

7 Minutes To Change

A 7-day guide to
transform your life



By: Jen Dlugosz

HEY THERE!

Hi, I'm Jen — the creator of Minutes to Change, a mom of four, and someone who's had to completely rebuild my life from the ground up.

After becoming disabled and no longer able to work full-time, I found myself overwhelmed, lost, and exhausted — not just physically, but emotionally too. I knew I couldn't do things the way I used to, but I also knew I wasn't ready to give up on creating a life that felt good.

That's where this started: with one small step.

This workbook was born out of my own journey to feel better — not by doing more, but by doing less with intention.

Each day invites you to spend just 7 minutes doing something kind for yourself — clearing space, moving your body, shifting your mindset, reflecting on your money, or simply being still.

This isn't about perfection. It's about momentum.

And it's proof that even in the middle of a messy, real life — change is possible.

You're not behind. You're not broken.

You're just one choice away from a reset.

Let's begin together.

Jen Dlugosz



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Look back, look forward, begin again.



DAY 1

Clear Your Space

CLEAR YOUR SPACE

We're starting with your environment because what surrounds you affects how you feel—whether you realize it or not.

When things are cluttered, messy, or chaotic, it's harder to focus, harder to breathe, and harder to feel calm. But when you take just a few minutes to clear one small space—like your nightstand, a countertop, or even your phone screen—you send a message to yourself: I deserve clarity and peace.

This isn't about perfection. It's about momentum.

One cleared surface can shift your whole day.

Let's begin there.

"Outer order contributes to inner calm." – Gretchen Rubin



DAY 1

Task

TASK

Start with one space and clean it. Once it is clean light a candle and take a moment to appreciate it.

Say out loud “I deserve clarity and peace”.



PRO TIP

Set the timer for 7 minutes and clean as many spaces as you can. Then follow the above steps.



DAY 1

Reflection Questions

REFLECTION QUESTION 1

How did your energy shift after clearing that one area?

REFLECTION QUESTION 2

What does this cleared space represent for you today?

REFLECTION QUESTION 3

Did letting go of physical clutter help you feel lighter mentally or emotionally?

REFLECTION QUESTION 4

What area in your life - besides your space- could use a little clearing, too?



DAY 2

Nourish and Move

SUPPORT YOUR BODY

Yesterday, you cleared space around you. Today, we focus on what's within—your body.

When life feels busy or overwhelming, it's easy to forget the simplest things: drinking water, moving gently, breathing deeply. But these small acts of care send a powerful message to your nervous system: You are safe. You are supported.

By taking just 7 minutes to hydrate and stretch, you're not just checking off a task—you're showing up for yourself in a way that builds trust, strength, and resilience from the inside out.

Let's give your body the kindness it deserves.

"Take care of your body. It's the only place you have to live."

— Jim Rohn



DAY 2

Task

TASK

Step #1

Drink two full glasses of water (500ml).

Take it slow and mindful. Feel each sip as reset.

Step #2

Do 3 minutes of gentle movement. This could be stretching, reaching, rolling your shoulder or laying on your back and rocking back and forth.

Step #3

Take 1 deep, intentional breath. Inhale deeply... and exhale slowly. Feel the shift.



PRO TIP

Drink 3 litres of water today. That is the daily required intake of water.

Do a quick Google search for Somatic Exercises.



DAY 2

Reflection Questions

REFLECTION QUESTION 1

How did my body feel before and after I completed these small acts of care?

REFLECTION QUESTION 2

What part of my body feels most grateful for this attention today?

REFLECTION QUESTION 3

What's one small way I can continue to nourish or move my body tomorrow?

REFLECTION QUESTION 4

How does taking time for my body impact my mood or mindset?



DAY 3

Reset Your Mindset

SHIFT YOUR THOUGHTS

Today is about tuning into the quiet voice inside—the one that often gets drowned out by busyness, doubt, or negativity. Your thoughts shape how you feel, what you see, and what you believe is possible.

By spending just a few minutes writing positive, supportive affirmations, you begin to gently guide your mind toward clarity, strength, and self-compassion. These small mindset shifts create the foundation for bigger change, because when you change your inner dialogue, you change your outer world.

