

DEBASMITA BASU

REBUILD YOURSELF: ONE WEEK CHALLENGE



**STUCK? RESET YOUR LIFE IN 7 DAYS
FROM LAZY TO LOCKED-IN**

INTRODUCTION

We all have days where life feels stuck. You feel unmotivated, distracted, and unsure what to do next.

This eBook is not about motivation.

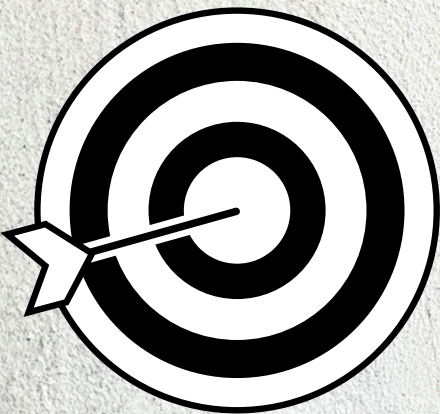
It's about taking small, powerful actions—one day at a time.

For the next 7 days, you will reset your:

1.HABITS

2.MINDSET

3.ROUTINE



**You don't need perfection.
You just need to start.**

*Lets
go!*

DAY 1: CLEAN YOUR ENVIRONMENT



DO THIS TODAY:

- Clean your room or study area
- Remove unnecessary items
- Organize your desk

Rule: If it distracts you, remove it.

Action Task:

Spend at least 20 minutes cleaning

DAY 2: FIX YOUR SLEEP



DO THIS TODAY:

- Sleep at the same time
- Avoid phone 30 mins before bed
- Wake up early

Simple Rule:

Sleep early → Win the day

Action Task:

Set a fixed sleep time (example: 11 PM)

DAY 3: DIGITAL DETOX



DO THIS TODAY:

- Limit screen time
- Turn off notifications
- No phone in the morning for 1 hour

Action Task:

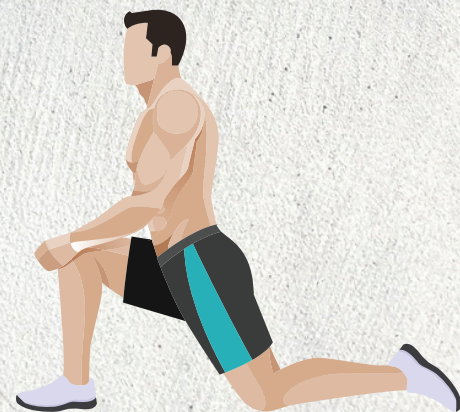
Use phone only when necessary

DAY 4: START SMALL HABITS

DO THIS TODAY:

- 5 pushups
- 5 minutes reading
- 5 minutes journaling

Rule: Make it easy, not perfect



DAY 5: MOVE YOUR BODY

DO THIS TODAY:

- Walk for 15-20 minutes
- Do basic workout
- Stretch your body

Action Task:

Move daily, no excuses

DAY 6: MINDSET RESET

DO THIS TODAY:

- Write 3 goals
- Practice gratitude
- Say positive affirmations

Example:

"I am improving every day."



DAY 7: PLAN YOUR FUTURE

DO THIS TODAY:

Design Your Life
Without a plan, you stay
stuck.



Do this today:

- Set 3 short-term goals
- Set 1 long-term goal
- Make a simple daily routine

ONE-LINERS FOR EACH DAY

Day 1: Own your space or it owns you.

Day 2: Discipline starts the night before.

Day 3: Your screen is stealing your dreams.

Day 4: Small habits create unstoppable people

Day 5: No movement = no momentum.

Day 6: Your mind is your battlefield.

Day 7: If you don't plan, you stay stuck.



Thank You

Thank you for being a part of **Rebuild Yourself: One Week Challenge.**

Choosing to commit to yourself—even for just one week—is a powerful decision. It shows that you're ready to grow, to reset, and to take control of your life in a meaningful way. That alone deserves recognition.

I hope this journey has helped you reconnect with your discipline, your mindset, and your inner strength. Remember, this challenge was never just about seven days—it's about building habits and perspectives that can stay with you far beyond this week.

Progress doesn't happen overnight, but every small step you've taken matters. Keep going.

Keep showing up for yourself.

If this ebook made a difference in your life, consider sharing it with someone who might need the same push. Sometimes, one small action can spark a big transformation.

Thank you again for trusting this process—and more importantly, for trusting yourself.

With gratitude,

Debasmita Basu