.

Today's goal: make your body feel alive again - not shredded, not perfect, just functional.



PHASE 1: TOUCH GRASS

(LITERALLY)

Yeah, yeah. Everyone says, "Go outside."

But seriously - your body needs sunlight like your phone needs charging.

Walk outside for 10 minutes.

No podcast. No phone. Just sunlight, air, and you.

If it feels boring, get coffee, a snack, or music.

Science Bite: 10–20 minutes of morning sunlight regulates your circadian rhythm, boosts serotonin, and helps you sleep better at night.

Pro tip:

Set a "sun timer" on your phone: 10 minutes outside before 10 AM.

Do this 3 days straight.

It changes your entire energy pattern.

PHASE 2: STRETCH OUT THE STRESS

Because your body is tired of being your anxiety storage unit.
You sit all day. Shoulders curved. Neck stiff.
Then you wonder why your brain feels like a browser with 87 tabs open.

Here's the truth:
Your body's been quietly screaming, "BRO. STAND UP."

Let's fix that - fast, simple (no yoga mat required)

THE 5-MINUTE "UNFREEZE YOUR BODY" ROUTINE

Step 1: The Shoulder Roll (aka delete stress from your neck)

- Sit or stand tall.
- Roll shoulders backwards 5 times - slow and wide.
- Then roll forward 5 times.
- End with one big shrug and a deep exhale.

Feels awkward? Good. That's your tension leaving.

Step 2: The "I Haven't Touched My Toes Since 9th Grade" Stretch

- Keep legs straight, reach toward your toes.
- Hold for 15 seconds.
- If you can't reach, bend your knees slightly.

You'll feel the stretch in your hamstrings - that's tension leaving your lower back.

Step 3: The 3-3-3 Reset Breath

- Inhale for 3 seconds
- Hold for 3
- Exhale for 3

You'll feel your heart rate slow and your brain unclench.

Bonus: Add a smile at the end. Sounds weird, but it resets your nervous system faster than you think.

PHASE 3: EAT LIKE YOU DON'T HATE YOURSELF

We've all done it - skipping meals, snacking like gremlins, then wondering why we feel foggy.

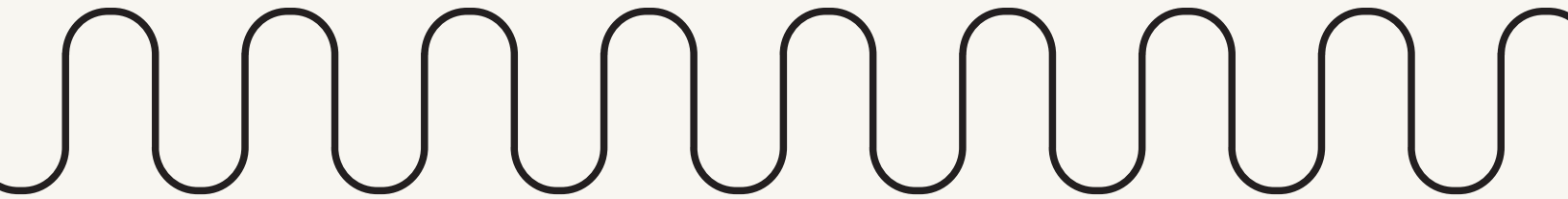
Here's the reset rule:
1 real meal today.
Protein + fiber + color.

Examples:

- Eggs + toast + fruit
- Rice + veggies + dal
- Chicken wrap + water

Quick Science: Stable blood sugar = stable focus. You can't discipline your mind if your energy's crashing every 2 hours.

Bonus Habit: Drink a full glass of water every time you check your phone. (You'll either hydrate or use your phone less. Win-win.)



PHASE 4: FIX THE SLEEP CHAOS

If you're reading this at 1 AM, congrats - you've found the problem.

Forget "8 hours of sleep."

Focus on sleep consistency - same bedtime every day for 3 days.

Try this tonight:

- No phone 30 mins before bed.
- Write one line in your notes: "Tomorrow, I show up fresh."
- Sleep in a dark, cool room (your body's built for caves, not TikTok lights).

Science Bite: Even one night of bad sleep increases cortisol (stress), kills focus, and lowers willpower by 20-30%.

PHASE 5: MOVE SOMETHING. EVERY DAY.

Discipline starts in your muscles.
You move your body - your mind follows.

Forget the 90-day challenge nonsense.
Just do 10 minutes of movement.
Walk. Pushups. Jumping jacks. Dance like nobody's watching (but also... close the door).

