

VERONIKA BOGAROVA MATTA

# ✧ Goddess ✧ Reset



Ritual to get back to yourself  
when you need it

# Introduction

Dearest one,

This world teaches you to always be available. For work, for family, for everyone. But if you don't take care of yourself first, you'll have nothing to give. "Goddess Reset" is an invitation to claim time for yourself—even if it's just two or three hours a week. It's not a luxury. It's essential.

When you allow yourself to pause, your body exhales, your nervous system softens, and your feminine energy returns home. In that stillness, clarity is born. And from clarity come good decisions—for you, for your relationship, for your family.

Your reset doesn't need to be grand. It's a cup of tea savored with presence. A slow shower, followed by oiling your skin as if it were the most precious fabric. A ten-minute walk without your phone. Three deep breaths at an open window. Romanticize whenever you can—not because life must be perfect, but because you choose to see beauty in the ordinary.

This program will guide you through simple rituals that fit into real life:

- filling yourself first (sleep, warmth, nourishment, touch, movement),
- then giving to others out of love—not out of habit, not out of guilt,
- creating small islands of joy during the day (a candle at dinner, clean table setting, a flower in a vase, an uncluttered nightstand),
- slowing down so your presence is felt—in the room, in your body.

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# ✦ Introduction ✦

We begin small—just a few hours that belong to you. From there, it becomes a weekly ritual, then a way of life. And from that way of life, a woman emerges who wakes up in the morning knowing: I am at home in my body, in my day, in my world.

Come. Press pause. Return to yourself. And allow yourself to live beautifully—right now, with exactly what you have.

Love,  
Veronika

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# 1. Preparing the space

Imagine stepping into your own temple for a few hours.

It's not about a luxury wellness hotel (although that's a beautiful gift to yourself too). It's about the space you create – right where you are.

- Tidy up a small corner. It doesn't have to be the whole house – just a table, a nightstand, or your bathroom.
- Light a candle or diffuser. Scent is the fastest way to shift your mood.
- Put away your phone. Truly. Switch to airplane mode and give yourself freedom.
- Music. Choose a playlist that brings you softness or joy.

This is how you prepare the place where you become the center of your own world.



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## 2. Ways to Reset

### Reset through the body

Your body is your first home. When it feels heavy or tired, your whole being is out of tune.

- Bath or shower. Imagine every drop of water washing away the heaviness. Whisper to yourself: “Everything I no longer need flows away.”
- Gentle peeling. Removing the old layer – also a symbol for your energy.
- Body oiling. Massage oil or butter into your skin with love. Your skin will glow – and so will you.
- Movement. It doesn’t have to be exercise. Try gentle yoga poses, or put on music and dance. Freely, without goals.

Tip: Allowing your body to move without control awakens your feminine energy.



### Reset through beauty

Beauty is energy flowing from the inside out – but sometimes we need to awaken it from the outside too.

- Skin. Apply a face mask, give yourself a gentle massage. Imagine your radiance opening up.
- Hair. Wash it, add a mask, blow it out. Hair is a woman’s crown – it deserves care.
- Make-up. It doesn’t need to be bold.

A lip gloss, a touch of blush, or whatever makes you feel: “I am beautiful.”

Tip: Beauty isn’t for others. It’s a ritual for you.

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## Reset through nourishment

What you put into your body instantly shifts your energy.

- Drink. Turn a simple lemon water or a cup of tea into a ritual. Inhale the scent, watch the steam.
- Food. Prepare something light and beautiful – a fruit bowl, a smoothie, or a gentle congee with fruit.
- Hydration. Sip water throughout the day. Imagine each sip lighting up your cells.

Tip: Eat slowly, as if it were sacred.

## Reset through the soul

Without inner connection, no reset is complete.

- Journaling. Answer three questions:
  1. What do I feel right now?
  2. What do I really need?
  3. What is one small thing I can do for myself today?
- Meditation. Close your eyes, place your hand on your heart, and breathe. Imagine soft light radiating from within you. That's you – the goddess.
- Gratitude. Write down three things you're grateful for today. Even if it's just the smell of coffee or a warm blanket.

Tip: These small moments create miracles.

## Reset through energy & space

Your environment reflects your mind.

- Air out the room. Let fresh air in.
- Tidy one small spot – a shelf, a table. Inner order mirrors outer order.
- Dress up. Put on something that makes you feel radiant. It doesn't have to be new or expensive – only "you."

