



# YOUR 2-DAY PEACE RESET:

---

A Gentle Guide to Reclaiming  
Your Calm



## ABOUT THE AUTHOR

---

Hello, I'm Amy, and I'm a passionate believer in the power of slow living. Like you, I've navigated the demands of a fast-paced world, and I've found that the most profound joy and peace come from embracing the simple, beautiful moments of everyday life.

As a mother of two, I've dedicated myself to creating a home that is not just organized, but also a sanctuary of warmth and intention.

Through my silent vlogs, and now this ebook, my hope is to share the gentle rhythms and thoughtful practices that have transformed my life, inviting you to do the same.

AMY GOOD

# LET'S START HERE!

---

THIS EBOOK INVITES YOU ON A "SLOW RESET." A TWO-DAY GUIDE TO LET GO OF THE CHAOS AND FIND STILLNESS IN YOUR HOME AND WITHIN YOURSELF.



## WHAT YOU NEED TO DO FIRST

Welcome, dear reader, to a quiet moment in your day. Perhaps you feel a subtle longing for calm. A whisper of peace in both your home and your heart. Life moves quickly, and our spaces can begin to hold the weight of all we haven't had the time to tend. If you're yearning to reclaim that peace without overhauling your life, this guide is your invitation.

# WHAT THIS RESET IS ABOUT

---

"The Slow Reset" is built on the philosophy that peace isn't a grand transformation, but a practice woven into small, intentional acts of care. This 2-day guide offers a gentle taste of that journey, providing immediate, tangible shifts that will help you rediscover the beauty of your home and the stillness within yourself.

Think of it as a micro-transformation, powerful enough to bring relief now, and inspiring enough to spark deeper change.

This isn't about perfection; it's about presence. Over the next two days, you'll experience simple, actionable steps that bring immediate calm and clarity, leaving you with a desire for even deeper peace.



# DAY 1: CLEAR ONE SURFACE

---

There's a reason we feel a small sigh of relief when we walk into a hotel room

It's the stillness of a cleared space that soothes the mind.

In our own homes, surfaces quietly gather the traces of our busy days, and these small accumulations, though often unnoticed, carry a weight, gently tugging at our sense of calm. Visual clutter, you see, weaves itself into emotional clutter, quietly dimming the peace we long for. Today, you're invited to create a moment of stillness.

## YOUR TASK:

Choose one surface you see often in your day.

It might be your kitchen table, bathroom sink, or a small desk.

With gentle care, remove every object from it, simply setting them aside for now.



Wipe the surface clean with a soft cloth, feeling the clarity that begins to bloom. Then pause. Stand before this open space and let its quiet emptiness hold you for a moment.

---

Notice the lightness and ease that comes when nothing calls for your attention. If it feels right, place one intentional item back.

A single candle, a sprig of lavender, or a smooth stone. something that makes your heart lift when you pass by.

This one surface is a quiet anchor, reminding you that you can choose calm.

### JOURNAL PROMPT:

What emotions rise in you when you walk past a space that breathes freely?

What emotions or thoughts stirred as you created this moment of calm?

*A Note of Encouragement:* You've begun something beautiful today. One surface may seem small, but it's a step that matters. This isn't about perfecting your home; it's about rediscovering your power to create peace. Let this pocket of stillness be enough for now.

# DAY 2: WASH SOMETHING BY HAND

---

There is something sacred in doing things the slow way. Not because it's more efficient, but because it invites us to be with the task, not just race through it.

In a world of quick cycles and machines, there is a unique kind of peace that returns when we choose to do something slowly and by hand.

Today, your invitation is to wash one item with gentle intention.



## YOUR TASK:

Choose something small and meaningful to you, like a delicate teacup, a soft linen napkin, or a sweater.

Fill a basin with warm water, add a touch of soap, and let your hands move slowly, noticing the texture of the item and the quiet rhythm of the task.

This act of washing by hand brings you fully into the present; there's no need to rush, just you and this moment of care.

When you're done, dry the item with care, noticing its renewed freshness.

This small act, so whole and unhurried, softens the edges of your day. It reminds you that peace lives in the tasks we choose to do with love.

---

## JOURNAL PROMPT:

What did you notice as you washed by hand today?

Did anything feel different compared to rushing through a task?



*A Note of Encouragement:* Not every moment needs to be hurried. Some things bloom when done slowly. Your time is never wasted when it restores your soul. Today, you let your hands bring you back to center, and that is a beautiful, worthy gift to yourself.

# YOUR 2-DAY RESET CHECKLIST & A PATH TO DEEPER PEACE

---

You've taken two gentle, powerful steps towards reclaiming your peace. By clearing a surface and mindfully washing an item, you've experienced the immediate calm and presence that "The Slow Reset" offers.

