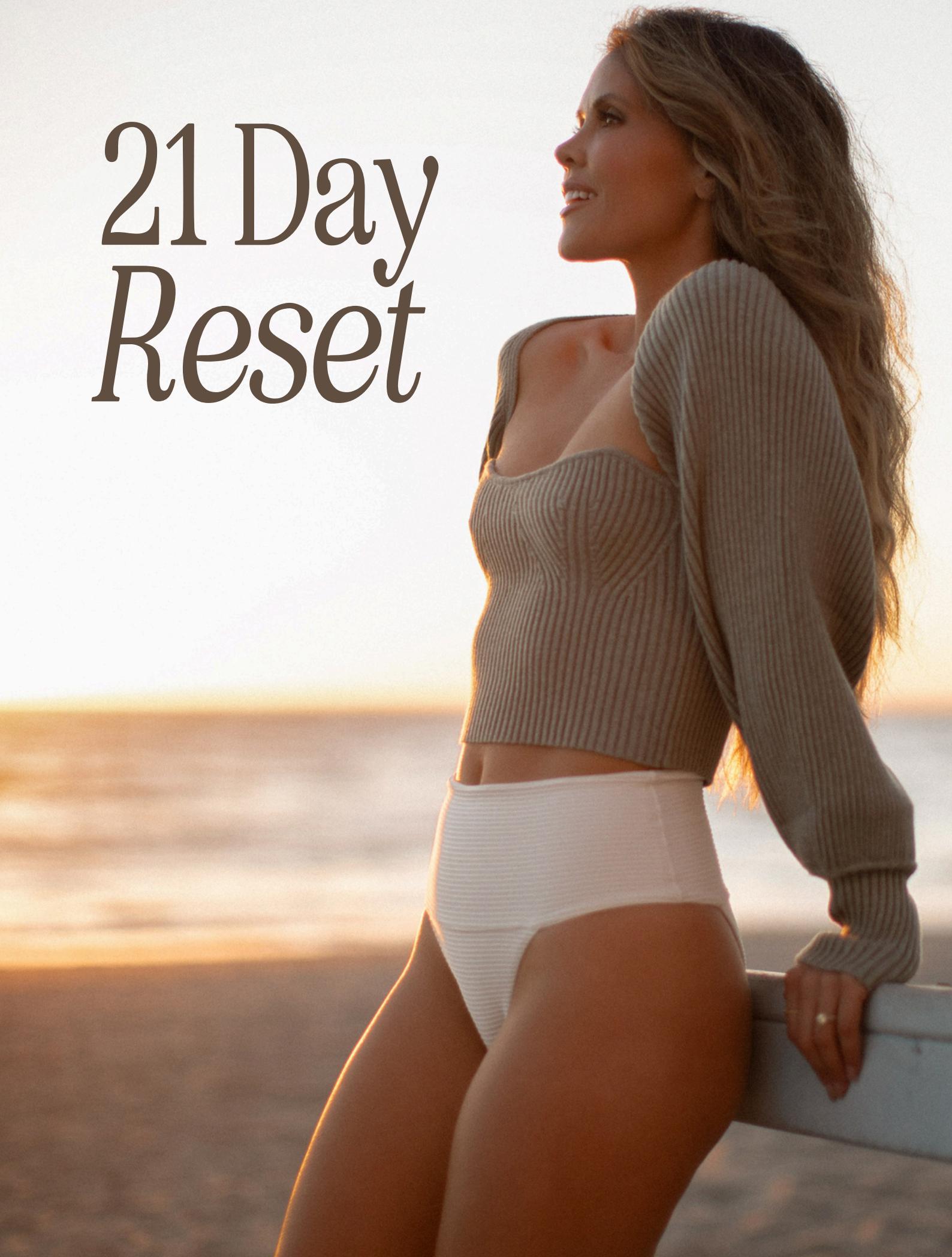


STUDIO KSL

# 21 Day Reset



## INTRODUCTION

# NICE TO MEET YOU!



## HI! I'M YOUR TRAINER, KATRINA SCOTT

Congratulations on taking this step. The 21 Day Reset is an opportunity to reset your routine, support digestion, reduce bloating, and release what no longer feels aligned so you can feel lighter both physically and mentally.

If we haven't met before, I'm Katrina. I'm a certified personal trainer, women's fitness expert, and nutrition coach. I'm also a mom of three and the founder of Studio KSL, a fitness app, supportive community, and line of pure, science-backed nutrition.

