



DR BHAVNA K

HEALTH & WELLNESS

The 3-Day Energy Reset

For Women Who Are Successful
but Exhausted

Simple daily rituals to calm your mind,
fuel your body, and feel human again



Dr. Bhavna Khurana
Certified Health & Mindfulness Coach

Dear beautiful soul,

Welcome to the 3-Day Energy Reset!

I created this gentle guide to help high-achieving, burnt-out women like you reclaim their spark—without needing a big life overhaul.

In just 3 days, you'll begin to feel lighter, clearer, and more connected to yourself again.

This is not about perfection—it's about presence. Tiny steps. Simple shifts. Profound changes.

Start small. Start here. You've got this.

With love, Dr. Bhavna

Day 1 Morning Reset

- **5-minute breathing ritual** to center and energize you
- **Warm lemon water + protein-rich breakfast** to nourish your body
- **Journal prompt:** “How do I want to feel today?”

Day 2

Midday Mindful Break

- **3-minute stretch or movement** to break mental fatigue
- **Simple high-fiber lunch idea** (think: lentil salad, veggie wraps)
- **2-minute screen-free pause** – sit by a window, feel your breath

Day 3

Evening Unwind

- **Digital sunset:** phone off
30 minutes before bed
- **Herbal tea ritual** – sip
slowly, exhale deeply
- **Gratitude journal prompt:**
“3 things that worked
today”

Feel free
to repeat this
cycle any time
you need a
gentle reset.

Want to go deeper?

Let's help you feel amazing again—from the
inside out.

Reach out to me on Instagram

@drbhavnakhurana or visit www.drbhavnak.com
to book a free discovery call

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#HealthisHappiness
#HappyWomenStrongWomen