

Welcome to your Reset.

This journal is your space - guilt-free, pressure-free, and designed to help you gently build momentum. Each day includes a brief prompt, reflection questions, and room to track your insights and progress.

Daily Reset: Day __

MINDSET CHECK:

*What is your headspace today?
Notice your energy, emotions,
and any resistance.*

PROMPT OF THE DAY:

REFLECTION:

*What made today feel
easier or harder?
Did I notice any patterns?
How did I respond to my own
procrastination?*

MICRO-ACTION:

COMPASSION CORNER:

*What can I offer myself today -
patience, forgiveness, humor?*