

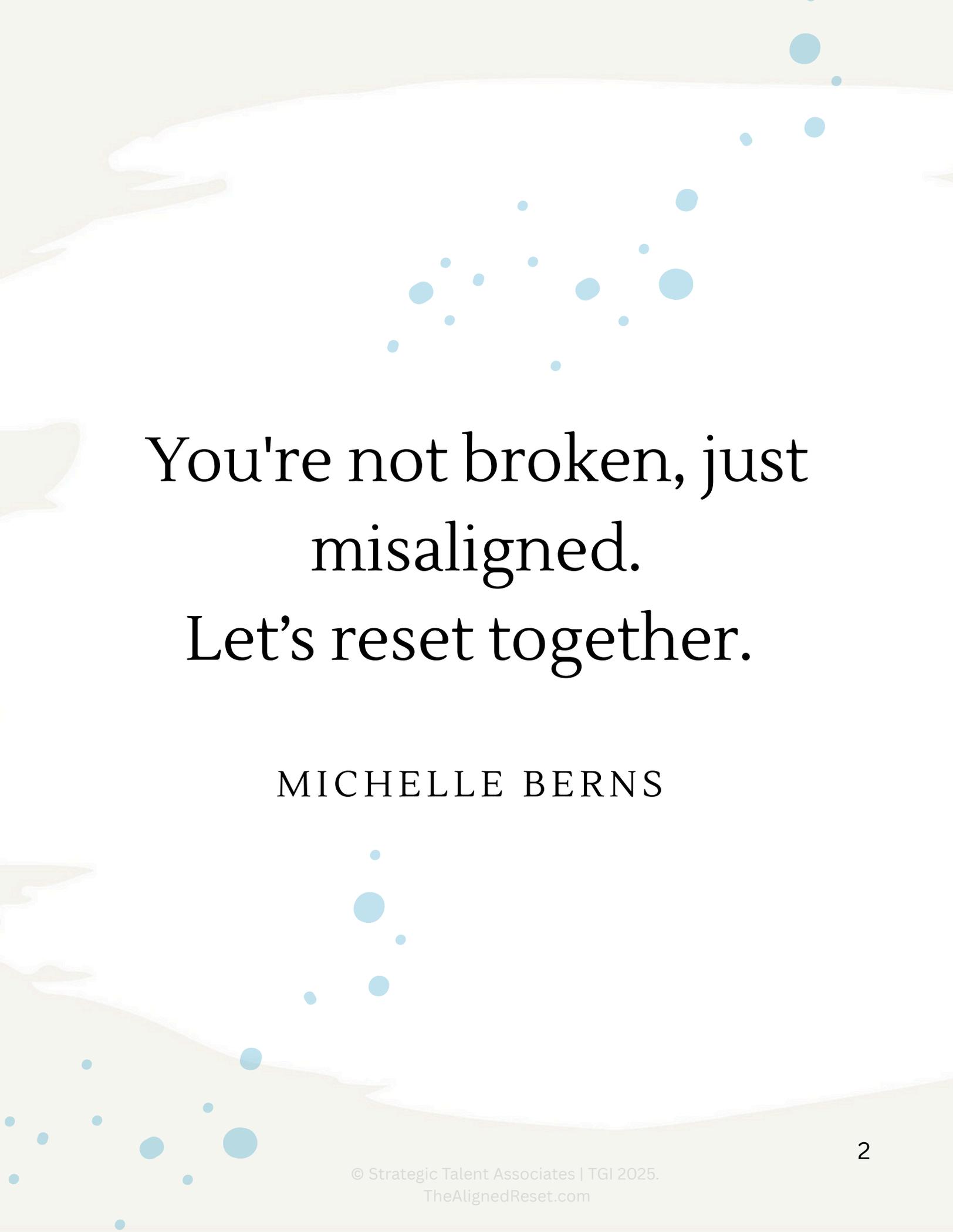
Welcome Book



THE ALIGNED RESET



CRAFTING YOUR HIGHER SELF



You're not broken, just
misaligned.
Let's reset together.

