



THE AMI BOOTH

NERVOUS SYSTEM RESET GUIDE

Surviving to Thriving

Healing is Leadership

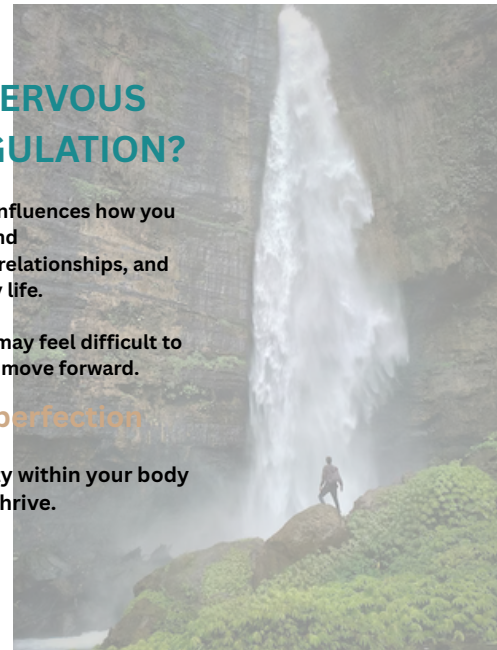
WHAT IS NERVOUS SYSTEM REGULATION?

Your nervous system influences how you respond to stress, challenges, relationships, and everyday life.

When overwhelmed, it may feel difficult to rest, focus, heal, or move forward.

The goal isn't perfection

The goal is creating safety within your body so you can thrive.



SIGNS YOU MAY BE STUCK IN SURVIVAL MODE

- ✔ Constant exhaustion
- ✔ Anxious Thoughts
- ✔ Overthinking
- ✔ Trouble sleeping
- ✔ Feeling disconnected
- ✔ Irritability
- ✔ Always feeling "on"
- ✔ Difficulty relaxing

“You cannot thrive while constantly preparing for danger.”

- Ami Booth

MY DAILY NERVOUS SYSTEM PRACTICES



Faith

Prayer and scripture create peace beyond my circumstances



Movement

Daily walks, stretching, and intentional movement support my well-being



Nature

Sunlight, fresh air and grounding practices calm my mind and body.



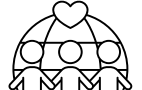
Breathwork

Slow, intentional breathing signals safety to your nervous system



Boundaries

Protecting your peace means saying NO to what drains you.



Community

Healing happens faster when we stop carrying everything alone.

THE SURVIVING TO THRIVING SHIFT

SURVIVING

- FEAR
- URGENCY
- OVERTHINKING
- PEOPLE PLEASING
- BURNOUT
- CONTROL



THRIVING

- FAITH
- PEACE
- PRESENCE
- BOUNDARIES
- PURPOSE
- TRUST

MY DAILY RESET CHECKLIST

- Morning Prayer
- Gratitude
- Hydration
- Walk Outside
- Deep Breathing
- Time in Nature
- Reflection
- Rest

You can move from surviving to thriving
One choice at a time

HEALING IS LEADERSHIP

The more regulated we become the more effectively we can lead our families, businesses, communities, and lives

The Surviving to Thriving™ Path

- 🧠 Regulate Your Nervous System
- 🌟 Rebuild Your Identity
- 🙏 Renew Your Mind
- 👑 Lead From Wholeness