

THE LUXZURI SKINCARE ENERGY RESET GUIDE RECLAIM YOUR TIME, ENERGY, BOUNDARIES & PEACE

The LuxZuri Skincare Energy Reset Guide

LuxZuri wellness worksheets designed to help women reclaim their time, energy, boundaries, and peace.

This guide invites you to pause and reflect on where your energy is going, while reconnecting with intentional self-care rituals through LuxZuri Skincare.

Weekly Personal Time Tracker

This tracker is designed to help you gain insight into how you allocate your precious time across different areas of life. Use it to ensure that you're dedicating enough time for self-care and personal growth throughout the week.

Instructions

- Each day, record the number of hours you spend on the listed areas.
- Add up the total at the end of the week to reflect on your time management.

Area of Life	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Work								
Relationships								
Caregiving								
Household Tasks								
Self-Care								
Leisure								

Reflection:

- After filling out the tracker, ask yourself:
 - Are you spending enough time on self-care and leisure?
 - Are there areas where you would like to adjust your time allocation?
 - How can you better balance your time to support your peace and wellness?

Use this tracker as a tool to reclaim your time and ensure that it aligns with your values and goals.

LuxZuri Skincare Ritual Tip: Begin your mornings with the **Ultra Gentle Face Cleansing Wash**. A calming skincare ritual creates intentional moments of peace before the demands of the day begin.

Energy Drain Checklist Worksheet

This worksheet is designed to help you identify areas in your life that may be depleting your energy and hindering your wellness journey. Use it as a tool to reflect on your daily habits, relationships, and responsibilities, and take steps towards renewing your energy.

Instructions

1. Review each item on the checklist below.
2. Reflect on whether each item is a current source of energy drain in your life.
3. Mark the items that resonate with you.
4. Use the reflection space to jot down thoughts, feelings, or action steps related to each energy drain.

Checklist

- **Overcommitting to others**
Are you frequently saying "yes" when you want to say "no"?
- **Financial stress**
Do financial worries frequently occupy your mind?
- **Lack of boundaries**
Are you struggling to set limits with others?
- **Poor sleep habits**
Are you getting enough restful sleep each night?
- **Emotional labor**
Do you find yourself investing a lot of emotional energy in others?
- **Social media overload**
Is excessive screen time affecting your mood or productivity?
- **Skipping meals or hydration**
Are you neglecting basic nutrition and hydration needs?
- **People pleasing**
Do you prioritize others' happiness over your own well-being?
- **No personal time**
Are you lacking dedicated time for yourself to recharge?

Reflection Notes

Use this space to reflect on the items you checked. Consider writing about why these areas are energy drains, how they affect your life, and any steps you can take to address them.

Remember, identifying energy drains is the first step towards reclaiming your energy and prioritizing your wellness. Use this worksheet regularly to track your progress and make necessary adjustments.

LuxZuri Skincare Ritual Tip: The **PRE-SERUM PREP Hydrating Dew Toner** refreshes and hydrates tired skin while helping you slow down and reconnect to yourself.

Reflection Notes:

Boundary Setting Scripts

Protecting your peace is part of your wellness journey. Use these gentle but firm scripts to communicate boundaries with confidence.

Script 1: Declining Additional Responsibilities

"Thank you for thinking of me for this task. However, I'm currently at capacity with my existing commitments. I hope you understand and find the right person to assist."

Script 2: Managing Time with Friends

"I truly value our friendship, and I enjoy our time together. Right now, I need some downtime to recharge. Can we plan to meet up next week instead?"

Script 3: Handling Interruptions

"I'm in the middle of something important right now. Let's connect when I'm done so I can give you my full attention."

Script 4: Saying No to Social Events

"I appreciate the invite, but I have to decline this time. I'm focusing on some personal time this weekend. Let's catch up soon."

Script 5: Addressing Unwanted Advice

"I appreciate your concern and suggestions, but I'm comfortable with my current approach. I'll definitely reach out if I need advice."

Script 6: Setting Limits with Family

"I love spending time with you, but I need some time to myself as well. How about we set up a specific time each week to catch up?"

These scripts are designed to help you set boundaries with kindness and assertiveness. Remember, setting boundaries is a crucial part of maintaining your wellness and peace.

LuxZuri Skincare Ritual Tip: The **Renewal Elixir Deep Repair Serum** supports renewal — just like healthy boundaries support emotional restoration.

Weekly Financial Reflection Worksheet

This worksheet is designed to help you reflect on your financial habits and ensure they align with your peace, wellness, and long-term goals. Use it as a tool to gain clarity on your spending, saving, and financial planning.

Instructions

1. **Track Your Expenses:** At the end of each day, list your expenses in the categories below.
2. **Reflect on Spending:** Consider how each expense impacts your peace and wellness.
3. **Identify Wants vs. Needs:** Differentiate between essential needs and discretionary wants.
4. **Set Financial Intentions:** Decide on any changes you'd like to make in your spending habits for the upcoming week.

Daily Expense Tracker

Day	Essential Needs	Wants	Total Spent
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reflection Questions

- How do your spending habits support your peace and wellness?
- Are there areas where you spent more on wants than needs?
- What changes can you make to better align your spending with your long-term goals?

Setting Financial Intentions

Use this space to write down your financial intentions for the coming week. Consider how you can adjust your spending to support your wellness and peace.

Remember, reflecting on your finances regularly is a powerful step toward achieving peace and wellness. Use this worksheet to create a financial plan that supports your goals and values.

LuxZuri Skincare Ritual Tip: The **Restore Cream Hydrating Moisturizer** reminds you that investing in yourself and your wellness is never wasted.

Reflection:

Weekly Personal Time Tracker

Tracking your personal time is a transformative step towards maintaining a balanced and fulfilling life. Use this weekly tracker to ensure that you are devoting enough time to self-care and personal development.

Instructions

- Record the number of hours you spend on each area daily.
- At the end of the week, review your entries to understand your time distribution and make adjustments if necessary.

Time Categories

- Self-Care Activities**
 - Examples: Meditation, yoga, skincare routines, bubble baths.
- Leisure and Recreation**
 - Examples: Reading, hobbies, watching movies, outdoor activities.
- Social Connections**

- Examples: Time with family, friends, community events.

4. Personal Development

- Examples: Learning new skills, attending workshops, journaling.

5. Rest and Relaxation

- Examples: Napping, quiet time, listening to music.

Daily Log

Day	Self-Care	Leisure	Social	Personal Development	Rest
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Reflection

- **Self-Care:** Did you dedicate enough time to self-care practices? How did they impact your overall mood and energy?
- **Balance:** How balanced was your time across different activities? Are there any categories you wish to prioritize more?
- **Adjustments:** What changes can you make next week to better align your time with your personal wellness goals?

Remember, this tracker is a tool to help you prioritize yourself and your well-being. Regularly reflecting on how you spend your time can lead to more intentional living and a deeper sense of peace.

LuxZuri Skincare Ritual Tip: LuxZuri rituals are reminders that self-care is not a luxury because it is part of your healing, wellness, and restoration.

Your wellness matters. Your peace matters. Your rituals matter.

LuxZuri Skincare Co.- Cleanse. Prep. Renew. Restore.