MICHELLE BERNS

A Letter From Michelle

Dear Beautiful Soul,

Have you ever reached a point where, despite everything you've accomplished, you still felt a quiet whisper inside saying... something's off?

I know that feeling deeply.

For years, I pushed through—thriving on hustle, navigating personal storms, and wearing strength like armor. On the outside, I was building businesses, mentoring others, and holding it all together. But inside, my body was whispering for rest. My spirit was asking me to slow down long enough to hear my own heartbeat again.

Life has a way of inviting us to pause—and when I finally did, I realized that true success isn't about pushing harder. It's about coming home to ourselves.

It's about creating from alignment, with softness and ease, not exhaustion. It's about allowing the mind, body, and spirit to move in harmony again.

That is why I created [The Aligned Reset™](#) – a 6-week journey where we peel back the layers of survival mode, reconnect with what matters most, and reset from the inside out. It's not just a program; it's an experience, a homecoming, and a celebration of your becoming.

Here, you will not walk alone.

You are joining a circle of women who are choosing themselves – their peace, their passion, and their power. Together, we will move through reflection, resetting, realignment, and rising, supported by community, science, soul, and strategy.

If you're reading this, I trust you've already felt the pull.

The version of you that you've been quietly longing to meet is ready to emerge.

Thank you for saying yes to this journey.

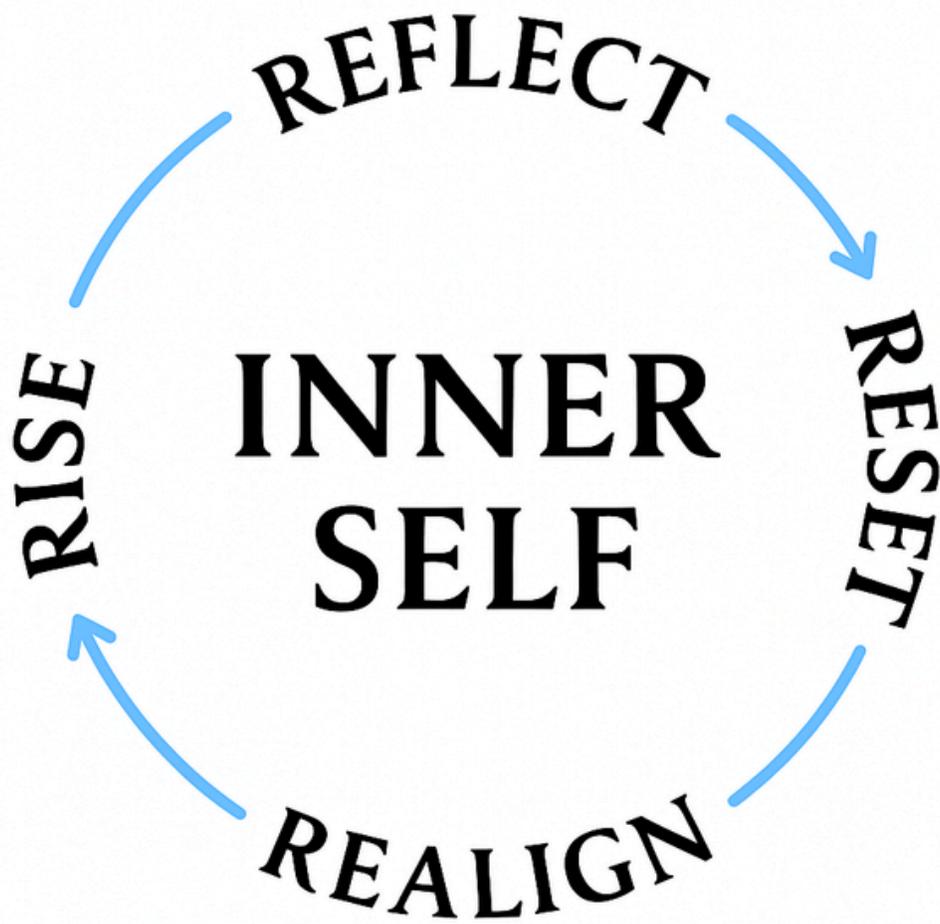
You belong here.

