

THE RECONNECTION METHOD™

The 3-Day Reconnect Reset

A Free Guide to Coming Back Home to Yourself

By Kara Blunt

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A Note Before You Begin

Dear friend,

If you downloaded this, some part of you already knows: you've been running on empty for a while. Not in crisis. Not falling apart. Just... distant from yourself. Showing up for everyone and everything except the woman doing all the showing up.

This isn't a fix-it program. You are not broken. You are simply disconnected — and disconnection doesn't get solved by doing more. It gets solved by coming home.

Over the next three days, we're going to practice three small but powerful shifts: Awareness, Regulation, and Clarity. Fifteen minutes a day. No perfection required — just honesty.

This is a taste of The Reconnection Method™, the coaching framework I built for women exactly like you. If it resonates, there's more waiting for you at the end. But for now — just be here. Just begin.

With fierce belief in you,

Kara



How To Use This Guide

Each day has three parts:

1. A short teaching to read first thing, or on a break.
2. A simple practice (5–10 minutes) — a ritual, a nervous-system tool, or a reflection.
3. Journal prompts to write your honest answers. No editing, no filtering.

Do this in order. Don't rush it. If you only have one day this week — that's still a beginning.

Day 1: Awareness

"Seeing Yourself Clearly"

The Teaching

Success can be the most sophisticated mask you'll ever wear. When your life looks impressive from the outside, it's easy to dismiss the quiet ache inside as ingratitude. "I should be happy — look at everything I have." But fulfillment and achievement are not the same thing. You can build an extraordinary life and still feel like a stranger inside it.

Today, your only job is to notice. Not fix. Not judge. Just notice.

The Practice: The Reconnection Ritual (5 minutes)

Find a quiet spot. Set a timer for 5 minutes.

1. Sit still and take 5 slow breaths — in for 4 counts, out for 6.
2. Ask yourself out loud: "How do I actually feel right now?" Not the polite answer. The true one.
3. Let one word surface. Just one. Write it down.
4. Place a hand on your chest and say: "I see you. I'm paying attention now."

Journal Prompts

When was the last time I felt truly like myself? What was I doing?

Where in my life am I performing instead of living?

What am I afraid I'll discover if I slow down long enough to look?

Day 2: Regulation

"Calming the System Before Changing the Story"

The Teaching

You cannot think your way out of a dysregulated nervous system. When you're in survival mode — wired, reactive, exhausted — clarity isn't possible. It's not a mindset problem. It's a body problem first.

Regulation isn't indulgent. It's the foundation everything else is built on. Today we calm the system so tomorrow's clarity has somewhere to land.

The Practice: Nervous System Reset (5–7 minutes)

1. Physiological sigh: two quick inhales through the nose, one long exhale through the mouth. Repeat 5 times.
2. Orienting: slowly look around the room and name 5 things you can see. This tells your body it's safe.
3. Hand on heart, hand on belly. Breathe into both for 1 minute.
4. Ask: "What does my body need right now — not my to-do list, my body?" Give it that thing, even for 2 minutes.

Journal Prompts

What does overwhelm feel like in my body? Where do I hold it?

What's one thing on my plate right now that isn't actually mine to carry?

If my body could talk, what would it tell me to stop doing?

Day 3: Clarity

"Choosing Your Next Right Step"

The Teaching

You don't need a five-year plan today. You need one true, aligned next step. Clarity isn't a lightning bolt — it's a compass. And once your body is calmer and your awareness is sharper, the compass gets a lot easier to read.

The Practice: The Clarity Compass (10 minutes)

Draw two columns on a page: "Aligned" and "Draining."

1. List 5 things that took up your time this week.
2. Sort each into a column — be honest, not diplomatic.
3. Circle the one "Aligned" item you want more of.
4. Circle the one "Draining" item you're ready to release, delegate, or renegotiate.
5. Write one sentence: "This week, my next right step is _____."

Journal Prompts

What's aligned in my life right now — where do I feel most like myself?

What's draining me that I've been afraid to name?

What is one small, true next step I can take this week?

What Now?

You just gave yourself three days of your own attention. That's not small — that's the beginning of everything.

If this resonated, this is just a taste of The Reconnection Method™ — the full coaching framework built on four pillars: Awareness, Regulation, Identity, and Alignment. It's not mindset coaching. It's identity restoration.

Whenever you're ready, you can explore 1:1 coaching, group coaching, or a hybrid of both.



With fierce belief in you,

Kara Blunt

Founder, Kara Blunt Development Group