Let's reset your thoughts, one word at a time.

"Where focus goes, energy flows." — Tony Robbins



DAY 3

Task

TASK

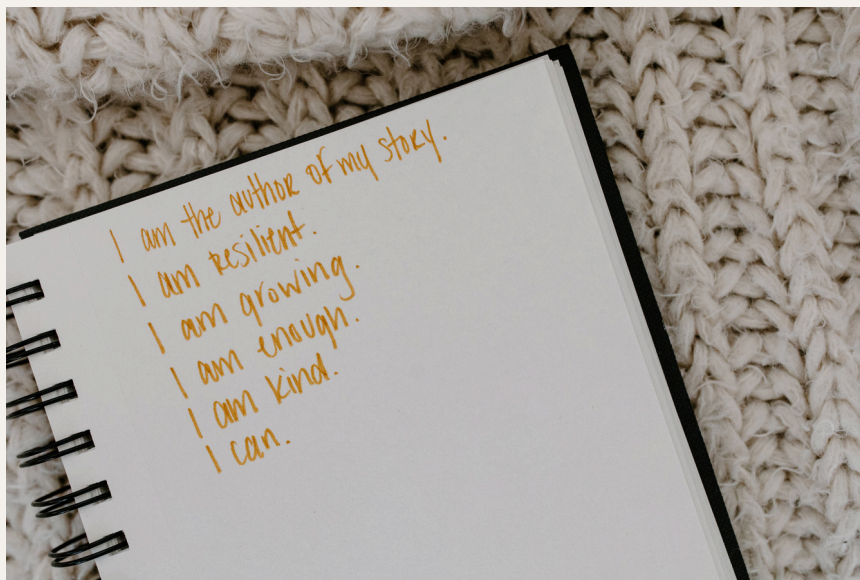
Step #1

Write down 3 affirmations that feel supportive and empowering today. These can be your own words or you can choose from examples like;

- I am enough, exactly as I am.
- I have the power to choose my focus.
- Small steps create big change.

Step #2

Say each affirmation out loud, slowly, at least once. Feel the meaning behind the words as you speak them.



PRO TIP

Stand in front of a mirror. Pretend you are your own best friend. Now say each affirmation out loud to yourself.



DAY 3

Reflection Questions

REFLECTION QUESTION 1

Which affirmation felt the most natural-and which felt the hardest to believe? How did it feel to say these words out loud?

REFLECTION QUESTION 2

What would change in my day if I repeated these affirmations regularly?

REFLECTION QUESTION 3

What is one unhelpful thought I'm ready to release?

REFLECTION QUESTION 4

How did my mood or energy shift after this simple practice?



DAY 4

Face Your Finances

AWARENESS IS THE START

Today we bring gentle awareness to your money—without guilt, stress, or judgment. Finances can feel heavy or overwhelming, but simply noticing where your money flows is the first step to gaining confidence and control.

By taking just 7 minutes to track what you spend today, you create a moment of clarity. No changes are needed right now—just awareness. And awareness is where empowerment begins.

Let's look with kindness and curiosity at what's true today.

"Awareness is the first step to change." – Nathaniel Branden



DAY 4

Task

TASK

Step #1

Track every dollar you spend today.

Whether it's a coffee, groceries, a subscription, or parking - write it down as it happens, or review your receipts at the end of day.

Step #2

No editing, no guilt-just observe.

This isn't about changing anything today. It's about seeing clearly where your money is going.



PRO TIP

Pull up your most recent bank statement and write out all your purchases in a spreadsheet. This way you can review a month's worth of spending.



DAY 4

Reflection Questions

REFLECTION QUESTION 1

What surprised me most about my spending today? How did it feel to pay closer attention to my money?

REFLECTION QUESTION 2

Did I notice any spending that felt automatic or unnecessary?

REFLECTION QUESTION 3

Where am I spending in alignment with my values-and where am I not?

REFLECTION QUESTION 4

What's one small financial habit I might want to explore changing in the future?



DAY 5

Remember

WHO YOU ARE

Today is about pausing to reconnect with your strengths, your growth, and your wins—because when we're busy or overwhelmed, it's easy to forget how far we've come.