With love and unwavering belief in your becoming,

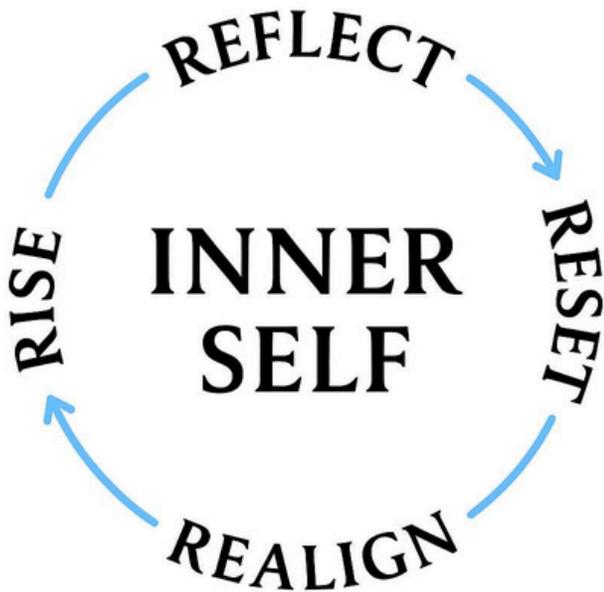
Michelle



The 4 Steps...