Movement isn't a chore, it's momentum.

REFLECTION TIME ✨

1. How did your energy feel before vs. after today?
2. What's one physical habit you want to keep?
3. How can you make movement fun instead of a punishment?

CHECKLIST

[Click Here](#) ➔ for Day-2 Checklist

TOMORROW'S TEASER

Your body's online now.
Tomorrow, we reset your focus, because once the engine's warm, it's time to drive.

If you're serious about results, more focus, consistency, and progress, you need **Productive System** your all-in-one command center to build habits that stick, hit your goals faster, and stay disciplined even on chaotic days.

Bonus: Includes exclusive guides (science-based) to help you move from planning to actual results. [Grab the productivity system now](#)

Day 3

RESET YOUR FOCUS

(Your brain's not broken. It's just overloaded with nonsense.)

Let's be honest, it's not that you can't focus.

It's that you've trained your brain to get a dopamine hit every time you open Instagram, Threads, or that "quick YouTube video" that somehow turns into a 3-hour productivity binge.

So today, we're doing a focus detox.
Not forever. Just enough to remember what real concentration feels like.

PHASE 1: DELETE THE DISTRACTIONS

(Temporarily... kinda)

You don't have to become a monk.
But please, at least mute your notifications.

Here's your 10-minute detox checklist:

- Unpin your most-used app.
- Turn off all notifications (yes all of them)
- Log out of one platform for 24 hours.
- Move social media apps to the last screen of your phone.

If you hesitate to do any, that's proof it's controlling you, not the other way around.

PHASE 2: THE "ONE TASK RULE"

Focus dies the moment you try to juggle 5 things.

For today, pick just one task that actually matters.

Need not be something "urgent."
But something important.

Then ask:
"If I only finished this one thing today, would I still feel proud?"

That's your task.
Set a 45-minute timer. Go all in.

PHASE 3: CREATE A “FOCUS ZONE”

You can't expect focus if your desk looks like a tech startup after a caffeine explosion.

Make your space sacred for deep work.

Here's the rule:

When you enter this zone → no phone, no distractions.

Bonus move: Put on a 2-hour focus playlist, wear headphones. Rename your workspace playlist “Flow Mode” - trigger your brain with that association daily.

PHASE 4: DON'T CHASE FOCUS, CREATE IT

Focus = environment × intention.

- Plan your top 3 tasks.
- Eliminate all noise.
- Do one thing completely.

The moment you finish it, you'll feel that “I'm back” energy. That's the spark we're after.

PHASE 5: REFLECT BEFORE YOU SCROLL

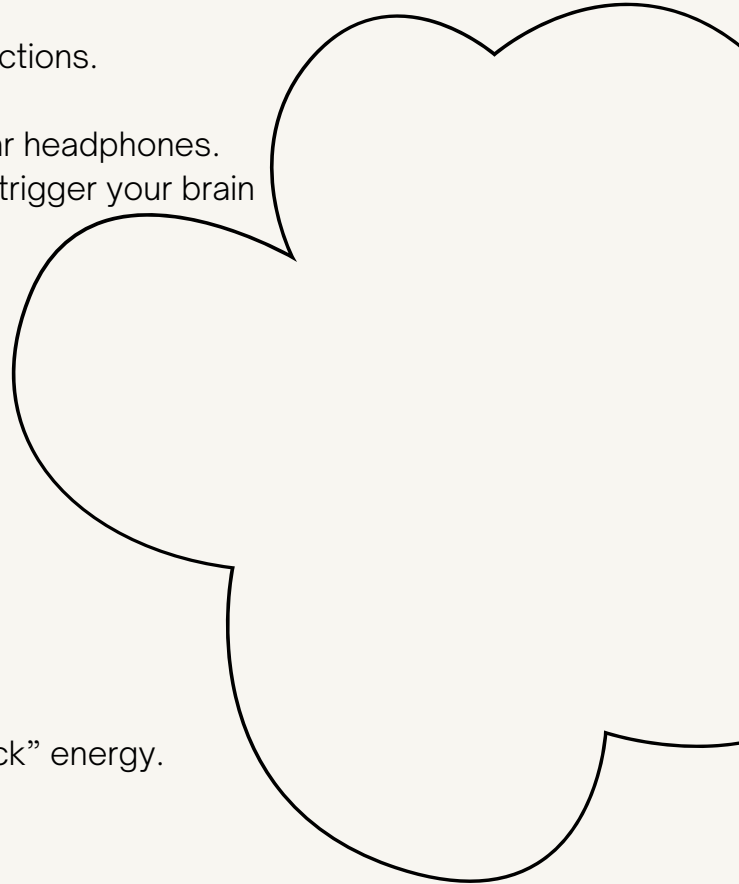
After your work block, don't instantly open Instagram as a reward.

