

7-Day Life Reset Workbook

How to use this workbook

Use one page per day. Write for ten minutes. Choose one action small enough to

complete in real life.

Today I am in a season of...

The one thing I can make easier this week is...

7-Day Life Reset Workbook

Day 1: Name the season

Do not solve everything first. Give the chapter an honest name.
What am I calling confusion that might actually be grief, fear, boredom, relief, or readiness?

Day 2: Find the energy leak

What keeps costing me energy after I already know the truth about it?

7-Day Life Reset Workbook

Day 3: Clear one small thing

What would make my life one percent easier before bedtime?

Day 4: Choose a boundary

Where do I keep using over-explaining as a substitute for a limit?

7-Day Life Reset Workbook

Day 5: Rebuild one promise

What small promise would help me believe my own word again?

Day 6 and 7: Ask, then design

What support am I allowed to ask for, and what belongs in the next seven days?