I know how easy it is to fall into a rut and how deeply a fresh beginning can be needed. This guide is here to support you, not just now, but anytime you feel called to return and reset.

I am so grateful to be on this journey with you.  
Welcome to the 21 Day Reset at Studio KSL. Let's begin.

*Katrina  
Scott*

Your Trainer  
Studio KSL App

## INTRODUCTION

# STUDIO KSL

A little bit about us. We are a family-run studio, app, and nutrition line, and every detail reflects our love for connecting through movement and community.

The pillars of KSL are Kinetics, Strength, and Longevity.

### Your Studio KSL App features:

- ✓ Weekly Workout Schedule
- ✓ On-Demand Classes
- ✓ Live Workouts & Trainer Chats
- ✓ Strength Training, Yoga & Sculpt Classes
- ✓ Pre & Postnatal Programs
- ✓ Recipes, Meditations & Lifestyle
- ✓ Access to the Studio KSL Community for support and connection

Download the Studio KSL App [HERE](#)

Check out the Studio KSL Nutrition Line [HERE](#)



Picture this.

It's a few weeks from now, and you look back on these 21 days as the moment everything began to fall into place. You felt clearer. More grounded. More connected to yourself. You showed up not perfectly, but consistently, and that consistency changed how you felt in your body and in your life.

This reset is about creating space. Space to slow down, realign, and build habits that support the version of you you are becoming. You do not need to earn rest or balance.

You deserve to feel good now.

The 21 Day Reset is designed to be realistic and sustainable. Follow the daily structure of the weekly schedule, move at your own pace, modify when needed, and choose what fits

*your life and day.*

Throughout the reset, I will be here guiding you with restorative movement, simple and effective 21-minute routines, and encouragement to keep showing up. You will also have tools to track your habits, reflect on how you are feeling, and notice the small wins that add up over time.

Inside this guide, you will find healthy habits and a printable daily log to support consistency over the next 21 days, one day at a time.

I am with you every step *and rep* of the way.

Let's form  
healthy & sustainable  
habits

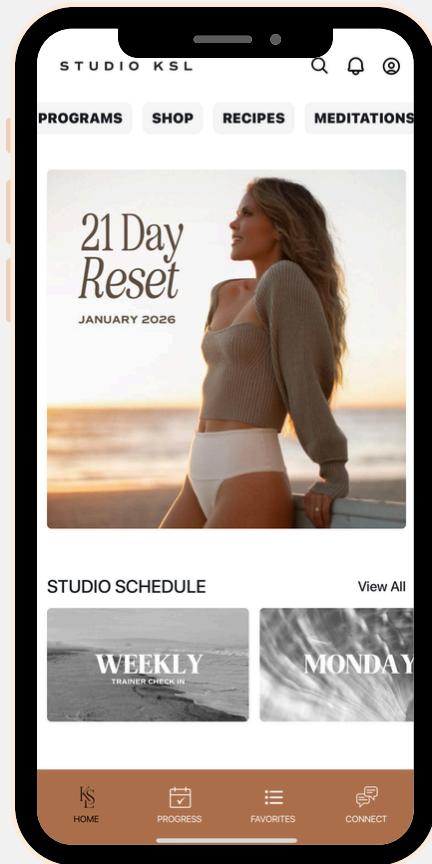


# 21 Day Reset Checklist

- ✓ If you're not a member yet, download your Studio KSL App and start your complimentary week!

Check out the weekly schedule and explore your meditation section, recipes, and community.