Take 60 seconds to ask:

“What helped me focus today?”

“What pulled me away?”

This 1-minute reflection compounds faster than any habit tracker.



MINI CHALLENGE:

Work for one hour without touching your phone.

Take a screenshot of your screen time after - post it in your notes or community with:

“Proof my focus isn’t dead.”

REFLECTION TIME ✨

1. What helped me stay focused today?
2. What distracted me most?
3. How can I make focus easier tomorrow?

CHECKLIST

[Click Here](#) ➔ for Day-3 Checklist

TOMORROW’S TEASER

Day 4 → Reset Your Inputs.

Because what you consume shapes what you become.

And tomorrow, we’ll rewire that from the inside out.

I used to struggle with focus.

No matter how hard I tried, I kept falling off track.

Then I built systems that changed everything. If you want to see exactly how I plan, prioritize, and manage my time _____



Day 4

RESET YOUR INPUTS

You are what you eat, mentally too.

If 80% of your brain food is TikTok, 15% random podcasts, and 5% actual thinking... no wonder your mind feels like 32 tabs open with random music playing from none of them.

Today's goal: clean your mental diet so clarity can finally show up.

MINI MISSION 🎯

Take 30 seconds and write down:
“What’s the last thing I consumed mentally?”

Rate it 1–10 for usefulness.
Tonight, we raise that score.

SCIENCE BITE 🧬

Your brain soaks up information like a sponge, but low-quality input floods neural circuits with noise, reducing focus by 25%, while high-value input strengthens prefrontal pathways, boosting attention and clear thinking.

PHASE 1: THE MENTAL JUNK FOOD AUDIT

Take 2 minutes and list everything you consumed in the last 24 hours:

- YouTube videos?
- Reel scrolls?
- That one podcast with 7 productivity bros yelling the same advice?

Highlight only what actually helped you grow.
Everything else = mental Doritos. Tasty. Addictive. Zero nutrition.

Pro Tip: Be honest, your brain doesn't lie - you just might.

PHASE 2: UNFOLLOW WITHOUT GUILT

You don't need 237 voices telling you how to live.

- Keep 3 creators you genuinely like or aspire to be.
- Unfollow the rest right now.

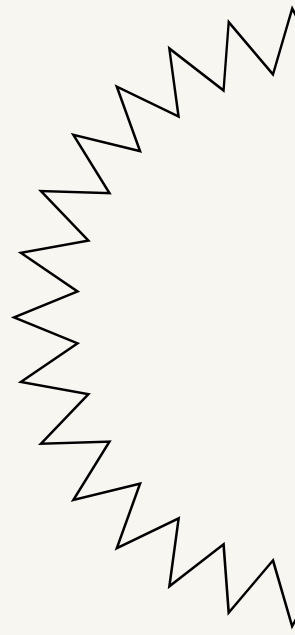
Don't worry, they'll still exist when you're rich and successful.

PHASE 3: UPGRADE YOUR INPUT DIET

Replace junk with substance, but make it effortless:

- Listen to one inspiring podcast
- Read 3–7 pages of a book you actually enjoy
- Watch one long-form video that teaches you something new
- Reflect 5 minutes after consuming: “How can I apply this?”

Remember: passive learning isn't progress. Passive application is.



Day 5

RESET YOUR ENERGY

Caffeine is not a personality trait (I'm definitely... not... addicted.. XD)

Let's be real.
You don't need more motivation.
You need more energy.

Most people say "I'm unmotivated," when in reality they're just chronically exhausted from scrolling, overthinking, and surviving on vibes + coffee.

Today's goal:
Learn how NOT to drain your human battery unnecessarily.

MINI MISSION

Take 10 seconds and check your current energy level: 1-10.
Tonight, we aim to bump it to a 10

SCIENCE BITE

Your morning habits set your circadian rhythm.
Start reactive (scrolling) → your day's energy starts low and never recovers.

PHASE 1: THE 10-MINUTE RULE

First 10 minutes after waking: no phone (except turning off your alarm).
Instead:

- Drink water
- Step outside or open a window
- Take 5 deep breaths like a monk on WiFi detox

Pro Tip: If you take control of the first hour - you stay motivated

PHASE 2: ENERGY LEAK AUDIT

Fix or tape all the holes that leak your energy.

