

THE LIFE RESET BLUEPRINT



REBUILD YOUR LIFE.

Starting Today.

A SIMPLE
3-STEP SYSTEM
TO REGAIN CONTROL,
FIND DIRECTION &
BUILD A STRONGER,
MORE CONFIDENT
YOU.



STABILISE
YOUR MINDSET



TAKE BACK
CONTROL



REBUILD YOUR
LIFE & IDENTITY

PRACTICAL STEPS. REAL RESULTS. LASTING CHANGE.

Ray of Hope Wellness

REBUILD YOUR LIFE:

The Life Reset Blueprint By Ray of Hope Wellness

If you're reading this, life didn't go to plan. Something broke - a relationship, a career, your identity, or all three at once.

This isn't about starting over. It's about rebuilding smarter.

This is not theory.

This is built from real experience rebuilding when life didn't go to plan.

And it works because it's simple.

This 3-step system is designed to get you unstuck fast, without overthinking, journaling, or waiting for motivation.

STEP 1: STABILISE YOURSELF (RECOVER)

Before you rebuild anything external, you need internal stability.

Because right now, your system is overloaded.

You're thinking too much.

Worrying too much.

Trying to solve everything at once.

But you don't need to fix your entire life today.

First, you need to **stop the downward spiral** and create **basic stability**.

Not perfection.

Not transformation.

Just stability.

Daily Non-Negotiables:

1. **Get outside for 20 minutes (walk, no phone)** This resets your nervous system and clears mental noise.
2. **Eat 2 proper meals (no skipping)** Your body needs fuel to function properly, especially under stress. Work towards a regular meal and sleep routine.
3. **Speak to one human being (even briefly)** Call, message, conversation. Isolation keeps you stuck.

These are not optional. They are your foundation.

WHY IT WORKS

When your foundation is unstable, everything feels harder.

These actions:

- Reduce overwhelm
- Create small wins
- Bring your system back under control

YOUR FOCUS

Don't overthink this.

Just ask yourself:

"Have I done the basics today?"

That's enough.

STEP 2: TAKE BACK CONTROL (REBUILD)

Once you're stable...
you need to rebuild **control**.

Because right now, it feels like life is happening *to* you.

You don't need your whole life figured out. You need control over your next move.

The Rule of 3:

Each day, complete 3 meaningful actions:

1. **One for income** (Something that moves you forward financially)
2. **One for health** (Movement, food, or rest)
3. **One for connection** (Call, message, conversation)

Momentum beats perfection. Every time.

WHY THIS WORKS

Most people try to do too much...
then burn out and do nothing.

This keeps you:

- Focused
- Consistent
- Moving forward daily

SHIFT YOUR THINKING

Stop asking:

“How do I fix my life?”

Start asking:

“What are my 3 actions today?”

MOMENTUM IS EVERYTHING

You don't need perfect days.

You need **completed days**.

Small actions → build confidence → create direction.

STEP 3: BUILD A NEW IDENTITY (RISE)

This is the part most people avoid.

But it's the most important.

Your old life is gone. That's the truth. But that gives you power.

Ask yourself:

‘Who do I need to become to never end up here again?’

Then **act like that person daily** - immediately.

Not when you feel ready.

Not when life improves.

Now.

IDENTITY IS BUILT THROUGH ACTION

Not thinking.

Not planning.

Not waiting.

Doing.

FINAL NOTE:

You don't need to rebuild everything at once.

You just need to:

- Stabilise
- Take control
- Become someone stronger

That's how you move forward.

REMEMBER THIS

You are not starting from zero.

You are starting from experience.

YOUR NEXT STEP

If you apply this consistently, things will start to shift.

But if you want deeper structure, accountability, and real transformation:

- [Book a free clarity call](#)
- [1:1 Life Rebuild Sessions](#)
- [8 Week Intensive Programme](#)

You don't need to have everything figured out.

You just need to take the first step.

This is it.

Visit Ray of Hope Wellness to continue your journey. Follow the below link for everything you need:

<https://linktr.ee/rayofhopewellness>

Or contact me with any questions, I'm here to help:

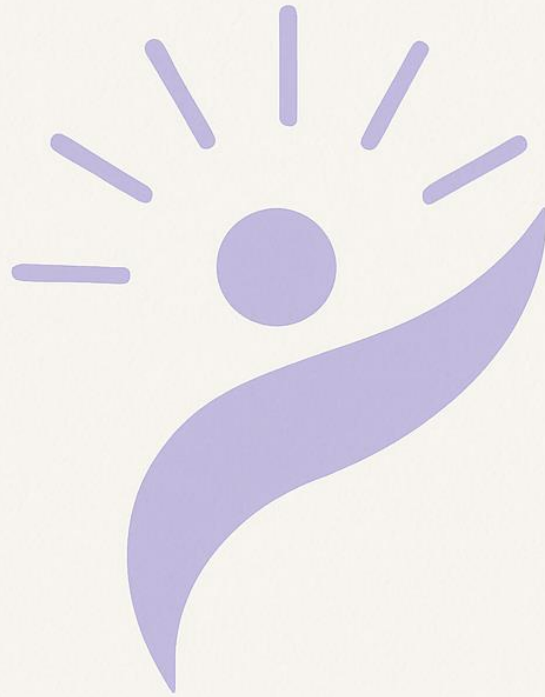
Telephone & WhatsApp: +44(0)3330 506459

Best Wishes,

Henry Ray Herrera

Founder

Ray of Hope Wellness



HOPE