

IRON & GRACE METHOD

THE SEPTEMBER RESET

**5 simple steps to reset your mind,
body and routine, and start
feeling like yourself again.**

**A practical mind and body guide to help
you stop starting over and start moving
forward.**



BEFORE YOU START ANOTHER RESET...

Summer can easily throw your normal routine off.

Holidays, children being off school, days out and less time for yourself can leave you feeling like you've lost your way a little.

Then September arrives and the temptation is to change everything.

Eat healthier. Exercise more. Lose weight. Get organised.

But getting back on track doesn't have to mean another strict diet or trying to overhaul your whole life overnight.

You don't need to start over. You need to reconnect with yourself and start moving forward again.

That's what this guide is for.

Five simple steps to reset your mind, rebuild your routine and help you feel stronger and more like yourself again.

STEP 1: RESET YOUR MIND

It's easy to think you've lost motivation when you've fallen out of your usual routine.

Often, you haven't.

You've simply lost momentum.

The problem comes when a few weeks of doing less turns into thinking you've failed and need to start again.

You don't.

Forget perfect. Focus on what you can do consistently from here.

TRY THIS

Choose **one thing** you can do this week that would make you feel like you're moving forward again.

It could be getting into the gym twice, planning your lunches, going for a daily walk or simply getting back to a regular bedtime.

Small actions build momentum.

STEP 2: FUEL YOURSELF

You don't need a perfect meal plan to eat well.

A simple structure gives you flexibility while still helping you work towards your goals.

BUILD MOST MEALS AROUND

PROTEIN

Chicken, fish, eggs, greek yoghurt, lean meat, tofu, beans or pulses.

Carbohydrates

Rice, potatoes, oats, pasta, bread, grains or fruit.

Fruit or vegetables

Add colour, fibre and volume to your meals.

Healthy fats

Nuts, seeds, avocado, olive oil and oily fish.

If fat loss is your goal, the amount you eat still matters. But eating less and less isn't the answer. Aim for an approach you can actually maintain.

Food should fuel your life, not take it over.

STEP 3: MOVE YOUR BODY

You don't need to train every day or spend hours in the gym to make progress.

Movement should add to your life, not feel like punishment for what you've eaten.

Aim to build a routine you can actually maintain.

START WHERE YOU ARE

Choose movement that works for you.



TRY THIS

Choose **2 or 3 opportunities to move this week** and put them in your diary.

On busy days, even a 10 or 20 minute walk counts.

The goal is not to have a perfect week.

It's to become someone who keeps showing up for themselves.

STEP 4: RESET YOUR ROUTINE

When life gets busy, the things you do for yourself are often the first things to disappear.

Getting back into a routine doesn't mean planning every minute of your day.

It means creating a few simple anchors that help you feel more in control.

CREATE YOUR ANCHORS

Think about the basics that make the biggest difference to how you feel:

A consistent bedtime

Planning your meals

Making time to move

Getting outside

Taking some time for yourself

You don't need to change everything at once.

TRY THIS

Choose **two things** that would make your week feel better and decide when they are going to happen.

Make them realistic enough that you can still do them when life gets busy.

A routine should work for your life, not take over it.

STEP 5: DECIDE WHO YOU'RE BECOMING

Lasting change isn't only about what you do.

It's also about how you see yourself.

If you keep telling yourself you have no willpower, you're always starting again or you're someone who can never stick to anything, it becomes much harder to move forward.

Instead of focusing only on what you want to change, think about who you want to become.

ASK YOURSELF

How do I want to feel?

What would I like to believe about myself?

What would the version of me who feels strong, confident and more like myself do differently?

TRY THIS

Finish this sentence:

I'm becoming someone who _____.

Then choose one small action today that matches that person.

You don't have to become a completely different version of yourself overnight.

Change starts when your actions begin to match the person you want to be.

OWN
your
becoming

YOU DON'T HAVE TO START OVER

If you've worked through these five steps, you've already started.

But sometimes knowing what to do isn't the problem.

You might know you need to move more, eat well, create better habits or make time for yourself, yet still find yourself slipping back into the same patterns.

That's where looking at **what's happening underneath** can make the difference.

CHANGE FROM THE INSIDE OUT

The Iron & Grace Method brings mind and body together to help you create change that goes beyond another short term reset.

Because lasting change isn't just about having a better plan.

It's about becoming who no longer needs to keep starting again.

READY TO TAKE THE NEXT STEP?

Book a free **30 minute clarity call** with me.

We'll talk about where you are now, where you want to be and what may be getting in the way.

BOOK YOUR FREE CLARITY CALL