Here are some energy leakers:

- No doomscrolling
- No emotionally draining conversations
- No multitasking (One tab - one task.)
- Avoided complaining or negative self-talk (very important)

PHASE 3: MOVE YOUR BODY (YES, AGAIN)

Forget the “90-minute hypertrophy split.”

Just move.

Walk. Stretch. Dance. Jump. Do pushups between tasks.

Motion creates emotion.

You’ll be shocked how quickly your mental fog clears after 20 minutes of just existing physically.

PHASE 4: PROTECT YOUR SLEEP LIKE IT’S BITCOIN

Sleep isn’t optional.

It’s the loading screen for your next day’s focus.

Your phone will survive if you put it on airplane mode.

You, on the other hand, won’t if you keep sleeping at 2:00 a.m. watching “Top 10 Ways to Fix Your Sleep Schedule.”

Set a bedtime alarm.

Yes, an alarm to go to sleep.

It sounds ridiculous, but it works.



CHECKLIST

[Click Here](#) ➔ for Day-5 Checklist

Mini Task: Snap a “post-energy reset” pic or note “The Day My Battery Got a Full Charge.” and post it in the community

REFLECTION TIME ✨

- Which action gave you the most energy boost?
- How does your body feel compared to yesterday morning?
- What small tweak could make tomorrow even better?

POWER SENTENCE

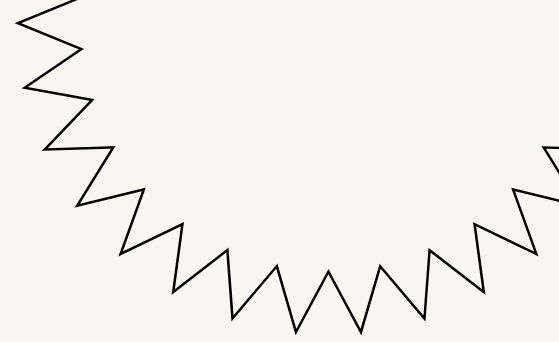
“You didn’t just move or eat - you upgraded your energy system from low-battery mode to full-throttle.”

TOMORROW TEASER

Day 6 - RESET YOUR MIND

Your brain’s fully charged. Time to stop wandering, start dominating, and finally take control of your thoughts.

Day 6



RESET YOUR MIND

(Because your brain is a messy roommate, and it's time to evict the nonsense.)

Here's the truth: your mind isn't broken.

It's just overloaded. Anxiety, overthinking, doomscrolling, random "what ifs."

Today, we clear it out.

PHASE 1: IDENTIFY YOUR MENTAL TRASH

Grab a notebook or notes app. Write down:

- Worries
- Random obligations
- Thoughts that keep looping

Example:

- "I should've texted her back"
- "What if I fail at my goals?"
- "Why did I binge TikTok for 3 hours?"

Seeing it on paper is instant relief. Your brain doesn't need to store everything.

PHASE 2: SCHEDULE YOUR WORRIES

Yes, schedule them.

Sounds weird? Trust me.

Pick 15 minutes today to "deal with worry thoughts."

Write solutions, plan next steps, or just acknowledge them.

Outside that 15 minutes → ignore them.

Your mind will freak out at first, but eventually it learns: I have a system.

I can relax now.

PHASE 3: MINDFUL PAUSE (NOT MEDITATION IF YOU HATE THAT WORD)

Close your eyes for 3–5 minutes.

Breathe... Focus on the sensation of breathing.

Notice thoughts come and go, like ads on YouTube; you don't have to click on them.

It's simple. It's boring. It works.

PHASE 4: DETOX FROM MENTAL NOISE

Turn off:

- Notifications
- News apps
- Social media feeds that trigger anxiety or FOMO

Replace them with:

- 10 pages of a book
- A journal prompt
- Walking outside and noticing real things

Feed your mind quality, not just dopamine junk food.

