

# LIFE RESET

START A NEW CHAPTER

*A workbook designed to help you  
review and reset your life*

# **Your Journey**

Your life doesn't have to remain on the same trajectory that it is today. It is within your power to press reset. But before you do that take the time to see how far you have come and honor where you have been.

# FEELING PROUD

Most of us feel like we never accomplish enough because we are extremely critical of ourselves. This makes us feel discouraged and defeated and that's why it's so important to pay attention to our wins. What have you done in life that you are super proud of? Think of professional, but also personal achievements. How have these achievements impacted your life? How did you celebrate each one? If you haven't celebrated them yet, choose a way to do it now. Make sure you enjoy, appreciate, and feel gratitude for each win. Feeling proud of ourselves motivates us and influences the way we look at life.

I AM PROUD OF	THE IMPACT IN MY LIFE	CELEBRATION

# LIFE CHANGING WISDOM

Realize how much you have learned and evolved as a person and avoid repeating old mistakes. What life lessons have you learned so far? List the 3 most game-changing lessons you have learned in life and why they are important to you. One of the best ways to identify them is to look at your moments of struggle. There is a lot of wisdom behind those moments. And since our soul's purpose is to evolve, it makes perfect sense to look back and identify those learnings.

I LEARNED THAT	IT'S IMPORTANT BECAUSE

# MAJOR CHANGES

Have you made major changes in any area of your life in the past 10 years? What was more important and why? When we understand what made the biggest difference to our quality of life, we can make wiser decisions about how to live the next few years. It gives us a sense of direction. And having a sense of direction helps us tremendously to maintain mental resilience during difficult times.

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# Starting Point

Reassess where you are and find the direction you want to go. Identify what you want and don't want to take with you to the next chapter and prepare yourself for a new beginning.

# WHERE ARE YOU AT

Think about the last 12 months. How do you feel about them in general? What was your biggest achievement in that period of time and how did you celebrate it? What about your biggest challenge of the past 12 months? What was it, why was it a challenge for you and what did you learn?

HOW DO YOU FEEL IN GENERAL

THE BIGGEST ACHIEVEMENT

THE BIGGEST CHALLENGE

# REFRESH

In what areas of your life do you feel you need a refresh? Is there anything that is not working for you? Do you wish you could change your job, city, or other circumstances of your life? Do you feel that you are playing small? What's missing in each area? We are not here to settle for less. Identify what is missing in your life, so that you can make the best possible plan for the new chapter to come.

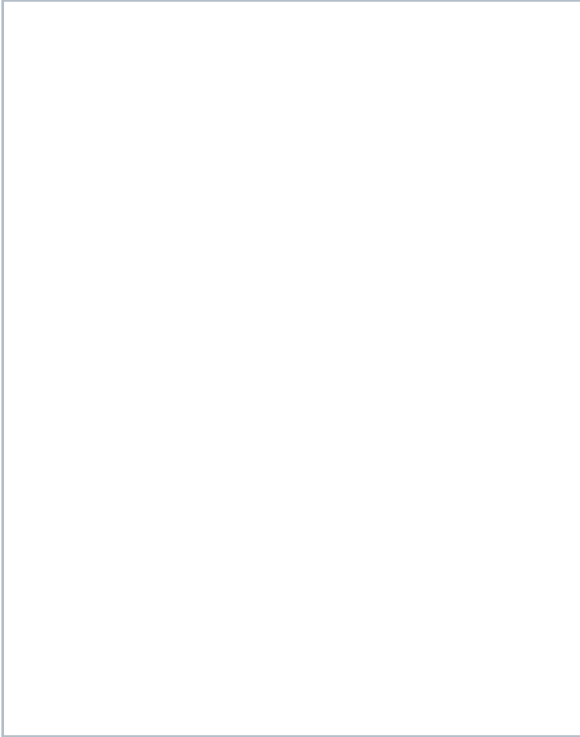
NEEDS A REFRESH	WHAT IS MISSING



# RELEASE

Write down all the things you want to release before entering this new chapter of your life. What old projects and goals no longer make sense to you? Do you have any unresolved emotions due to trauma, grief or a conflict with someone else? Examples of these emotions are anger, fear, resentment and guilt. What stories have you been telling yourself that limit you? It's totally normal if you don't know how to get rid of some of these things. The first step is to want to release. Underline the most important to get started and work one at a time.

