

# **7 DAY**

## **HAPPINESS RESET GUIDE**

*by Andrew Dietz*

# Day 1

## We are Human...Calm the Mind

We were wired to **ruminate and overthink** as a survival feature, not a flaw.

**In our evolutionary past:**



Ruminating on **past dangers** helped us **avoid repeating mistakes**.

**For eg:** “*Last time I drank from that river, I got sick.*”

Overthinking **future scenarios** helped us **predict threats**.

**For eg:** “*If I go hunting alone, I might not come back*”.

But today, **threats** are:-

- **Psychological**
- Oftentimes, **imagined**- rejection, uncertainty, failure and embarrassment

Our ancient brains are still  
scanning for tigers...  
**in email inboxes and social media feeds.**

Here's the problem:

The default mode network in your brain (active when you're not focused) kicks up this over-analysis.

Without conscious direction, the mind loops – rehashing the past, rehearsing fear-based futures.

So yes, we were built to ruminate – but now we need to retrain that system to work for growth, not fear.



# Quick 3 Step Framework

Here's a ***simple but powerful 3-step*** framework to redirect overthinking into clarity and action – think of it as "***Mind GPS***" to get you off the mental hamster wheel:

*Step 1*

**Name the Loop**



*Step 2*

**Decide the Category**



*Step 3*

**Act your way Out**

*Flip over to Next page for a detailed explanation.*

# Step 1: Name the Loop



**What exactly** am I overthinking?"

Most people feel stuck but haven't identified the specific thought loop.

**Write it down — literally.**

**Clarity begins** when the **mind sees its own pattern.**

**Example:**

"*I keep replaying that meeting.*" Yours:

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Or

"*I keep wondering if I should change careers.*" Yours:

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# Step 2: Decide the Category

Ask yourself:

“Is this a problem to solve or a feeling to feel?”

(circle one – Problem/Feeling)

**Problem?**



**Set a 15-minute timer.**

Make the best decision you can.

Done.

What is the **decision** that **feels 75%+ right**:

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**Feeling?**

**Stop solving it.** Sit with it. Breathe.

Let the **emotion move through**.

*This step short-circuits the trap of trying to solve emotions like math problems.*

# Step 3: Act your Way Out

**What's the smallest next action I can take right now?**

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**Action untangles thought.**

Do one thing – however small – that moves you forward.

**Momentum breaks mental loops faster than logic.**

- Email the person.
- Sketch the idea.
- Go for a walk.
- Declutter the desk.

**REPEAT DAILY.**



# Day 2

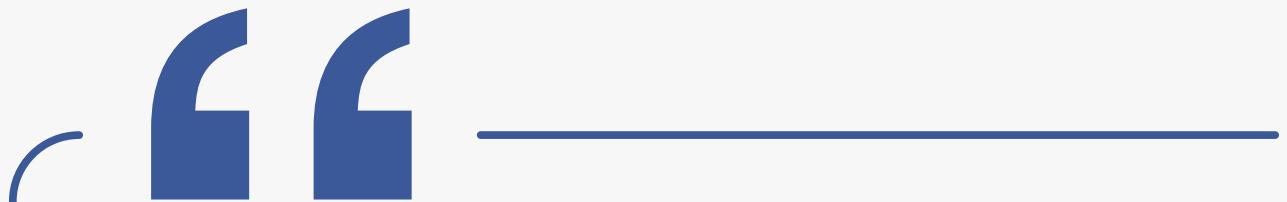
*Who did it to you? Get it Out!*

No Fluff. Just a 5-Step Process of Release

## Step 1: List the people/ situations that make you angry

Who are you **angry at or resentful toward?** Be honest. No filters. Use notepad if you need more lines.

Name / Situation	What did they do (or fail to do)?	How does it make you feel?	How long have you felt this way?



*Resentment is like drinking poison and expecting the other person to die."*

— Budda

## Step 2: What's Beneath the Anger?

Anger is often a surface emotion. Underneath, there may be hurt, betrayal, fear, or disappointment.

	<p><b>Underneath my anger, I might feel fear, disappointment, hurt, betrayal....</b></p>	<p><b>What core need felt violated (e.g., safety, respect, fairness, honesty)?</b></p>

## Step 3: What is this Costing You?

What has holding onto this resentment or anger cost you?

- Emotionally:
- Physically:
- In relationships:
- In peace of mind:

## Step 4: What Do You Want Instead?

What **feeling, outcome, or healing** do you truly want from this **situation**?