By taking just a few minutes to reflect on what you're proud of, you shift your focus from what's missing to what's working—and that's where confidence grows.

You're becoming the person you want to be, one step at a time.

"The more you praise and celebrate your life, the more there is in life to celebrate." — Oprah Winfrey



DAY 5

Task

TASK

Step #1

Write down 3 things you're proud of from the past 30 days.

These can be big milestones or small moments-anything that made you feel strong, capable, or true to yourself.

Step #2

Take a deep breath and read them back to yourself. At the end of each one say thank you



PRO TIP

Write out 10 things that you are truly proud of or grateful for. At the end of the day make a list of all the good things that happened today.



DAY 5

Reflection Questions

REFLECTION QUESTION 1

Which of these wins surprised me most when I wrote it down? How do I feel after seeing my strengths on paper?

REFLECTION QUESTION 2

What part of me am I most proud of today?

REFLECTION QUESTION 3

What qualities helped me achieve these wins-and how can I lean on them again?

REFLECTION QUESTION 4

How can I remind myself of these strengths more often?



DAY 6

Build Your Ritual

REPEAT WHAT WORKS

Today is about choice.

After five days of small, intentional actions, you've started to notice what helps you feel calmer, clearer, or stronger. Now, you get to decide what works best for you and begin shaping it into a simple daily ritual.

This is where small change becomes lasting change—because when you choose what serves you, it's easier to stay consistent.

*Rituals are the formulas by which harmony is restored.” —
Terry Tempest Williams*



DAY 6

Task

TASK

Step #1

Choose your favorite action from the past 5 days. Maybe it was clearing space, stretching, tracking spending, or writing affirmations.

Step #2

Repeat that action today for 7 minutes.

Notice how it feels to intentionally return to something that supports you.



PRO TIP

Keep it small and easy. The best rituals are the ones you'll actually return to. Choose something that fits your real life—not what you think it “should” be.



DAY 6

Reflection Questions

REFLECTION QUESTION 1

What action did I choose, and why did it feel right today?

REFLECTION QUESTION 2

How did it feel to revisit something that worked for me?

REFLECTION QUESTION 3

What makes this small ritual meaningful to me?

REFLECTION QUESTION 4

How could I make this part of my daily routine going forward?



DAY 7

Reflect & Reset

LOOK BACK, LOOK FORWARD

You've shown up for yourself all week with small, meaningful actions—and today is about honoring that. Reflection helps you see your progress, learn from your experience, and decide how you want to move forward.

This isn't the end. It's the beginning of a new rhythm that fits your real life, one small reset at a time.

"Small daily improvements over time lead to stunning results." — Robin Sharma



DAY 7

Task

TASK

Step #1

Take 7 minutes to reflect on your week.

Look over your notes, think about what felt good, what surprised you, and what you'd like to carry forward.

Step #2

Write down one simple reset ritual you want to continue.

This is your next step toward lasting change.



PRO TIP

Is there a way you could change your day a little to incorporate all 5 tasks daily?



DAY 7

Reflection Questions

REFLECTION QUESTION 1

What am I most proud of from this week?

REFLECTION QUESTION 2

Which small action had the biggest impact on how I felt?

REFLECTION QUESTION 3

What was the hardest part of this challenge, and what did I learn from it?

REFLECTION QUESTION 4

What will my next 7-minute reset look like?



WEEKLY REFLECTIONS

WINS OF THE WEEK

Celebrate your achievements, however small they might be:

CHALLENGES ENCOUNTERED

Acknowledge any struggles or bottlenecks you faced:

LESSONS LEARNED

Identify learnings that can be carried forward:

NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any early ideas or focus points for the upcoming week:

CONGRATULATIONS!

You've proven that small, simple actions really do add up. Over the past 7 days, you've started creating space for yourself, caring for your body, resetting your mindset, and building habits that help you feel stronger and more in control.

This isn't the end—it's just the beginning of a life that feels calmer, clearer, and more aligned.

💛 Want more support to keep the momentum going?

Visit www.minutestochange.com/ebookoffer for tools and printables designed to help you stay on track.

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