

Release Your Hidden Block

A 5-MINUTE DAILY RESET PLAN
BASED ON YOUR QUIZ RESULT



[livology.org](https://www.livology.org)

The Overthinker (Mental Block)

You're stuck in your head. Your energy drains through mental loops, perfectionism, or decision fatigue.

✦ **Mantra: "I am calm, clear, and focused."**

3-Day Reset Plan:

- Day 1: Practice box breathing – Inhale 4, hold 4, exhale 4, hold 4.
- Day 2: Journal your top 3 mental stressors and release one mentally.
- Day 3: Do a 'thought detox' – 10 minutes without tech or multitasking.

The Heart Holder (Emotional Block)

You carry emotional weight. Unprocessed feelings or internal guilt may be draining your energy.

✦ **Mantra: "I am safe to feel and heal."**

3-Day Reset Plan:

- Day 1: Place hand on heart and repeat the mantra aloud 5 times.
- Day 2: Write a letter (not sent) to someone you need to forgive or express feelings to.
- Day 3: Do a self-hug and affirm your emotional worth.

The Worn-Down Warrior (Physical Block)

Your body is signaling burnout. Inflammation, poor sleep, or lack of movement may be the root.

✦ **Mantra: "My body is wise, and I honor it."**

3-Day Reset Plan:

- Day 1: Take a 10-minute walk barefoot or in nature.
- Day 2: Hydrate deeply – aim for half your weight in ounces.
- Day 3: Stretch or do a gentle yoga flow for 5–10 minutes.

The Disconnected One (Energetic Block)

You're energetically unplugged. Tech overload, spiritual detachment, or lack of grounding may be blocking flow.

✦ **Mantra: "I am connected and supported."**

3-Day Reset Plan:

- Day 1: Rub a stainless steel spoon on the bottoms of your feet (helps to ground you).
- Day 2: Sit with your back against a tree and breathe deeply.
- Day 3: Unplug from tech for 1 hour and just be.