The Aligned Reset Journey



1. REFLECT

Module 1: Awareness & Deliberate Intention

2. RESET

Module 2: Nervous System Body Reset
Module 3: Emotional Release & Renew

3. REALIGN

Module 4: Strategic Alignment
Module 5: Real-Life Integration

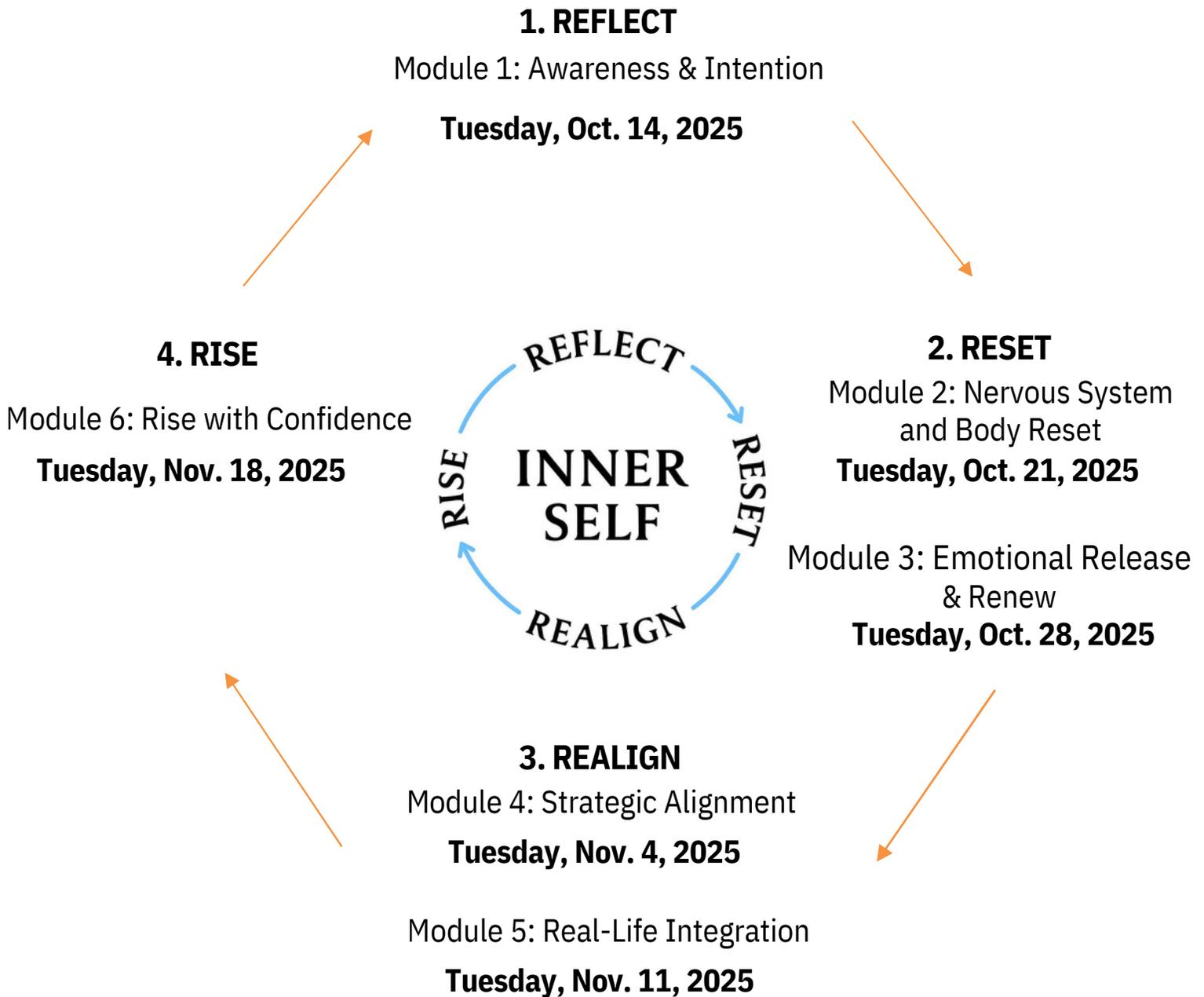
4. RISE

Module 6: Rise with Confidence



Date and time...

The Aligned Reset Journey



A group of people holding hands in a circle in a field at sunset. The image is softly blurred, with a warm, golden light from the setting sun. In the foreground, a person's arm in a white long-sleeved shirt is visible, holding hands with others. The background shows a line of trees and a bright sky. There are decorative blue circles of various sizes in the top-left and bottom-right corners.

A promise to each other...



THE ALIGNED RESET

Our Promise to Ourselves & Each Other

A sacred space to realign, grow, and empower one another in mind, body, and soul.

SISTERHOOD COMMITMENTS



HONOR EACH OTHER'S SPIRIT & SOUL

Treat each member with deep respect, empathy, and kindness.



GROWTH MINDSET ALWAYS

Be open to new perspective, feedback, and personal evolution.



BE COACHABLE

Listen as much as you speak, and remain open to guidance.



NO SELF-PROMOTION OR SELLING

Keep this space sacred for growth, not marketing.



EXPRESS, DON'T VENT

Share authentically, but with intention to heal and realign.



HUG AND CONGRATULATE YOURSELF FOR
BEING HERE.

WHY?

YOU'VE DONE SOMETHING THAT YOUR
FUTURE SELF WILL THANK YOU FOR.

Our actions and decisions shape the way we live and the others we
connect with in this physical world.

As we better ourselves, we clear out the old energy
and free ourselves from the inside out--- and
we make the world a better place as a result!



"We cannot change anything
unless we accept it."

CARL JUNG



THE ALIGNED RESET



Your journey begins October 17, 2025



Questions?

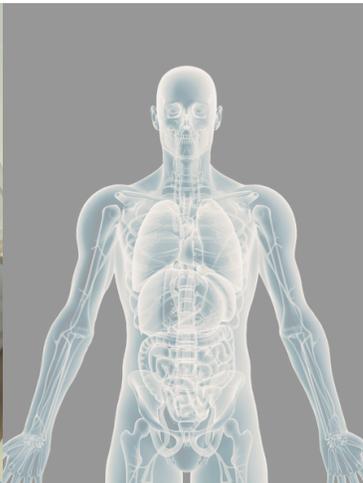
Email us at:

info@TheAlignedReset.com

THANK YOU!



THE ALIGNED RESET



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