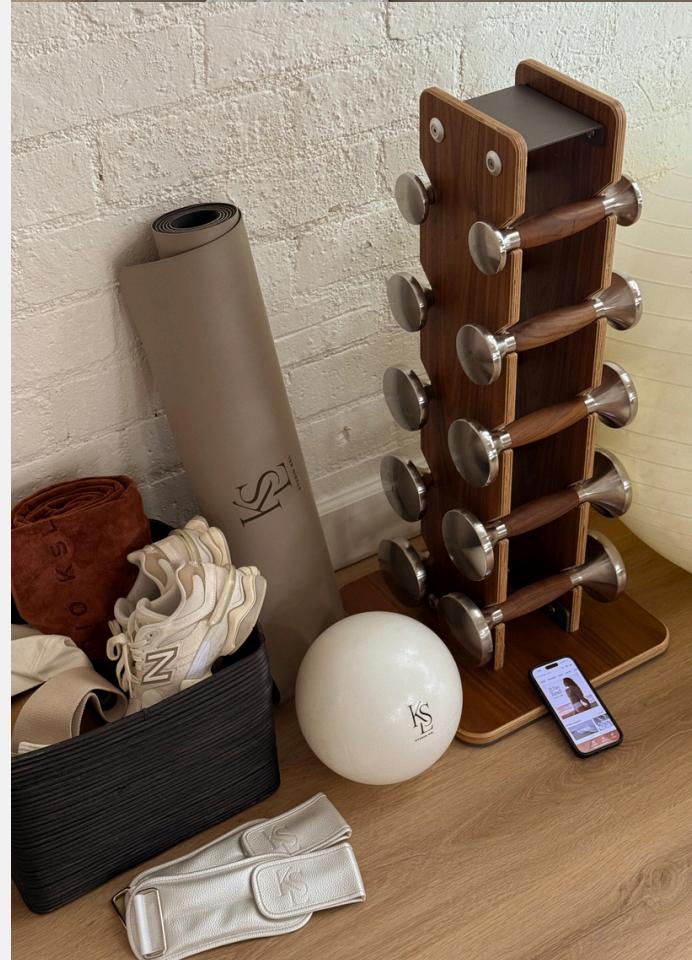
Make sure to create your Studio Connect Profile in the bottom right-hand corner of your App. This is where you can find your KSL community, meet others, and find support.



- ✓ Download your Journal Prompts [HERE](#) and fill this out while listening to your Future Self Meditation
- ✓ Cleanse your space! Declutter your room, closet, pantry, fridge, bathroom, car, and purse... as much as you can make time for. The fresher and more open your life is, the more you will invite new energy in. Create space for yourself to achieve results!

# 21 Day Reset Checklist

- ✓ Set up a home workout space that feels inspiring- you don't need much, just an area for you and your goals. You'll be more likely to wake up, show up, and move your body if it feels fresh and inviting.
- ✓ Plan your reset week by week. Check your Weekly Studio Schedule and block time in your calendar for movement. Whether that means setting your alarm earlier or choosing a consistent time of day, plan ahead so your workouts feel non-negotiable.
- ✓ Set intentions for the next 21 days. Write down a few habits you want to practice and how you want to feel by the end of the reset. Share one intention inside Studio Connect to stay accountable and connected.





Select these pages to print on your printer:

11 - 15

26 - 47

LET DO THIS

# 21 Day Reset

The 21 Day Reset Guide is here to support you through the 21 Day Reset Program in your Studio KSL App. If you're looking to refresh your routine at any time, craving more structure, or simply ready to feel clearer and more intentional in your day-to-day, this is for you!

Over the next 21 days, you'll use simple prompts & short activities to reflect on your strengths, notice what's been holding you back, and get honest about what you truly want. You'll also have practical tools you can print & use weekly to stay consistent without feeling overwhelmed.

One of the most common questions I hear is: "How do I reach my goal when I don't even know where to start?" And I get it... when life is full, creating new habits can feel like too much. That's where this reset comes in. *It takes 21 days to form a new habit.*

As you set your goals, we'll keep them realistic and clear using the S.M.A.R.T. method... goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Take a moment right now to picture what your dream life looks like~ not the "perfect" version... the one that feels aligned, healthy, balanced, and true to you.





There's a reason this reset is 21 days. Research and experience show us that it takes about 21 days to begin forming a habit. This reset is designed to help you build that momentum in a realistic, supportive way.

Inside this guide, you'll find a worksheet to help you set clear, intentional goals using the S.M.A.R.T. framework. These goals aren't meant to overwhelm you, they're meant to guide your daily actions over the next 21 days.

The key to habit formation isn't willpower... it's identity. When you repeatedly show up for yourself, even in small ways, your habits begin to change... and so does how you see yourself.

For the next 21 days, you're practicing being the type of person who:

- Moves her body consistently
- Nourishes herself with intention
- Creates space for clarity and care
- Follows through, even when it's not perfect

Want to feel stronger? Practice daily movement. Want more energy? Practice nourishing choices. Want more calm & organization? Practice small resets each day.

One of my personal goals during the reset is being consistent with my supplements every morning. I want to build on my morning routine so it becomes second nature.