	<b>What do I want instead of resentment/anger?</b>	<b>Is there a boundary, conversation, or release needed?</b>

# Step 5: Release or Reframe

*Try rewriting the story.*

**Ask:**

- What might this have taught me?
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- 

- Is there any part of this I can let go of today?
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- Is there any part in the situation that is my fault?
- 
- 

- Can I wish peace or freedom for both of us?
- 
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***Use this space for a letter you'll never send, a prayer, or a simple release statement like:***

"I no longer give this story power over me. I choose to be free.  
I hope \_\_\_\_\_ (name of resented person)  
receives the same gifts I'm seeking for myself"

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# Day 3

## *What's in your Universe??*

"A lot of people, regardless of background or beliefs, talk about feeling connected to **something bigger** than themselves—maybe it's nature, the universe, or just a sense of meaning.

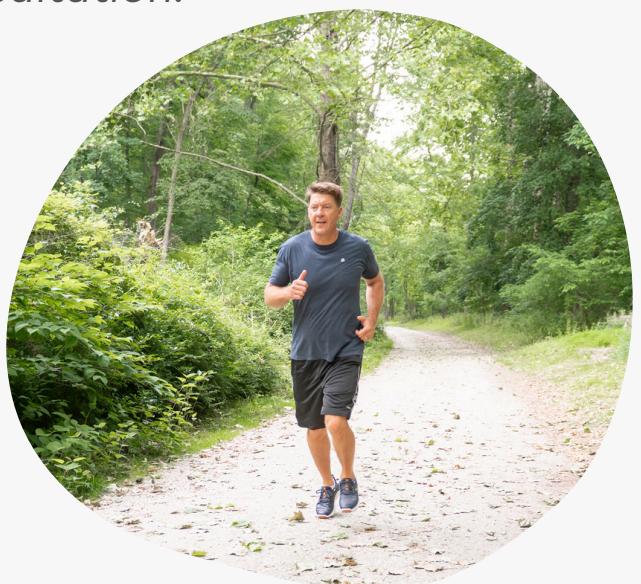
**I'm curious...**

when you think about a **greater force** or **guiding principle** behind life, how would you describe it?"

**Answer the questions below!**

*This exercise is meant to be **yours and yours alone** – a **personal understanding of what you believe**.*

*That belief will grow as you continually ask yourself these questions on a daily basis and in meditation.*



Q. Have you ever felt a moment where you were part of something much larger than yourself? What was that like?

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Q. When in your life have you felt the most connected to a bigger purpose, force, or rhythm of life?

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Q. Do you ever get a sense that life is being guided in some way? What do you think that guidance is?

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Q. If you had to describe that ‘bigger something’—not with labels, but with feelings or images—what comes to mind?

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Q. Is your sense of connection to something bigger more about peace, inspiration, purpose... or something else?

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Q. Do you think that connection has changed over time? Grown stronger, weaker, or just different?

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Q. If someone told you they’ve never felt that connection, what would you say to them?

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# Day 4

## *Getting Honest with Ourselves*

### Lying as Protection from Perceived Danger- Survival Mode

When we feel **threatened** (physically, emotionally, or socially), our **brain prioritizes protection – not morality.**

**Lying** can become a **defense mechanism** to:

- Avoid punishment
- Prevent rejection
- Escape blame
- Maintain control in unstable environments

**Example:** A child in a chaotic household may learn to lie to avoid being yelled at or punished – and that pattern can carry into adulthood.

# Control in uncertain environments

**Survival mode hates uncertainty.**

**Dishonesty** can feel like a shortcut to control outcomes:

- **Saying what others want to hear** to avoid conflict
- **Hiding mistakes** to avoid losing status or stability
- **Manipulating stories to feel more in control** of a chaotic situation

## Shame and fear of exposure

Survival mode often operates under a deep fear:

**“If they see the real me, I’ll be rejected or hurt.”**

So dishonesty becomes armor – a way to hide flaws, failures, or vulnerabilities.

## Hijacked Executive Function

When in survival mode,  
the **prefrontal cortex** (which governs honesty, empathy, and long-term thinking) is **downregulated**.

The **amygdala and fear circuits** take over. That makes us more reactive- and more likely to say

***what's convenient rather than what's true.***

Survival mode doesn't ask, "***Is this right?***" It asks, "***Will this keep me safe right now?***"

*And sometimes, dishonesty feels safer than truth.*

## **Exercise**

Here's a ***powerful, 2-part journaling exercise*** to uncover and overcome your biggest dishonesties:

# Part 1: Expose the Dishonesty

*Title this section:*

“Where Am I Not Being Fully Honest With Myself and Others?”

