



The "Clean Slate" Daily Biohack

The Superwoman's Daily Reset: a 3-Phase Checklist to End Burnout
Stop carrying yesterday's baggage into today.

The Evening Decompression

(The "Cleanse")

- Digital Detox:** Turn off all notifications 60 minutes before bed to lower adrenaline.
- "Baptism":** Bath or shower before you sleep because it signals 'reset' to your nervous system. Let the water run over your neck for 60 seconds.
- The Breath Reset:** 5 minutes of rhythmic breathing to signal safety to the central nervous system.
- Forgiveness & Release:** Explicitly let go of "who said what" today. Write it down if you need to.
- Trauma Release Exercises:** Shake your arms and legs for 1-2 minutes to discharge tension before bed.
- Cellular Nutrition:** Ensure your final "tick list" nutrients are met for overnight repair.

The Sleep Sanctuary

- Dark & Cool:** Create the optimum environment for making trillions of new cells.
- Mental Baptism:** Visualise your "slate" being wiped completely white before closing your eyes.

The Morning Rejuvenation

- Avoid the "Charge":** No phone for the first 20 minutes. Keep the cup calm.
- Intention Setting:** What is serving me today? Focus on making more of that.

Your choice: Biohack your body into healing, or further degeneration.
Choose healing.



Chi-Chi's Retreats & MindSpa: <https://www.chichisretreats.com/>

Video Reference: <https://www.youtube.com/watch?v=70kG7kSbAwM>