This 21 Day Reset isn't about changing everything at once. It's about choosing one day at a time and allowing consistency to do the work. Let's build healthier habits together!

Now, it's time to get clear on what we want our life to look like. When you think about your dream life... it encompasses what we do daily. And what we do daily becomes our identity and our reality.

James Clear, the author of *Atomic Habits*, shared that, "Every action we take is a vote for the type of person we wish to become." We must repeatedly do these two things every day:

Decide the type of person you want to be.  
Prove it to yourself with small wins every day.

Our identity is actually derived from the Latin words *essentias*, which means being, and *identidem*, which means repeatedly. Our identity is literally our "repeated beingness." No matter how much we want to believe that something else is stopping us from living out our dreams, if we aren't actively participating in changing that, then nothing will change.

Self-awareness is key. Are you truly participating in making your dreams become your reality? When you've set a goal in the past, what happened when you gave in? Where do you slip up? Is it normally your environment, temptations, or limiting beliefs?

As long as we are blaming the outside world, we are giving everyone else power over our lives. As soon as we accept responsibility and take accountability... we take our power back. We are in the driver's seat of our happiness, mindset, and success. Our health, peace, and happiness are up to us.

You deserve to live the life of your dreams. You deserve extraordinary experiences. You deserve genuine love. You are the designer of your life.



*"Be the designer of your world and not merely the consumer of it"*

JAMES CLEAR

# SMART *goals*

LET'S APPROACH YOUR GOALS WITH THE S.M.A.R.T. METHOD

<i>S</i>	<p><u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?</p>	
<i>M</i>	<p><u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
<i>A</i>	<p><u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
<i>R</i>	<p><u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?</p>	
<i>T</i>	<p><u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

# 5 QUESTIONS TO *ask yourself*

PERSONAL GROWTH HAPPENS WHEN WE STAY CURIOUS AND OBSERVANT ABOUT OUR PATTERNS, BELIEFS, AND EXPERIENCES. SELF-AWARENESS IS THE KEY TO EVOLVING AND IMPROVING OUR LIFE.

01

## QUESTION ONE

WHAT IS SOMETHING THAT YOU WANT TO ACHIEVE? CAN YOU VISUALIZE YOURSELF GETTING THERE? HOW CAN YOU MAKE IT YOUR IDENTITY? "I AM... FILL IN THE BLANK"

---

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02

## QUESTION TWO

WHAT DOES YOUR HIGHER SELF DO EACH DAY? HOW DOES SHE TAKE ACTION? AND WHAT ARE HER HABITS?

---

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03

## QUESTION THREE

WHAT USUALLY DERAILS YOU FROM REACHING YOUR GOALS? WHAT IS STOPPING YOU FROM ACHIEVING YOUR DREAM? TAKE RESPONSIBILITY FOR YOUR IDENTITY:

---

---

5 QUESTIONS TO  
*ask yourself*

04

QUESTION FOUR

HOW DO YOU WANT TO FEEL IN THE FUTURE?  
FILL IN WHAT IS VALUABLE TO YOU. DO YOU  
WANT TO FEEL HAPPY, CONFIDENT, PEACEFUL,  
HEALTHY, ENERGIZED?  
FREE FLOW...

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05

QUESTION FIVE

HOW WILL YOU REWARD YOURSELF ALONG  
THE WAY? CAN YOU REWARD YOURSELF  
WITH POSITIVE REINFORCEMENT THAT HELPS  
YOUR GOALS? EXAMPLE: NEW EQUIPMENT  
FOR YOUR WORKOUTS OR A NEW WATER  
BOTTLE TO DRINK MORE WATER EVERY DAY.

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LET'S DEEP DIVE

# my higher self

NOW LET'S GO DEEPER... WHAT ARE THE HABITS THAT SUPPORT YOUR GOALS? WRITE IN THE PRESENT TENSE.  
IF YOU HAVE MULTIPLE GOALS, PRINT THIS SHEET A FEW TIMES.

*example*

I AM A... *healthy person who takes care of herself*

DAILY HABITS THAT EMBODY THIS TYPE OF PERSON

*I take time each day to move and nourish my body*

HOW ARE YOU MAKING THESE HABITS EASY AND DOABLE IN YOUR LIFE?

*I set out my workout clothes every night and set my alarm*

HOW ARE YOU MAKING TIME FOR YOUR HIGHER SELF?