PHASE 5: RESET YOUR NARRATIVE

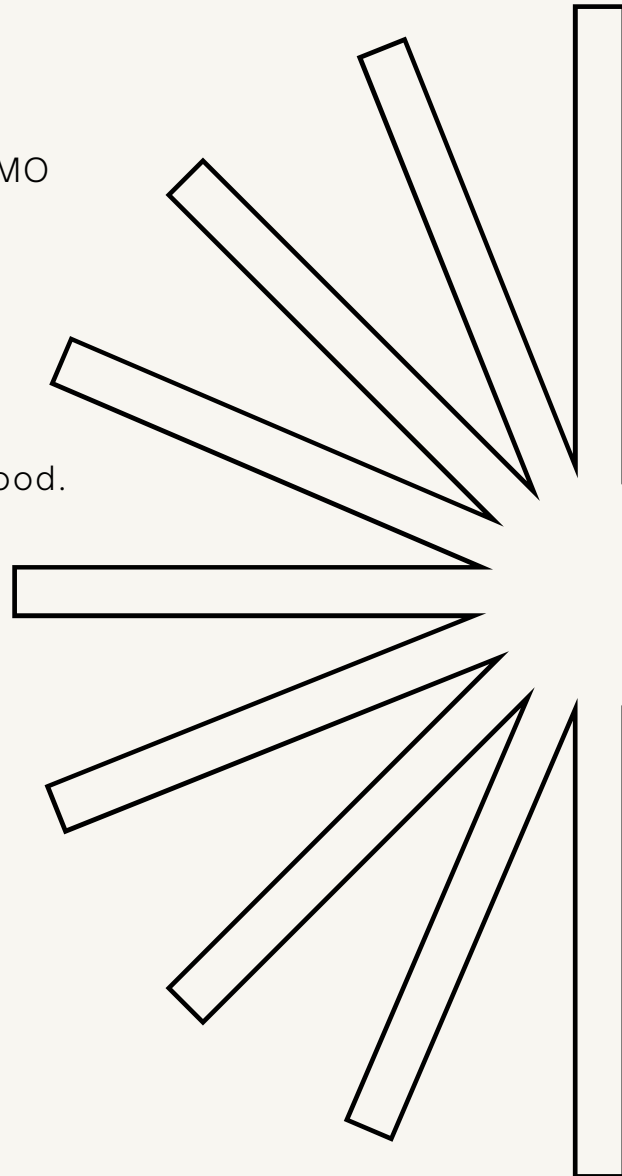
Your mind loves stories - mostly ones that scare you.

Today, rewrite one story you've been telling yourself that's holding you back.

Example:

- Old story: "I'm bad at sticking to routines"
- New story: "I'm learning how to build consistency, one day at a time"

Say it out loud. Write it down. Believe it.



CHECKLIST

[Click Here](#) ➔ for Day-6 Checklist

Mini Task: Snap a note or journal entry “The Day My Mind Got a Clean Slate.” and post it on the community.

REFLECTION TIME ✨

- Which thought or worry felt heaviest today?
- How did scheduling or pausing it affect your clarity?
- What story are you telling yourself that you can rewrite?

POWER SENTENCE

“You didn’t just calm your mind, you reclaimed the steering wheel of your thoughts.”

TOMORROW TEASER

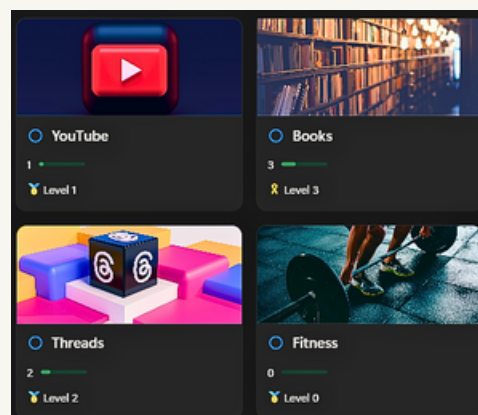
Day 7 - RESET YOUR LIFE

All your systems are upgraded: body, brain, inputs, energy.

Tomorrow, we connect the dots and step into the life you actually want.

Now that you’ve locked in your mindset, it’s time to get addicted to success. The secret? **Gamify it.**

Turn your goals into levels, your habits into power-ups. Set goals for every area of your life - health, money, mindset, and start leveling up in real life. [Instant Access Here](#) ➔



Day 7

RESET YOUR DIRECTION

(Because energy, focus, and a clear mind are useless if you're running in circles.)

Here's the brutal truth:

Most people work hard, stay disciplined, eat right, move their bodies... and still feel like they're going nowhere.

That's because they never ask the one question that matters: "Where the hell am I actually going?"

Today, we fix that.

PHASE 1: DEFINE YOUR NORTH STAR

Ask yourself:

- What's my ultimate goal?
- How will I know I'm winning?
- If nothing else changed, what one thing would make today feel successful?

Write it down.

Big, bold, no excuses.

Your brain loves direction.

