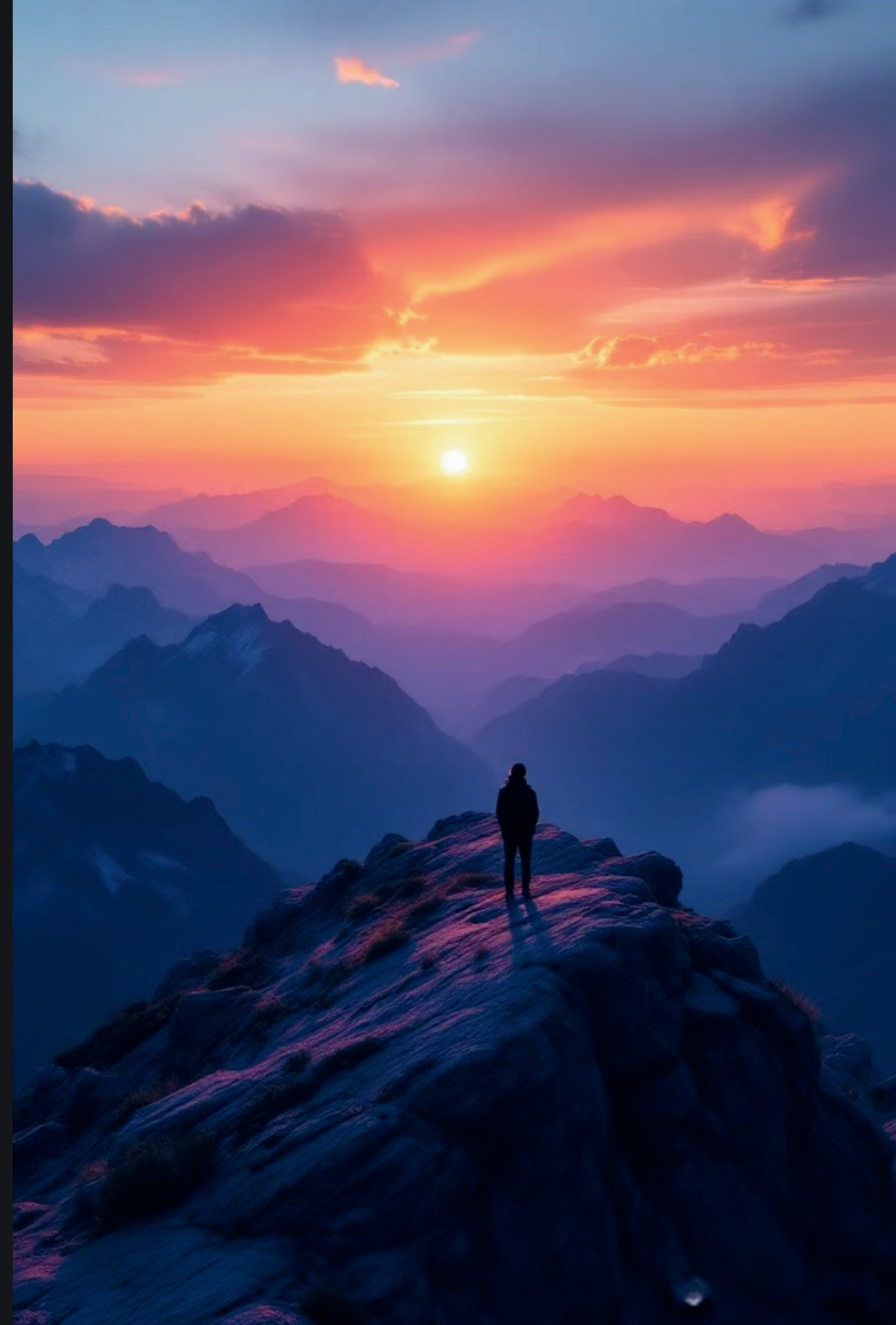


Change Yourself First

A 7-Day Reset to Begin 2026 with Clarity, Calm, and Presence





Your Inner World: The True Starting Point

Beyond Goals & Plans

Before rushing into new year resolutions, recognize that the most significant change begins within. It's about the inner world you carry into 2026.