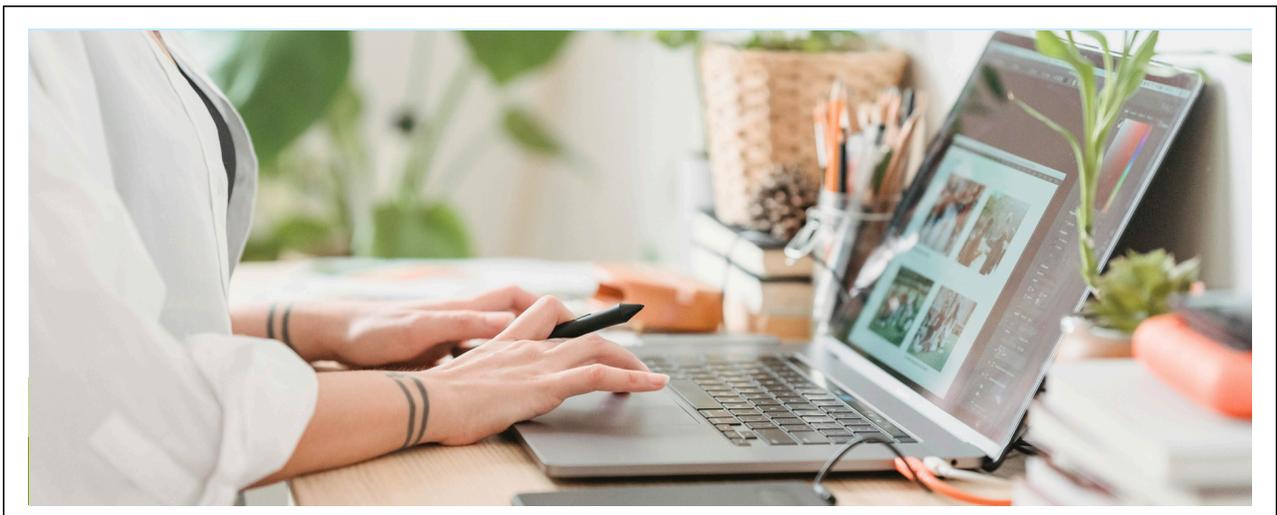
## YOUR 2-DAY RESET CHECKLIST:

### Day 1: Clear One Surface

- Choose one surface.
- Remove everything from it.
- Wipe it clean.
- Pause and observe the clear space.
- (Optional) Place one meaningful item back.

### Day 2: Wash Something by Hand

- Choose one small, personal item.
- Fill a basin with warm, soapy water.
- Wash the item slowly, focusing on the sensations.
- Dry the item with care.



You've taken two gentle, powerful steps towards reclaiming your peace. By clearing a surface and mindfully washing an item, you've experienced the immediate calm and presence that "The Slow Reset" offers.

---

## REFLECTION WORKSHEET:

How did it feel to clear a space and then add something beautiful?

What did you notice about yourself when you slowed down to wash something by hand? How did this change the task?



---

You've now tasted what it's like to invite calm into your space and your day. These two simple acts have already begun to shift the energy around you. Imagine what could happen if you kept going—day after day—building on this gentle momentum.





## READY FOR A DEEPER TRANSFORMATION?

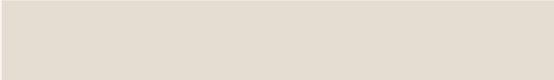
If these two days have touched your heart and you're yearning for more sustained peace and intentional living, your journey has just begun. The **full 7-Day Slow Reset** ebook offers a comprehensive path to cultivate lasting calm in your home and your heart.

[\*\*CLICK HERE TO START RIGHT AWAY\*\*](#)

# IN THE FULL GUIDE, YOU'LL DISCOVER:

---

- Five more days of gentle, transformative practices: Including releasing items that carry weight, adding beauty to your space, resetting your daily rhythm, and creating a calming evening ritual.
- Deeper insights and encouragement: Each day includes a "Note of Encouragement" and expanded reflections to guide your journey.
- Exclusive additions: Learn to craft a calming chamomile blend, explore a full reflection worksheet with additional prompts, and discover "My Favorites" A curated list of books, vlogs, and tools for a slow living practice.
- A complete, cohesive journey: The 7-day program provides a holistic experience, guiding you to a slower, softer way forward.



[Click here to get your copy of the full 7-Day Slow Reset ebook and continue your journey to lasting calm!](#)



The 2-day reset is a powerful beginning, but the full 7-day ebook is where you truly unlock the profound peace and intentionality you deserve.

It's a natural progression to a more peaceful and aligned life.

Copyright © 2025 Amy Good. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form without prior written permission of the author.