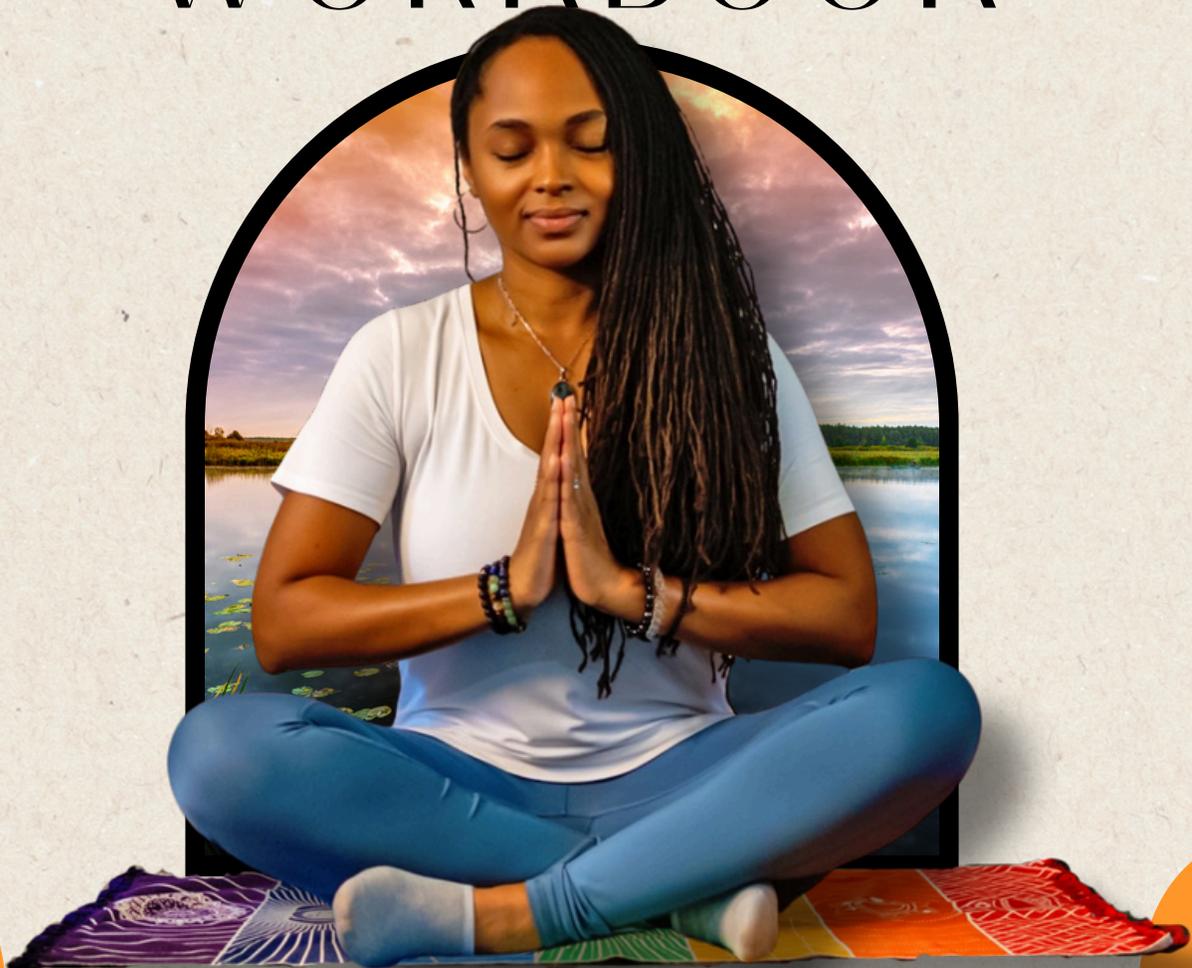




Divine Life Manna

*“5-DAY ENERGY RESET FOR
PROFESSIONAL WOMEN”*

WORKBOOK



FREE WELLNESS GUIDE

Written by Dr. LaToya Major



Divine Life Manna



“5-DAY ENERGY RESET FOR PROFESSIONAL WOMEN”

FREE WELLNESS GUIDE

TABLE OF CONTENTS

- 1. Welcome to Your Energy Reset Page 3
- 2. Meet Dr. LaToya Major Page 4
- 3. How to Use This Workbook Page 5
- 4. Day One: Ground Yourself Page 6
- 5. Day Two: Clear Emotional Clutter Page 7-8
- 6. Day Three: Activate Your Light Page 9
- 7. Day Four: Tune Inward Page 10
- 8. Day Five: Reclaim Your Energy Page 11-12
- 9. Bonus: Morning Ritual Tips for High-Vibe Days Page 13
- 10. Congratulations on finishing the workbook Page 14
- 11. Your Healing Journey is Just Beginning Page 15



WELCOME



Divine Life Manna

“5-DAY ENERGY RESET FOR PROFESSIONAL WOMEN”



Dear Beautiful Soul,

Welcome to a journey of intentional healing, energetic renewal, and sacred self-care. You've just said "yes" to yourself — and that's powerful. Over the next five days, this guide will support you in gently reclaiming your energy, resetting your nervous system, and reconnecting with your divine essence.