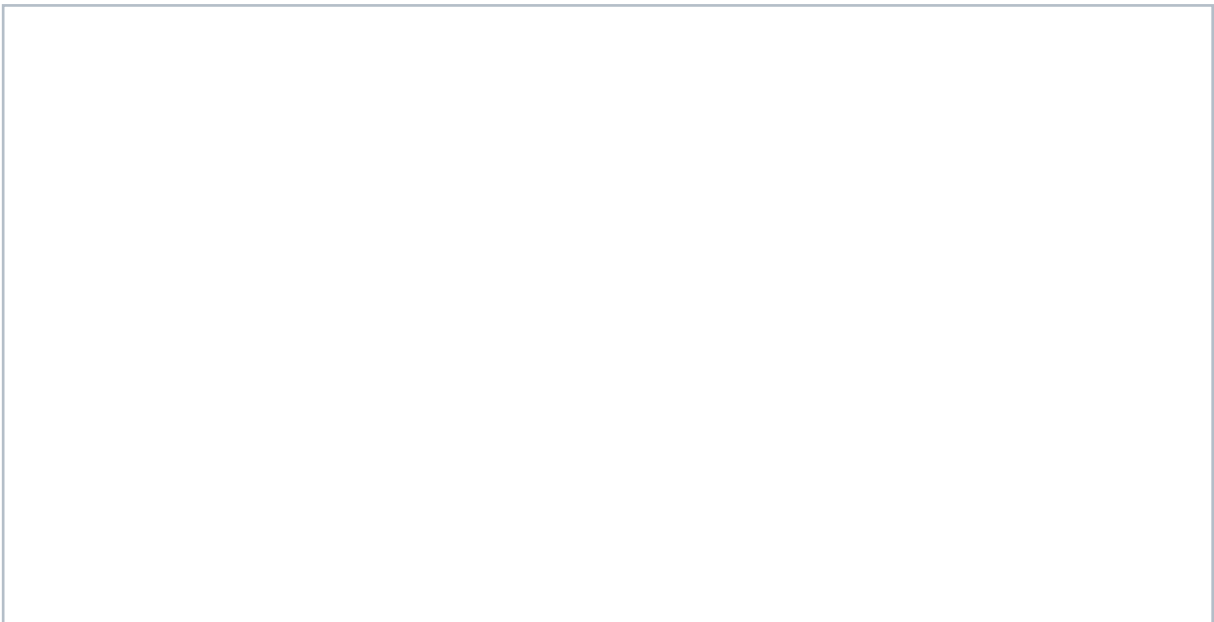
OLD PROJECTS AND GOALS



UNRESOLVED EMOTIONS



SELF-LIMITING STORIES AND BELIEFS



# MORE OF THIS

Pay attention to what brings you joy, even the smallest things, and you will appreciate your life even more. Besides that, being aware of your moments of happiness will help you to intentionally fill the next chapters of your life with more of those moments. So, what were your happiest moments of the last 12 months? Write them in the grid below and look for your happiness patterns.