Take a paper and answer the above questions (stick it on the wall if you like)

PHASE 2: MAP OUT THE MICRO-STEPS

Big goals are scary.

Tiny, clear steps are achievable.

Example:

- Goal: Launch a side project
 - Micro-step: Sketch 3 ideas today
 - Micro-step: Pick 1 and outline features tomorrow

Focus on the next step, not the entire mountain.

Otherwise, you'll just scroll TikTok instead.

PHASE 3: ALIGN YOUR ENERGY & ACTIONS

Before, you reset your energy and mind.

Today, make sure what you do actually moves the needle.

Ask before any task:

“Does this bring me closer to my goal?”

If yes → go.

If no → trash it, delegate it, or schedule it for later.

PHASE 4: WEEKLY CHECK-IN

Direction isn't set-and-forget.

Pick a time every week to review:

- Did I take steps toward my goal?
- What worked? What didn't?
- Adjust the map as needed

This prevents wandering aimlessly and keeps your brain from thinking “effort is chaos.”

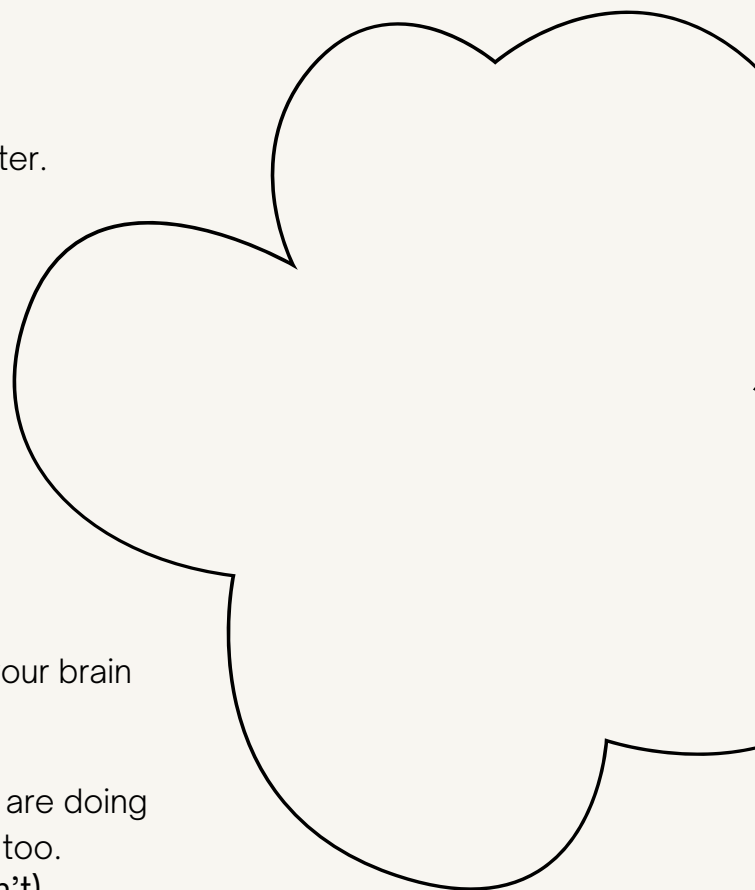
Bonus: go to the Insta page, watch how others are doing it, take inspiration and post your weekly review too.

👉 [Click here to join my Insta page](#) (if you haven't)

CHECKLIST

[Click Here](#) 👉 for Day-7 Checklist

Having a goal is important, but moving in the right direction is crucial and that's exactly what you mastered.



Congratulations

You've completed the 7-day reset:

→ ENVIRONMENT

→ BODY

→ FOCUS

→ INPUT

→ ENERGY

→ MIND

→ DIRECTION

Alright, superstar, you did it. Seven days of kicking clutter, chaos, and mental fog. But don't just pat yourself on the back and disappear into old habits like a ninja who forgets their own skills. Keep moving, keep thinking, keep winning - even if it's just one tiny step at a time.

NEXT STEPS:

Think of this 7-Day Reset as the starter engine for your personal **Productivity System**. You just cleared the clutter, charged your body, sharpened your focus, and aligned your mind and direction. Basically, you've upgraded your hardware and cleaned the software.

Now, the **System OS** takes over: it's the ongoing framework that turns these 7 days into a lifetime of momentum. Take this. Use it. Laugh at your old chaos. And go live a life that you truly deserve. Instant [Access to productivity system](#)

I'm really proud of you for making it through the 7-day Reset, and I respect you for taking this (and life) seriously.

Thank you again, and I'll see you on the inside of Productivity System.