

7-Day *Reset Plan*

★ *ChicRoutine* ————— *Sophie Bennett*



Simple Routines to Feel Calm, Confident & Put Together

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About Me



@Sophie Bennett

Chief Executive Officer

To all my esteemed readers looking to glow-up and refreshed, this is a short insight into the various Glow-up, Haircare & Styling, Outfits and more that I share with my audience on my blog – ChicRoutine.com.

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INTRODUCTION

Welcome to Your Chic Reset

This reset is not about perfection.
It's about simple habits that help you feel more in control of your daily
life.

You don't need to do everything.
Start small. Stay consistent.

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HOW TO USE

How to Use This Reset

- Choose 3–5 habits daily
- Keep it simple
- Don't aim for perfection
- Focus on consistency

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DAY 1 - SPACE RESET

Reset Your Space

Checklist:

- Make your bed
- Declutter for 10 minutes
- Clean your desk
- Organize your bag

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DAY 2 - SKIN + SLEEP

The Importance of Skincare & Sleep

Checklist:

- Cleanse + moisturize your skin
- Apply sunscreen
- Drink more water
- Sleep earlier and sufficiently (8 hours)

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DAY 3 - HAIR + GROOMING

Haircare and Grooming

Checklist:

- Wash or refresh hair
- Style simple hairstyle
- Groom brows
- Keep nails clean

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DAY 4 - OUTFIT RESET

The Outfit, Yes!

Checklist:

- Choose 3 outfits
- Stick to neutrals
- Prepare tomorrow's outfit
- Clean shoes

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DAY 5 - MORNING ROUTINE

Start the Day Right

Checklist:

- Drink water
- Make bed
- Skincare
- Write 3 goals (and follow through)

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DAY 6 - MENTAL RESET

Keep Your Head Cool

Checklist:

- Journal
- Practice gratitude
- Limit social media
- Take a walk

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DAY 7 - FULL RESET

Round Up The Week

Checklist:

- Clean your space
- Plan your week
- Reflect on habits
- Set goals

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HABIT TRACKER

Habits

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

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REFLECTION

- What worked best this week?
- What felt easy?
- What will I continue?

Be sure to check out our Pinterest & Instagram @ chicroutinebysb

Brought to you by Sophie Bennett

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