A Grounded Beginning

This 7-day reset helps quiet external noise, regulate your inner landscape, and ground you for the new year, fostering presence over reactivity.

Slowing Down for Clarity

Many attempt to change life by doing more. True transformation unfolds when you slow down, creating space to gain profound clarity and understanding.

Rebuilding Your Emotional Foundation

1 Not Productivity, But Presence

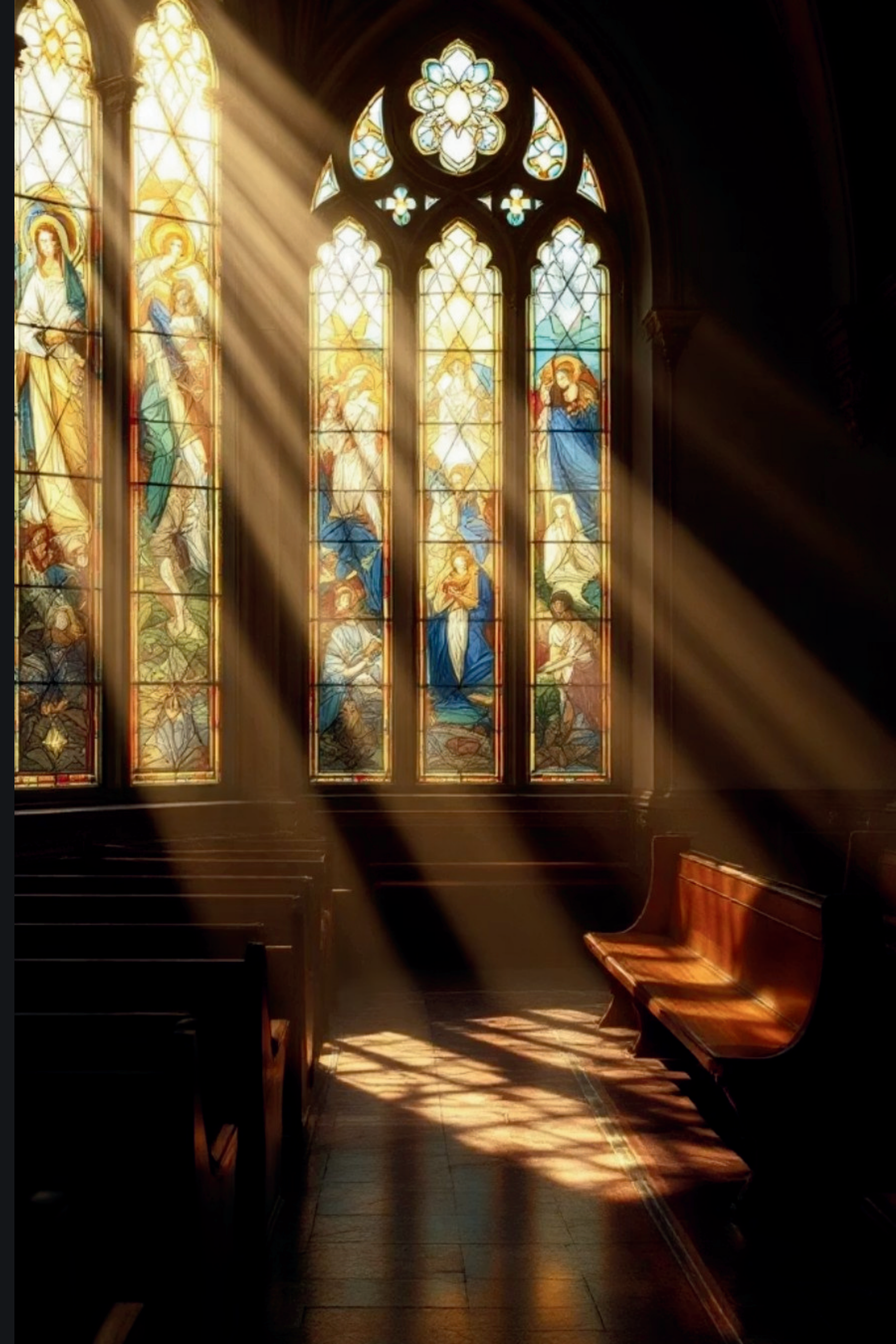
This isn't a challenge for external achievement. It's an invitation to shift your personal reality in 2026 by reconstructing your emotional core.