*I wake up 45 minutes earlier to move my body*

HOW DO YOU CELEBRATE EACH DAY? SMALL WINS ARE IMPORTANT TO KEEP GOING.

*Each day that I move my body, I journal how I feel. Every month I reward myself with something small that helps my goals*

HOW WILL YOU FEEL EACH WEEK EMBODYING YOUR HIGHER SELF?

*I feel healthy, confident, happy, fulfilled, and I appreciate my body*

LET'S DEEP DIVE

# *my higher self*

NOW LET'S GO DEEPER... WHAT ARE THE HABITS THAT SUPPORT YOUR GOALS? WRITE IN THE PRESENT TENSE.  
IF YOU HAVE MULTIPLE GOALS, PRINT THIS SHEET A FEW TIMES.

I AM A...

DAILY HABITS THAT EMBODY THIS TYPE OF PERSON

HOW ARE YOU MAKING THESE HABITS EASY AND DOABLE IN YOUR LIFE?

HOW ARE YOU MAKING TIME FOR YOUR HIGHER SELF?

HOW DO YOU CELEBRATE EACH DAY? SMALL WINS ARE IMPORTANT TO KEEP GOING.

HOW WILL YOU FEEL EACH WEEK EMBODYING YOUR HIGHER SELF?

# 21 DAYS OF LASTING HABITS



## NOURISH

Over the next 21 days, the focus is on nourishing your body, not restricting it. You don't need to count macros, calories, or weigh your food. Instead, aim to eat foods that are as close to their natural form as possible... minimizing added sugars and heavily processed foods while maximizing nutrients. Think: fruits, vegetables, legumes, whole grains, nuts and seeds, quality protein sources, and healthy fats. This style of eating supports gut health, hormone balance, energy levels and the results you're working toward~ without added stress.



## LIGHT & FRESH AIR

I want you to get at least 20-30 minutes of light exposure & fresh air. Each day, aim to open your blinds or curtains first thing in the morning, step outside for a few minutes of fresh air, and let natural light hit your eyes. Even on overcast days, natural daylight helps regulate your circadian rhythm, support mood, improve sleep quality, and boost energy levels. Fresh air can also reduce stress and help you feel more grounded and clear-headed. If getting outside isn't possible, sit near a window, take a few deep breaths, and allow your body to wake up naturally.



## MORNING MOVEMENT

Morning movement is linked to endless benefits. It helps regulate your blood sugar, boost your metabolism, increase your dopamine, and so much more. Dopamine gives us feelings of motivation, drive, focus, and inspiration. [\*\*Your 21 Day Reset workouts\*\*](#) are just 21 minutes, making it easier to fit movement into your morning, even on busy days. Over time, this habit makes it easier to wake up earlier, feel more energized, and naturally stay consistent with your workouts.



## HYDRATE

Hydration is one of the simplest and most powerful ways to support your metabolism, energy, and hormone balance. Water makes up about 60% of your body and powers every major system~ from brain function and digestion to skin health and muscle recovery. Even slight dehydration can lead to fatigue, cravings, brain fog, and slower metabolism. I recommend you drink at least half your body weight in ounces of water throughout the day (not all at once). Fill up your water bottle and have it with you throughout the day.



## NURTURE YOUR NERVOUS SYSTEM

Stress can lead to higher levels of cortisol, which can cause fatigue, weight gain, sleep problems, anxiety, depression, hormone imbalances, weakened immune function, and blood sugar issues. When you nurture your nervous system daily through practices like deep breathing, gentle movement, sunlight, quality sleep, and avoiding stressful environments, you help lower cortisol naturally. This creates a calmer, stronger foundation for your health, energy, mood, and overall well-being.



## DAILY STEP CHALLENGE

I want you to *aim* for 7-10k steps per day. Walking every day supports joint health, balances hormones, improves gut health, boosts cardiovascular fitness, and helps manage weight~ all while lifting your mood and reducing stress. At first, 10,000 steps a day will feel like a lot, but every step you take is an investment in your health and longevity. If you don't have a step counter, think of it this way: a 30-minute workout + a 20-minute walk and staying lightly active will get you there. Movement is medicine... and guess what? If you start now, that's over 70 marathons you'll walk in the next YEAR! Tell me that won't make a huge impact on your overall health and wellness!