**Step 1:** Free-write these **5 prompts** (no filter, no edits):

- If **no one could judge me**, I would admit
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- The **truth I've been avoiding** about myself is
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- Where I **pretend to be okay** but I'm not is
- 

- I **say one thing but do another** when it comes to
- 

- One thing I **know deep down but won't admit** is
- 

**Let the discomfort rise — that's where your real truth lives.**

## Part 2: Turn the Light On

Title this section: “What Would Radical Honesty Change?”

### Step 1: For each dishonest area you uncovered, answer:

- What am I afraid would happen if I told the truth?
- What has it already cost me to keep this hidden?
- What would freedom look like if I lived this truth out loud – even just with myself?

### Step 2: Take One Small Action

***Choose one area and do one honest act today:***

- Tell the truth to yourself in writing
- Confess to a safe, trusted person
- Change one small behavior that no longer aligns with your values

# Day 5

*We are Human, not Perfect Creatures*

## Exercise

### *My part in the story*

*"This is not about blaming yourself. It's about gaining clarity, power, and peace by understanding how you might have contributed to the conflict or prolonged the resentment—even in small, subtle ways. This is where real growth happens."*

#### **Instructions:**

**Choose one unresolved resentment or conflict.**

(Think of someone you're still angry at from **DAY TWO exercise**, or a situation that still stings)

**Briefly** describe what happened (the surface story). What did the **other person do** that **hurt** or **angered** you?

*Now go deeper: Ask yourself these questions honestly—*

*Write your answers without judgment.*

- Did I have any **expectations** that weren't communicated?  
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- Did I avoid telling the truth, **setting a boundary**, or asking for what I needed?  
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- Was I trying to **control the situation** or outcome?  
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- Did I **stay silent** to avoid discomfort?  
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- Was I **dishonest** with myself or the other person?  
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- Did I want to be “**right**” more than I wanted resolution?  
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- Is there a part of me that **benefited** from staying resentful?  
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*Disclaimer: This is not about excusing the other person's behavior. It's about reclaiming the only part you have power over—your own actions and mindset.*

# Day 6

## *A New Freedom*

*"This is about setting yourself free. Forgiveness doesn't mean what they did was okay. It means you no longer want to carry the weight of it. And apologizing doesn't mean you're weak—it means you're strong enough to own your impact."*

## **Step 1: The Forgiveness Side — Letting Go of What Was Done to You**

Think of one person you still feel hurt, betrayed, or angry toward.

**Then answer:**

What exactly am I still carrying from that experience?

What belief about myself or others did I adopt because of this?

What has it cost me to hold on to this pain?

What would it feel like to release this story, even if they never apologize?

Then, write or say aloud this release  
*(optional script):*

"I **forgive you**—not because you deserve it, but because **I deserve peace**. I'm **letting go** of the weight, the anger, and the story. You no longer **have power** over my heart or mind."

***Read Daily***

# Step 2: The Amends Side – Owning What You've Done to Others

Now think of someone you've **hurt—by action, inaction, silence, or words.**

***Reflect honestly:***

What did **I do (or fail to do)** that caused pain?

Why did I **act that way** at the time?

What **part of me was I protecting**—or what was I afraid of?

What **impact did my actions** have on them?

If I could **speak to them with humility** today, what would I say?

*\*Do not contact the other person if it causes anyone pain, discomfort, or is a legal violation\**

## **Final Reflection:**

What part of you feels lighter now?

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What commitment will you make to show up differently moving forward?

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# Day 7

## Make One Ripple

### *“One Ripple a Day” Exercise*

#### **Purpose:**

To make helping others feel accessible, meaningful, and habit-forming.

#### **Instructions:**

##### **Set This Intention Each Morning:**

*“Today, I will create one ripple of good—however small—that positively impacts someone else.”*

##### **Pick One of These Daily Micro-Actions:**

##### **Choose one small but intentional act each day:**

1. Text someone a sincere compliment or thank-you.
2. Offer to help a co-worker or neighbor without being asked.
3. Leave a positive review for a small business.
4. Ask someone, “How are you really doing?”—and listen.
5. Share a piece of wisdom or encouragement that helped you recently.
6. Pick up litter or do something that helps the community silently.
7. Give someone your full attention without distraction.

## **Reflect Briefly at Night:**

*Ask yourself*

- Who did I lift today?
- How did that feel?
- What did I learn about myself in the process?

## **Optional Bonus Layer:**

Keep a **“Ripple Journal”** for 30 days—just one line per day recording what you did and how it felt.

## **Why it works?**

- It bypasses the fear of not doing “enough.”
- It builds identity: “I’m someone who helps others.”
- It turns giving into a lifestyle, not a performance.