



## **RADIANT RESET**

# *Starter Guide*

A Gentle Path to Feeling Better After 50

[WWW.TERRIANNMULLER.COM](http://WWW.TERRIANNMULLER.COM)



## Hey beauty!

First of all, congratulations for taking the initiative to grab this Radiant Reset Starter Guide download!

Here is a cool thing to know... just by taking the simple step to download this jumpstart, you are sending a message to your inner self, the little girl inside of you, that you are making **choices for change**.

It is a really good thing to take care of you and to keep your word to yourself. The more you do the more your subconscious will trust you to have your own back. It's magical and quite fascinating.

And... if you're here, chances are you've been sporadically doing all the "right" things... losing motivation, doing it again, and again, and as the cycle continues, you're just not making any progress.

Maybe the diets don't work anymore.  
Maybe the workouts feel exhausting instead of energizing.  
Maybe your body just feels different.

**After 50 we need a new approach to wellbeing. Plain and simple... literally and figuratively.**

### What Your Body Needs Now

After 50, your body thrives on nourishment over restriction, balance over extremes, consistency over intensity, and calm over stress.



## Your 4 Simple Daily Anchors

1. Fill Your Plate with Intention
2. Drink half your body weight in ounces with water\*
3. Move Your Body Gently
4. Pause and Check In

*\*Example- if you weigh 150 pounds, drink a minimum of 75 ounces of water daily*

## Step 1 - Super Simple Meal Guidance

Based on my Good Plate System™, focus on balanced meals with generous vegetables, a 3-4 ounce portion of clean protein, small amounts of healthy fats.

## Step 2 - Daily Hydration

Drinking plenty of fresh water improves your energy levels, lubricates your joints, flushes out. Try to avoid city tap water which has contaminants.

## Step 3 - Movement That Works

Walking, light weights, stretching, and yoga support your body without stress.

## Your Reset Starts Here, commit to a Minimum of 3-Days a Week

- Drink more water
- Take a 15-30 minute walk
- Build one balanced meal
- Pause and breathe deeply for 2 minutes

## A Simple Mindset Shift

*\*Example:*

### Gratitude for Today,

- I am grateful I got to spend time visiting with my girlfriend.
- I am grateful for air-conditioning as summer approaches.
- I am grateful for covered parking at work

## What I did right today

- Today I ate a balanced lunch and enjoyed a small piece of cake for Sally's birthday
- Today it felt good to call the elderly woman from church to let her know I am thinking about her.
- Today I took a 30-minute walk and intentionally paid attention to the sights and sounds around me. I smiled at 3 strangers and it felt good.

## You Are Meant to Feel Good Again

Consistent micro changes, such as the ones included here, can result in lasting change for the better.

This is your time to feel energized, clear, strong, and at peace in your body.

Send me an email to let me know how it goes and any questions you may have. [terriann@renegadewidow.com](mailto:terriann@renegadewidow.com)

With love and gratitude,

*Terriann* 

***P.S. Here's why grabbing your Jumpstart Guide can be meaningful:***

### **1.) It signals self-trust**

When you take even a tiny step, your brain registers:

*"I said I wanted something different... and I acted on it."*

That builds self-trust, which is often what's been broken over time (especially after loss, stress, or years of putting others first).

### **2. It Activates Your Identity, Not Just Behavior**

You're not just downloading a guide, you're subtly telling yourself:

*"I'm someone who is ready for change."*

Your brain is wired to align with identity. Once you see yourself as a woman who takes action, your choices begin to follow that belief.

### **3. It Reaches the Inner Child (the "Little Girl")**

The "little girl inside" represents your emotional core, where your earliest beliefs about worth, safety, and love were formed.

When you take a step toward caring for yourself, it sends a deeper message: *"You matter now. I'm choosing you."*

For many women, especially after years of caretaking or loss, this is incredibly healing.