## SACRED STILLNESS

Each day I want you to take a few minutes to disconnect, regulate your nervous system, and reconnect with yourself. Sacred stillness can be as simple as a meditation in your Studio KSL app, a few minutes breathing fresh air outside, gentle stretching, or journaling. In the midst of a busy world, giving yourself even a few moments of quiet helps to calm the mind, lower stress hormones, boost emotional resilience, and bring you back into balance. I like to do this before my daughters get home from school, to reset my inner world so I can show up for them.



## CONNECTION

We all need connection and love. Meaningful connection lowers stress levels, boosts immune function, improves mental health, and increases longevity. It's so important in this lifetime to be able to lean on each other. This is why I created Studio Connect within KSL. This was the piece that brought everything together. Check in, because you never know who you're inspiring.



## CLEAR MIND, CLEAR PATH

Begin by gently letting go of what weighs you down~ excess stress, high sugar processed foods, alcohol, and constant overstimulation. This can all cause chronic inflammation in the body- brain fog, fatigue, digestive issues, joint pain, puffiness, mood swings, or just feeling "off" without a clear reason. Limit exposure to toxins, both environmental and emotional, by simplifying your surroundings, reducing screen time, and setting healthy boundaries. As you clear out what no longer serves you, you'll notice your mind becoming lighter, your energy stronger, and your inner voice much more peaceful and clear. We want to achieve clarity, calmness, and feel centered.



## PRIORITIZE SLEEP

Sleep is essential for your metabolism, mood, and recovery. Most of us need 7-9 hours each night to feel and function our best. As a mom of three, I understand this is hard. Sleep comes last for me, so I'll be working on this with you. Sleep plays a huge role in balancing key hormones like cortisol (stress), ghrelin (hunger), leptin (fullness), insulin (blood sugar), and growth hormone (recovery and muscle repair).



## STRENGTH TRAIN

I want you to strength train at least 3-4 times per week. Strength training not only increases strength, it boosts your metabolism, supports healthy hormone balance, strengthens bones, improves posture, and protects against injury. Strength training also reduces cortisol, increases healthspan, supports mental health, and empowers you to move through life with more energy and resilience.

I design your weekly **Studio Schedule** with a balance of strength, stability, flexibility, cardio and meditation.



## HEALING WORDS

Speak to yourself like you would speak to someone you love... imagine your inner child. Practicing positive self-talk is a powerful tool for mental, emotional, and even physical well-being. Research shows that the way we speak to ourselves directly shapes how we manage stress, solve problems, and recover from setbacks. Over time, practicing kind, affirming self-talk actually rewires neural pathways through a process called neuroplasticity, helping to make optimism and self-compassion a more natural part of how we experience the world. This transcends into every aspect of our life- our relationships and our interactions.

# Nourishment

WITH STUDIO KSL

Did you know that we have over 100 free recipes at Studio KSL?  
Head to [\*\*THIS LINK\*\*](#) and find your healthy and easy-to-make recipes that will leave you feeling lighter, refreshed, and energized.



## KSL DETOX SMOOTHIE

- 2 scoops Studio KSL Protein
- 1 cup unsweetened almond milk
- 1 cup fresh spinach
- ½ cup fresh kale, stems removed
- ½ frozen banana
- ½ cup frozen pineapple
- Juice of ½ lemon
- 1 tablespoon fresh parsley
- ½ teaspoon fresh grated ginger
- Ice as needed
- Blend & Serve

*Enjoy!*

# Nourishment

WITH STUDIO KSL



We created the cleanest and purest ingredient nutrition line for you and our KSL community. From plant-based protein to whey protein, colostrum infused collagen, and creatine you'll love it all.

We lead with integrity, prioritizing science-backed formulations and third-party testing, while holding every ingredient to the highest standard so you can fuel your body with confidence. Check out the **[KSL Nutrition Line HERE!](#)**



KS

MY 21 DAY RESET

# *timeline*

## WEEK 1

SET UP YOUR HOME AND YOUR SPACE TO SUPPORT YOUR GOALS. ARE YOU MAKING IT EASY TO ACHIEVE YOUR GOALS?

EX. SET UP A WORKOUT SPACE IN YOUR HOME. RID YOUR HOUSE OF CLUTTER OR TEMPTATIONS.