Tip: If you feel pretty even in pajamas, your whole energy shifts.



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# 3. Ideas for Reset Scenarios Throughout the Day

## 1. Morning Reset (10–15 minutes)

- Instead of immediately grabbing your phone, make yourself warm water with lemon or tea,
- Take 3 deep breaths at the window and look at the sky,
- Do a short stretch or gentle yoga,
- Light a candle before leaving the house.

## 2. Work Reset (5–10 minutes)

- Close your laptop, shut your eyes for a moment, and take 10 deep breaths,
- Go for a short walk without your phone—at least 5 minutes around the building,
- Enjoy a glass of water with lemon or electrolytes,
- Do a quick “mindset reset”—write down 3 things you’re grateful for.

## 3. Reset on the Way Home (15 minutes)

- Instead of music or a podcast, allow silence so your mind can clear,
- Observe the details around you—trees, buildings, people’s faces,
- If possible, get off one stop earlier and walk the rest of the way.

## 4. Mini Reset During the Day (2–3 minutes)

- Place your hands on your heart and close your eyes for a moment,
- Make yourself tea/coffee and drink it slowly, in silence,
- Rinse your face with cold water and notice the sensation.

## 5. Evening Reset (20–30 minutes)

- Take a warm shower or a bath with salts,
- Apply body oil or lotion with mindful touch,
- Journal: write down 3 thoughts or feelings you want to release,
- Light a candle at dinner, without your phone, maybe with soft music.

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# 4. Ready-made Scenarios for 2-4 hours

## Resets at home

### After work reset

1. A long shower or bath.
2. Clothes that feel soft and free.
3. A light dinner – a bowl of vegetables, fruit, or soup.
4. 20 minutes of journaling.
5. Music and dance, even if just to one song.

### Before a date reset

1. Face mask and hair care.
2. Choose an outfit that sparks your confidence.
3. Gentle make-up.
4. Before leaving, sit for 3 minutes and whisper to yourself:  
“I am worthy of love. I am beautiful. I am magnetic.”

### During your period reset

1. Warm bath with Himalayan salt.
2. Tea with lemon balm, chamomile, or mint.
3. Wrapped in a blanket with a book or journal.
4. Journal prompt: “What is my body telling me right now?”
5. Short meditation – breathing into your lower belly.



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# Outdoors

## Morning reset with sauna

- Wake up early, before the city stirs.
- Dress simply, take water, and walk to the sauna.
- On the way, notice the streets, the trees, the morning air.  
Every step is part of the reset.
- In the sauna, surrender to the heat. Imagine everything unnecessary leaving your body.
- After, drink water, breathe deeply, and walk home.
- Have a light breakfast and feel like you've already had a mini wellness retreat.

## Reset in nature

- Choose a park, forest, or beach – wherever you feel grounded.
- Walk, leave your phone behind.
- Sit on a bench or on the ground, close your eyes, and listen – birds, wind, rustling leaves.
- Take 10 deep breaths.
- If you wish, jot down thoughts in a small notebook.

## Reset in a café

- Pick a café where you feel cozy.
- Order something light – coffee, matcha, or tea.
- Sit alone, put away your phone, and simply observe people and atmosphere.
- Open your journal and write: “What would I do if today were the best day of my life?”
- Even 30 minutes of mindful presence can shift your entire energy.



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### Reset by the water

- If you have access to the sea, a lake, or a river – go there.
  - Walk along the water, touch it, feel its coolness.
  - Inhale – exhale. Imagine the water carrying away all heaviness.
  - Sit by the shore and simply be. No plans, no duties.

### City walk reset

- Explore a part of the city you don't usually visit.
- Notice the details – architecture, shop windows, people.
- Stop at a small shop, buy yourself flowers or a book.
  - Feel like a tourist in your own city.



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# Conclusion

The greatest illusion women often fall into is this: “First I’ll take care of everything and everyone, and only then will I come last.” But the truth is exactly the opposite.

When you are full, the whole world benefits from you.  
When you are empty, everyone pays the price.

Your reset is therefore not selfish. It’s a life strategy. Like the oxygen mask on an airplane—first for yourself, then for others.

And here’s a thought that can change your game:  
✦ Your value doesn’t grow from how much you do, but from how much energy you bring into each and every moment.



Reset is the point where energy is reborn. From that moment on, you are no longer just a woman getting by. You are a woman who creates atmosphere, sets the tone, leads.

That is the power of the goddess.  
And she is already within you.

With love,  
Veronika

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