2 Uncovering Your "Old Self"

By deliberately slowing down, you'll become acutely aware of patterns that no longer serve your highest self, guided by God's transformative Presence.

3 God's Grace for Inner Change

Through the Holy Spirit and His Word, we are empowered to change ourselves alone. Your personal reset begins with a commitment to self, leading to lasting transformation.



The 7-Day Reset: Return to Yourself

What This Reset Includes:

- A short, reflective reading to inspire contemplation.
- A simple Presence Practice to foster mindfulness.
- Dedicated space to slow down, listen deeply, and reconnect.

This journey isn't about fixing perceived flaws; it's about gently guiding you back to your authentic self.



Transformation Through Presence



Less Mental Noise

Experience a quieter mind as you cultivate stillness.



More Emotional Steadiness

Navigate emotions with greater calm and resilience.



Clearer Identity & Direction

Gain a profound sense of purpose and self-awareness.



A Calmer New Year

Begin the year from a place of peace, not pressure.

These shifts occur not through striving, but by becoming more present.

The Guiding Scriptures

These verses are not commands, but invitations to stillness and truth. Read them slowly, allow them to breathe, and let them work beneath the surface. Transformation blossoms from commitment and the power of His presence.

Day 1: Returning

Isaiah 30:15 (ESV)

Day 2: Resting

Psalms 46:10 (ESV)

Day 3: Beholding

John 8:32 (ESV)

Day 4: Becoming

Proverbs 16:32 (ESV)

Day 5: Trusting

Psalms 37:23 (ESV)

Day 6: Waiting

Lamentations 3:26 (ESV)

Day 7: Gaze

Psalms 27:4–6 (ESV)

Day 1: Take Radical Ownership

"In returning and rest you shall be saved; in quietness and in trust shall be your strength." — Isaiah 30:15 (ESV)

True change begins by taking responsibility for the patterns that shape your life. Radical ownership isn't about blame; it's about reclaiming your power. When you shift your gaze inward, clarity sharpens, and your life responds to you. Stop waiting for external shifts; decide that you are responsible for how you show up in your life.

Presence Practice:

Sit quietly and ask: "Where have I been avoiding responsibility for my inner emotional and spiritual state?"



Day 2: Silence the Noise

"Be still, and know that I am God." - Psalm 46:10 (ESV)



Overwhelm often stems from listening to too much information without wisdom, urgency without clarity, and others' expectations. This external noise fragments attention, causing presence to disappear. Clarity emerges not from more answers, but from removing interference. Silencing the noise is intentional withdrawal to return aligned, allowing discernment to flourish.

Presence Practice:

Upon waking, delay all input. No phone, news, or messages. Sit quietly for five minutes, breathing slowly. Notice the calm without immediate stimulation. Clarity begins where noise ends.

Day 3: Tell Yourself the Truth

"You will know the truth, and the truth will set you free." - John 8:32
(ESV)

Honesty, Not Motivation

Growth accelerates when you stop negotiating with the truth. Self-deception, often quiet and subtle, erodes integrity. Truth is not harsh; avoiding it is.

Power in Alignment

When you embrace truth, your energy consolidates, freeing you from defending old narratives. Truth grounds you in reality, which is always workable. Alignment brings peace faster than forced positivity.

Presence Practice:

Write one sentence you've been avoiding, without justification or softening. Acknowledge it, then sit quietly and breathe. Truth doesn't need fixing; it needs acknowledgment.



DAY 4 — Regulate, Don't React

"Whoever is slow to anger is better than the mighty."

— Proverbs 16:32 (ESV)



Reactive vs. Regulated

Reactivity often feels like temporary control, but it ultimately signals an absence of true power. Authentic strength lies in thoughtful regulation, not impulsive intensity.



The Power of Pause

The most grounded individuals move with intention, taking time to process before responding. This stability allows for clarity and considered action, replacing hurried reactions with mindful choices.

Regulation is the ability to stay present under pressure—to breathe when emotions rise, to pause when provoked. It's not about suppressing what you feel, but about leading your emotions with wisdom.



Leading Your Emotions

When your nervous system is dysregulated, everything feels urgent. But when you actively stabilize your inner state, perspective returns.