## WEEK 2

THIS IS THE HARDEST WEEK. YOUR OLD HABITS CAN START TO CREEP IN. STAY FOCUSED. ONCE YOU GET THROUGH THIS WEEK, YOUR NEW HABITS BECOME AUTOMATIC... THEY BECOME PART OF YOUR DAY! JOURNAL HOW YOU WANT TO CONTINUE INTO WEEK 2.

## WEEK 3

IT TAKES 21 DAYS TO FORM A HABIT AND YOU MADE IT OVER THE HARDEST HILL! HOW CAN YOU REFLECT AND SET NEW GOALS? BUILD ON WHAT YOU'VE ACHIEVED. KEEP GOING!

MY DAILY  
*routine*

THERE'S POWER IN PUTTING PEN TO PAPER!  
PRINT OUT THE FOLLOWING PAGES AND FILL  
OUT EACH DAY. THE MOST IMPORTANT  
PROMISE YOU MAKE, IS THE ONE YOU MAKE  
TO YOURSELF.



# EXAMPLE

PRINT 3 COPIES OF THE FOLLOWING PAGES

## TODAY I'M GRATEFUL FOR:

1. Family
2. My health
3. Community

## TODAY I FEEL:

Motivated to work out  
and do this challenge!

## MIND + BODY

I did New Chapter Meditation  
and Core Reset Workout  
+ a 20 minute walk

## NOURISHMENT

Egg muffins, toast + coffee  
Fruit salad  
Power Protein Bowl  
Smoothie + almonds  
Stir fry

## WATER:

80oz

## GOALS FOR TOMORROW

Wake up early for my workout  
Get my steps in  
Check in with Studio KSL



# MONDAY

# day 1

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

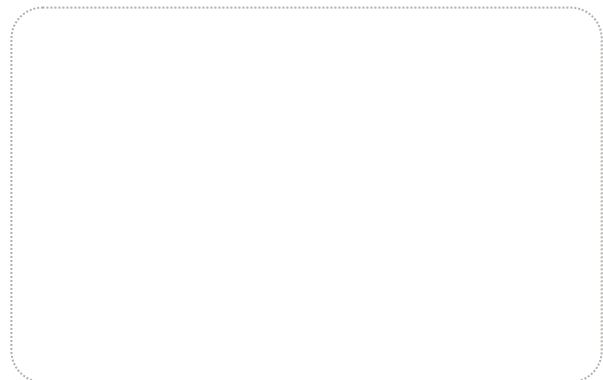
# TUESDAY

# day 2

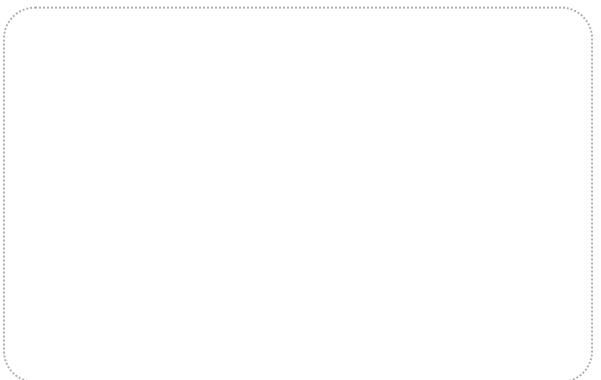
**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

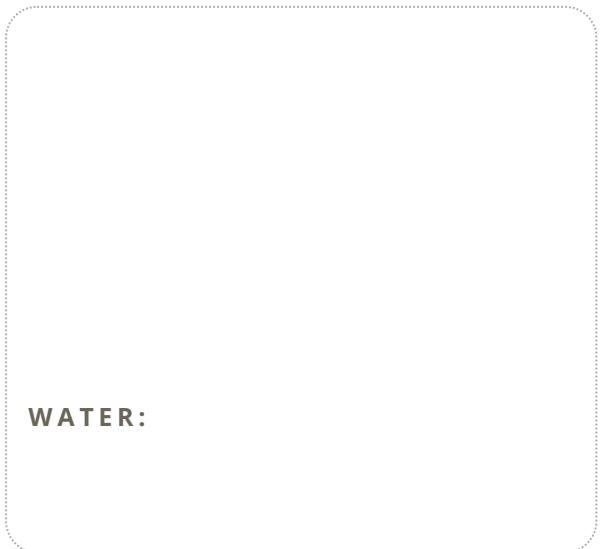
**GOALS FOR TODAY**

A large, empty rectangular box with a dotted border, intended for listing goals for the day.

