



BONUS #3

The 90-Day EDGE Reset™ Quick Start Action Plan

Your One-Page Roadmap for Turning Everything You've Learned into Daily Action

DON'T TRY TO CHANGE EVERYTHING TODAY.

Your goal over the next 90 days is simple:

Observe → Reduce → Protect → Stay Consistent → Evaluate

Keep coming back to this page whenever you feel tempted to overcomplicate your routine.

PHASE 1

Days 1–30 — SIMPLIFY

- Complete your Edge Stress Audit.
- Take your baseline photos.
- Identify your biggest three Edge Loads.
- Remove one unnecessary habit.
- Stop adding random products.
- Begin following your Edge Defence Rules.



The 90-DAY EDGE RESET™

YOUR ROADMAP TO HEALTHIER EDGES

01
DAYS
1-30



EXIT THE LOAD

Identify repeated stress patterns.



02
DAYS
31-60



DEFEND THE EDGE ZONE

Build gentler daily habits.



03
DAYS
61-90



GIVE IT RECOVERY TIME

Stay consistent.



04
DAYS
91+



EVALUATE THE SIGNALS

Review your routine and decide what comes next.



Small, intentional steps. Consistent action.

Stronger edges.

PHASE 2

Days 31–60 — STAY CONSISTENT

- Resist changing products without a clear reason.
- Touch and restyle your edges less.
- Continue planned progress photos.
- Record meaningful observations.
- Stick to one routine.

PHASE 3

Days 61–90 — EVALUATE

- Compare Day 1 and Day 90 photos.
- Review your journal.
- Identify what changed.
- Decide whether to Continue, Adjust, Simplify or Seek Professional Advice.

The ONE-CHANGE RULE™

ONE CHANGE. ONE REASON. REAL INFORMATION.

CHAOS

Too many changes.
No clear answers.



- ✗ New Oil
- ✗ New Serum
- ✗ New Routine
- ✗ New Style
- ✗ Check Every Day

What Actually Changed?
You don't know.



CLARITY

One change.
Clear information.



- ✓ One Change
- ✓ Record the Date
- ✓ Stay Consistent
- ✓ Observe
- ✓ Review

Better Information
You know what works.



Change With A *Reason*.
Track With A *Date*.



CONSISTENCY CREATES CLARITY. CLARITY CREATES RESULTS.

MY PERSONAL COMMITMENT

For the next 90 days I will:

- ☐ Follow one clear routine.
- ☐ Reduce unnecessary Edge Load.
- ☐ Track instead of guessing.
- ☐ Make changes for a reason—not because I feel impatient.
- ☐ Seek professional advice if I notice concerning signs.

My
**EDGE RESET™
PROMISE**

*I commit to showing up for my edges with
intention, patience, and consistency.*

☐

FOLLOW ONE CLEAR ROUTINE.

I will stick to one routine at a time to give
my edges the stability they need.

☐

REDUCE UNNECESSARY EDGE LOAD.

I will choose styles and habits that
protect my edges, not stress them.

☐

TRACK INSTEAD OF GUESSING.

I will observe, record, and look for patterns
instead of relying on assumptions.

☐

**MAKE CHANGES FOR A REASON—
NOT BECAUSE I FEEL IMPATIENT.**

I will be intentional and give my routine
time to work.

☐

**SEEK PROFESSIONAL ADVICE
IF I NOTICE CONCERNING SIGNS.**

My health comes first. I will not ignore
anything that feels or looks wrong.



Name: _____



Start Date: _____



Review Date: _____



Signature: _____



Clarity Comes From Consistency.

