FREE GUIDE

The 5-Day Midlife Reset

One small practice a day, about 10 minutes each. Start any day. Don't aim for perfect — aim to notice how you feel.

1 SLEEP
Set your anchor

- Choose one wake-up time for the next 5 days — and keep it.
- Get 10 minutes of outdoor light within an hour of waking.
- Tonight: lamps instead of overhead lights for the last hour.

2 STRENGTH
Five moves, 15 minutes

- Chair squats × 10
- Hip hinges × 10
- Counter push-ups × 10
- Backpack rows × 10
- Carry two heavy bags for 45 seconds. Repeat twice.

3 FUEL
Protein at breakfast

- Add a real protein source to breakfast (eggs, Greek yogurt, cottage cheese, tofu).
- Drink a glass of water with every meal today.
- Afternoon snack: something with protein + fiber.

4 MIND

Turn down the volume

- Five slow breaths: in for 4, out for 8 — morning and evening.
- Ten-minute walk outside, no phone.
- Before bed, write down everything on your mind so it's parked.

5 YOU

Choose your next chapter

- Finish: “In this next chapter, I want more…” three ways.
- Pick one habit from days 1–4 to keep for 30 days.
- Put it in your calendar and tell one friend.

Ready for the full Reset?

The course takes each of these five days and turns it into a month of simple, lasting change — 16 short lessons with one action each.

Start the Reset — $247 See every lesson

Thrive Mid Life's Midlife Reset is educational and lifestyle content only. It is not medical advice, diagnosis, or treatment, and is not a substitute for care from a licensed clinician. Individual results vary. If you have symptoms or health concerns, please consult a qualified healthcare professional.