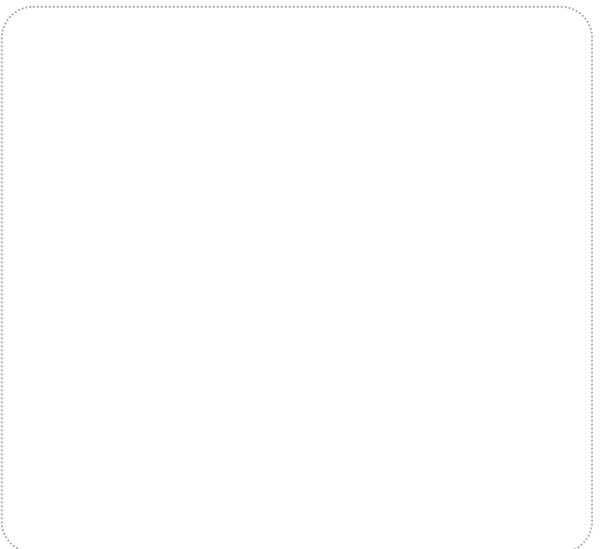
**MIND + BODY**

A large, empty rectangular box with a dotted border, intended for tracking mental and physical health.

**NOURISHMENT**

A large, empty rectangular box with a dotted border, intended for tracking dietary intake.

**IMPROVEMENT FOR TOMORROW**

A large, empty rectangular box with a dotted border, intended for setting goals for the next day.

**WATER:**

KS

# WEDNESDAY

# day 3

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**WATER:**

**IMPROVEMENT FOR TOMORROW**

KS

# THURSDAY

# day 4

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# FRIDAY

# day 5

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# SATURDAY

# day 6

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# SUNDAY

# day 7

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# MONDAY

# day 8

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# TUESDAY

# day 9

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# WEDNESDAY

# day 10

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# THURSDAY

# day 11

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# FRIDAY

# day 12

## TODAY I'M GRATEFUL FOR:

- 1.
- 2.
- 3.

## GOALS FOR TODAY

## MIND + BODY

## NOURISHMENT

## IMPROVEMENT FOR TOMORROW

## WATER:



# SATURDAY

# day 13

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# SUNDAY

# day 14

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# MONDAY

# day 15

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# TUESDAY

# day 16

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# WEDNESDAY

day 17

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# THURSDAY

day 18

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# FRIDAY

# day 19

## TODAY I'M GRATEFUL FOR:

- 1.
- 2.
- 3.

## GOALS FOR TODAY

## MIND + BODY

## NOURISHMENT

## IMPROVEMENT FOR TOMORROW

## WATER:

A stylized logo consisting of the letters 'K' and 'S' intertwined.

# SATURDAY

# day 20

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS

# SUNDAY

# day 21

**TODAY I'M GRATEFUL FOR:**

- 1.
- 2.
- 3.

**GOALS FOR TODAY**

**MIND + BODY**

**NOURISHMENT**

**IMPROVEMENT FOR TOMORROW**

**WATER:**

KS



I'M SO PROUD  
OF YOU!



Congratulations! Over the past 21 days, you showed up for yourself with intention and grace. Through movement, nourishment, and moments of reflection, you created space to reconnect with your body, your energy, and what truly supports you. I'm excited to see where this takes you!

Let's move forward and have a beautiful year together. I am so grateful to be connected with you and our KSL community.

I'll see you in Studio KSL for our next live class in the App!

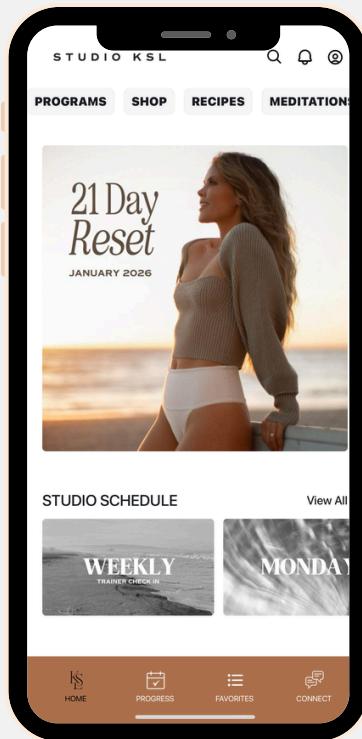
*Kathrina  
Scott*

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