Whether you're navigating burnout, emotional heaviness, or simply seeking balance in your daily life, this reset is your sacred pause — your moment to release, realign, and rise.

Let's begin.

*With love & light,
The Divine Life Manna Team*



Divine Life Manna



Meet Your Guide:

REIKI MASTER | SPIRITUAL HEALER | WELLNESS EDUCATOR

DR. LATOYA MAJOR

Hi, I'm Dr. LaToya — a spiritualist and certified Reiki Master passionate about helping women reconnect with their power, peace, and purpose.

My journey began with a personal search for balance and emotional healing. Through Reiki, I discovered a sacred pathway to peace — one I now share with women around the world who are ready to heal from burnout, trauma, and stress, and step into their most radiant, aligned lives.

This 5-day reset is rooted in the same compassionate, powerful energy work that changed my life. I'm honored to walk beside you on this journey.



www.DivineLifeManna.org



info@DivineLifeManna.org



[@DivineLifeManna](https://www.instagram.com/DivineLifeManna)



Divine Life Manna



HOW TO USE THIS WELLNESS GUIDE

This workbook is designed to be simple, sacred, & powerful — no pressure, just presence. Here's how to get the most out of your energy reset:

- Read one page per day for five days. Each day offers you a daily core focus, a healing affirmation, an energy practice, and a reflection prompt.
- Create space: Choose a quiet time each day — morning, lunch break, or before bed.
- Be gentle with yourself. Don't worry about doing everything "perfectly." Healing honors your rhythm.
- Journal your experience in the space provided or in a separate notebook.
- Use the bonus ritual tips to create a supportive morning practice that continues beyond these 5 days.

QUESTIONS?



www.DivineLifeManna.org



info@DivineLifeManna.org



[@DivineLifeManna](https://www.instagram.com/DivineLifeManna)



Divine Life Manna

“5-DAY ENERGY RESET FOR PROFESSIONAL WOMEN” WELLNESS GUIDE

BONUS: Morning Ritual Tips for High-Vibe Days

Consistency doesn't mean doing a 2-hour morning routine — it means choosing intention over autopilot. Here are some sacred, simple morning rituals to keep your energy grounded:

- Lemon water + deep breathing before checking your phone
- Light stretching or 5-minute movement to get energy flowing
- Aromatherapy (try orange or lavender oil)
- Gratitude journaling (3 things you're grateful for)
- Play a “high frequency” playlist while getting dressed. (Check out [Divine Life Manna's Spotify Playlist](#))
- Speak your affirmations aloud in the mirror
- Pull an oracle card or read a quote from your favorite spiritual teacher
- Do one minute of stillness with your hand on your heart and belly

CONCLUSION

Repeat daily to invite clarity, calm,
and creative flow into your day.



www.DivineLifeManna.org



info@DivineLifeManna.org



[@DivineLifeManna](https://www.instagram.com/DivineLifeManna)



Divine Life Manna



CONGRATULATIONS! ON FINISHING THE **WELLNESS GUIDE**

You did it! You created sacred space for yourself — and that's a radical act of self-love in a world that's always pulling your energy in a thousand directions.

Take a moment to honor yourself for showing up. You've reminded your nervous system what it feels like to be safe, still, and supported.

This reset is only the beginning. There is more alignment, more ease, and more joy waiting for you — and I'd be honored to support you as you continue your healing journey.



www.DivineLifeManna.org



info@DivineLifeManna.org



[@DivineLifeManna](https://www.instagram.com/DivineLifeManna)



Divine Life Manna

“5-DAY ENERGY RESET FOR PROFESSIONAL WOMEN”

WELLNESS GUIDE

YOUR HEALING JOURNEY IS JUST BEGINNING...

YOUR NEXT STEP — KEEP THE ENERGY FLOWING

If this reset helped you feel more peaceful, grounded, or clear... imagine what's possible in a full session tailored just for you.

Book your one-on-one Reiki session with me today
[Schedule Now](#)

Let's continue your transformation — with healing, intention, and love.

With Light,
Dr. LaToya Major
Founder, Divine Life Manna



www.DivineLifeManna.org



info@DivineLifeManna.org



FOLLOW US
@DivineLifeManna



STAY CONNECTED ON SOCIAL MEDIA

Join our vibrant community of spiritually aligned women committed to healing, balance, and self-empowerment:

- Follow on Instagram: [@divinelifemanna](#)
- Tag your favorite day of the reset using [#DivineEnergyReset](#)

- Share your rituals, affirmations, or journal reflections — and inspire other women to reclaim their peace too!