

# The 7-Day Frequency Reset

## Landing Page Copy

URL: [www.semisprieto.com/7-day-reset](http://www.semisprieto.com/7-day-reset)

**Design Direction:** Premium author brand, dark luxury, black/dark navy background, gold accents, elegant typography, clean spacing, strong readability, mobile-first layout, and conversion-focused lead capture.

### HERO SECTION

<b>Eyebrow Text</b>	FREE GUIDE
<b>Main Headline</b>	The 7-Day Frequency Reset
<b>Subheadline</b>	Break the pattern. Reset your inner state. Begin choosing differently.
<b>Supporting Text</b>	If you feel stuck repeating the same emotional, financial, relational, or personal patterns, this free guide will help you begin recognizing what keeps pulling you back — and how to interrupt the cycle with more awareness.
<b>CTA Button</b>	Download the Free Guide
<b>Small Text Under Button</b>	Free PDF guide by Semmis Prieto, author of The Key.

### PROBLEM / PROMISE SECTION

<b>Headline</b>	What if the pattern is not your identity?
<b>Body Copy</b>	<p>You try to change.</p> <p>You start over.</p> <p>You promise yourself this time will be different.</p> <p>But somehow, you return to the same emotional place, the same financial stress, the same relationship pattern, or the same version of yourself you were trying to leave behind.</p> <p>Maybe the problem is not who you are.</p> <p>Maybe it is a pattern your mind, body, and emotions learned to repeat.</p> <p>The 7-Day Frequency Reset was created to help</p>

	you pause, observe the cycle, and begin choosing differently — one day at a time.
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## WHAT YOU WILL LEARN SECTION

<b>Headline</b>	Inside the free guide, you will learn how to:
<b>Bullet Points</b>	<ul style="list-style-type: none"><li>• Identify one repeated pattern that may be affecting your life</li><li>• Recognize the emotional state connected to that cycle</li><li>• Understand why familiar patterns can feel difficult to break</li><li>• Interrupt an automatic response before it repeats</li><li>• Create a simple daily reset practice</li><li>• Reflect on your thoughts, emotions, and choices with more awareness</li><li>• Begin shifting your inner state one decision at a time</li></ul>

## WHO THIS IS FOR SECTION

<b>Headline</b>	This guide is for you if:
<b>Bullet Points</b>	<ul style="list-style-type: none"><li>• You keep repeating emotional, financial, relational, or personal patterns</li><li>• You feel like you have tried to change but keep returning to the same place</li><li>• You want to understand why certain patterns feel so familiar</li><li>• You are interested in consciousness, frequency, self-awareness, and personal transformation</li><li>• You want a simple first step before deeper inner work</li><li>• You are ready to stop blaming yourself and start observing the pattern</li></ul>

## FORM SECTION

<b>Headline</b>	Download The 7-Day Frequency Reset
<b>Subheadline</b>	Enter your name and email below to receive the free guide.

<b>Form Fields</b>	First Name Email Address
<b>CTA Button</b>	Download the Free Guide
<b>Privacy Text</b>	No spam. You will receive the guide and occasional updates from Semmis Prieto about The Key, personal transformation, and related resources. You can unsubscribe at any time.

## SHORT AUTHOR SECTION

<b>Headline</b>	Created by Semmis Prieto, author of The Key
<b>Body Copy</b>	<p>Semmis Prieto is the author of The Key and a personal transformation mentor. His work was born from his own journey of breaking cycles in money, relationships, identity, and self-worth — and the discovery that many patterns are not destiny. They are programming.</p> <p>Through his writing, Semmis helps readers recognize the emotional and internal patterns that may be shaping their lives and begin choosing differently with more awareness, intention, and inner clarity.</p>

## FAQ SECTION

<b>Question 1</b>	What is The 7-Day Frequency Reset?
<b>Answer</b>	It is a free PDF guide designed to help you identify one repeated pattern in your life, observe the emotional state behind it, and begin interrupting the cycle with more awareness.
<b>Question 2</b>	What do you mean by “frequency”?
<b>Answer</b>	In this guide, “frequency” refers to your recurring inner state — the emotional, mental, and energetic pattern you return to most often. It is a practical way to describe the state from which you think, react, choose, and experience life.
<b>Question 3</b>	Is this based on science?
<b>Answer</b>	Some concepts in this guide connect with ideas discussed in neuroscience, psychology, emotional patterns, and mindset research. The guide itself is not presented as clinical or scientific treatment — it is a practical tool for self-awareness, reflection, and

	personal transformation.
<b>Question 4</b>	Is this a replacement for therapy or professional help?
<b>Answer</b>	No. This guide is for personal reflection and self-awareness. It is not a replacement for therapy, medical care, psychological treatment, financial advice, or any form of professional support.
<b>Question 5</b>	Can I share this guide with someone else?
<b>Answer</b>	Yes. The guide is free, and you are welcome to share the landing page with anyone who may benefit from it. Please share the official page so they can download their own copy.
<b>Question 6</b>	How long does it take?
<b>Answer</b>	The guide is designed to be used over 7 days. Each day includes a short reflection or exercise to help you observe one pattern and begin shifting your response to it.

## FINAL CTA SECTION

<b>Headline</b>	A cycle you can name is a cycle you can begin to interrupt.
<b>Body Copy</b>	<p>You do not need to change your entire life today.</p> <p>Start with one pattern.</p> <p>One moment of awareness.</p> <p>One different choice.</p> <p>That is where the key begins to turn.</p>
<b>CTA Button</b>	Download the Free Guide

## DISCLAIMER

<b>Disclaimer Text</b>	This guide is for educational and personal reflection purposes only. It is not medical, psychological, financial, legal, or therapeutic advice and is not a substitute for professional support.
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