→ Intentional Responses

Move from impulsive reactions to intentional, thoughtful responses.

→ Improved Relationships

Cultivate deeper connections through calm and considered interactions.

→ Clearer Decisions

Make choices from a place of clarity, reducing volatility in your life.

Today is about reclaiming your center, allowing power to emerge from the pause.

Presence Practice — Day 4

- The next time tension arises today, **pause**.
- **Inhale slowly** through your nose.
- **Exhale longer** than you inhale, releasing stress.
- Say quietly to yourself:

"I am safe. I can
choose my response."

- Then respond — slowly. Power lives in the pause.





DAY 5 — Build Inner Order

"The steps of a man are established by the Lord."

— Psalm 37:23 (ESV)

When faced with chaos, our instinct is often to control external circumstances. We reorganize our schedules, change environments, or chase productivity. Yet, true chaos rarely begins externally; it reflects an inner lack of order.

Inner order is not about rigidity, but coherence—knowing what truly matters and allowing everything else to align around that central focus. When your inner world is aligned, even imperfect external systems begin to function effectively.

The Pathway to Calm

Order Creates Safety

A well-ordered inner state provides a foundation of security and stability.

Safety Creates Peace

From this secure foundation, a profound sense of inner peace can blossom.

Peace Creates Momentum

With peace as your guide, effortless progress and clarity will follow.

This day is about simplifying—not your life, but your attention. You don't need to do everything; you need to do the **right** things from a grounded place. When inner order is present, decisions become lighter, and clarity leads the way.

Presence Practice — Day 5



- Choose one physical space today—a desk, a room, your car.
- **Clean it slowly. Intentionally. Without rushing.**
- As you engage in this mindful activity, notice the subtle shifts within you.
- Outer order, meticulously created, powerfully reinforces inner calm and clarity.

DAY 6 — Strength Through Stillness

"It is good that one should wait quietly for the salvation of the Lord."

— Lamentations 3:26 (ESV)

Stillness can be unsettling for many, not because it's empty, but because it reveals truth. It removes distractions, allowing you to truly meet yourself without pretense or escape.

Stillness Builds Capacity

When you embrace stillness without numbing or escaping, you cultivate a deep capacity to stay present with discomfort.

Stillness Trains Strength

True strength is not found in constant activity, but in the quiet discipline of self-awareness and inner fortitude developed through stillness.

Stillness Fosters Resilience

This practice builds a quiet confidence that translates into all areas of life, enhancing leadership, relationships, and decision-making.

This resilience is a quiet confidence—the kind that requires no external validation. Today is about learning how to **stay**.

Presence Practice — Day 6



- Sit comfortably. Set a timer for **five minutes**.
- Do nothing except **breathe naturally**.
- When your mind wanders, gently return your focus to your breath.
- There's nothing to accomplish. You are simply **building capacity**.
- You are resetting your nervous system. Recalibrate in stillness.
- Re-read the above scripture and meditate on its profound message.

DAY 7 — Choose Your Identity

"One thing have I asked of the Lord... to gaze upon the beauty of the Lord."

— Psalm 27:4 (ESV)

You don't merely rise to your goals; you naturally gravitate towards your deepest identity. Before the new year truly begins, on this seventh day, ask yourself: **"Who am I becoming?"**



Inhabit Your True Self

Identity is not a performance; it's a state of being you inhabit fully and authentically.



Clarity Fuels Discipline

When your identity is clear, discipline feels natural and effortless. When it's unclear, everything feels forced.



Choose with Intention

Today, choose who and what you will embody, not from excitement, but from a place of profound stillness.

If you've journeyed through these seven days honestly, you might notice a subtle yet powerful shift: you are calmer, clearer, and less rushed. This is not mere motivation; it is profound presence.

Your Journey Continues: Live From Presence

If you've completed these seven days honestly, you've cultivated a powerful new state: calmer, clearer, and unhurried. This isn't just motivation; it's profound presence.

1

Discover Deeper Presence

This reset was designed to return you to yourself. The next step is learning how to *remain* in this state as life's pace quickens.

2

Download "The Presence"

Ready to deepen your experience? Access the full guide, "The Presence," completely free.

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