MY HAPPINESS PATTERNS

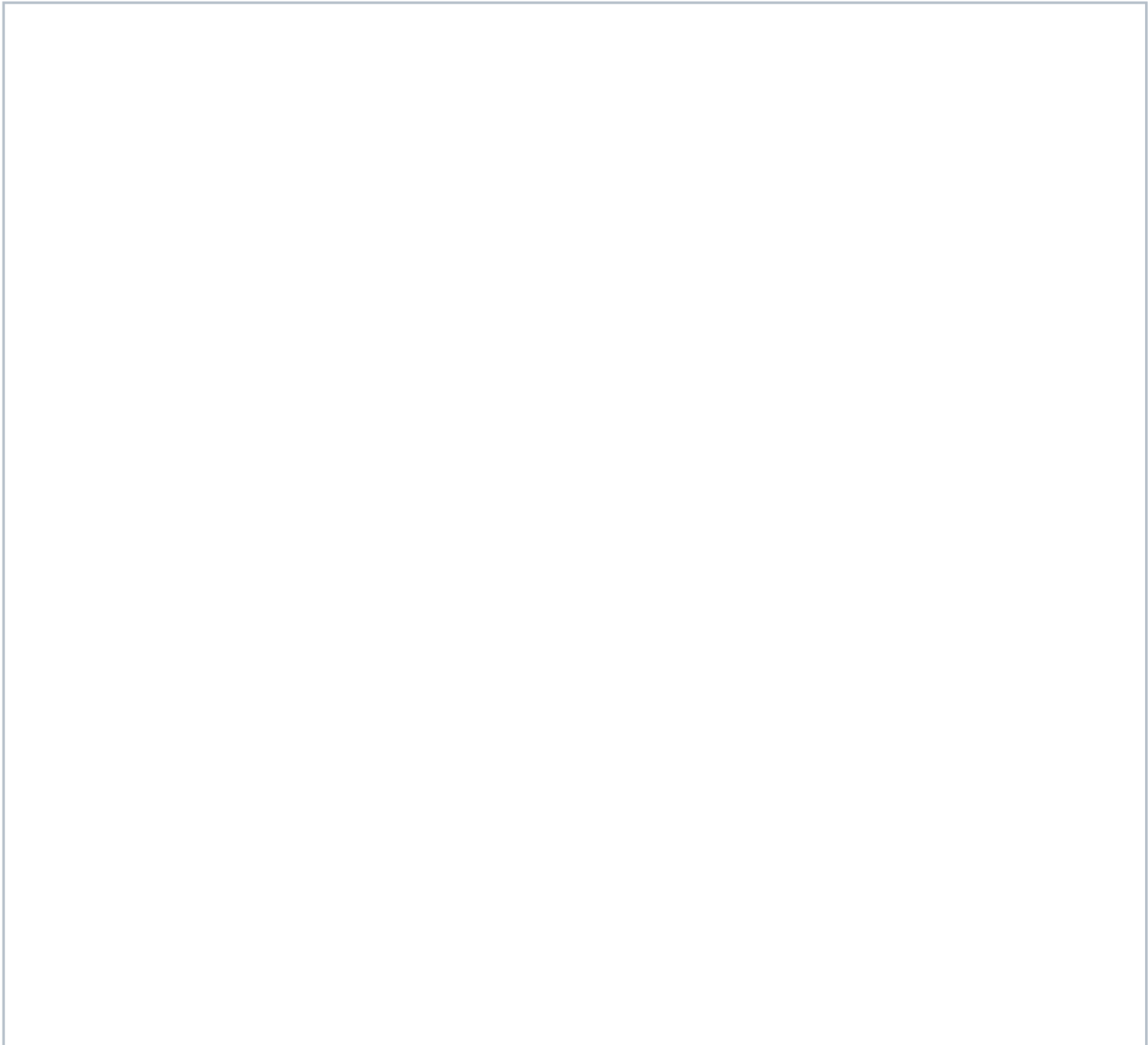
# **New chapter**

Press reset and start a new chapter. Set your compass based on your ideal vision for the future, define your priorities and give the first step.

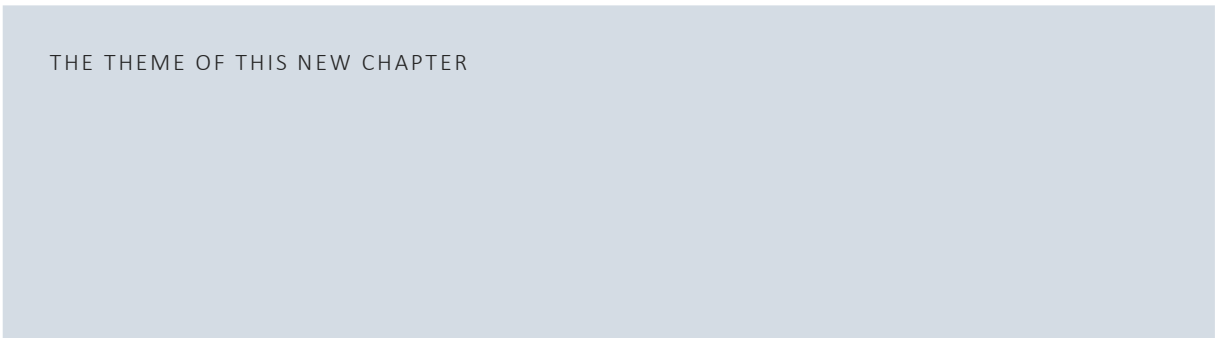
# IMAGINE

Lean into the future 5 years from now and imagine what your ideal life looks like. Start with the feeling. How do you want to feel in each area of your life? This is where you write down all the things that you would love to experience. Be as specific as possible and do not underestimate what you can achieve. Let yourself dream. Then, choose a theme that symbolizes this new chapter of your life. You can even create a vision board with images that represent this vision and keep it as a daily visual reminder of your dreams and goals.

I IMAGINE MYSELF...

A large, empty rectangular box with a thin grey border, intended for the user to write or draw their vision for the next 5 years.

THE THEME OF THIS NEW CHAPTER

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# SET YOUR COMPASS

Based on your vision for the next 5 years write down the dreams and goals that you want to achieve in each area. We tend to get lost when a goal is not specific, and we don't have the power to achieve a goal that is beyond our control. So, make sure your goals are specific and within your sphere of control. These big picture goals are essentially your compass in life.

HEALTH, WELLNESS AND SELF-CARE

PERSONAL GROWTH

CAREER AND MONEY

RELATIONSHIPS

HOME

OTHER

# DEFINE PRIORITIES

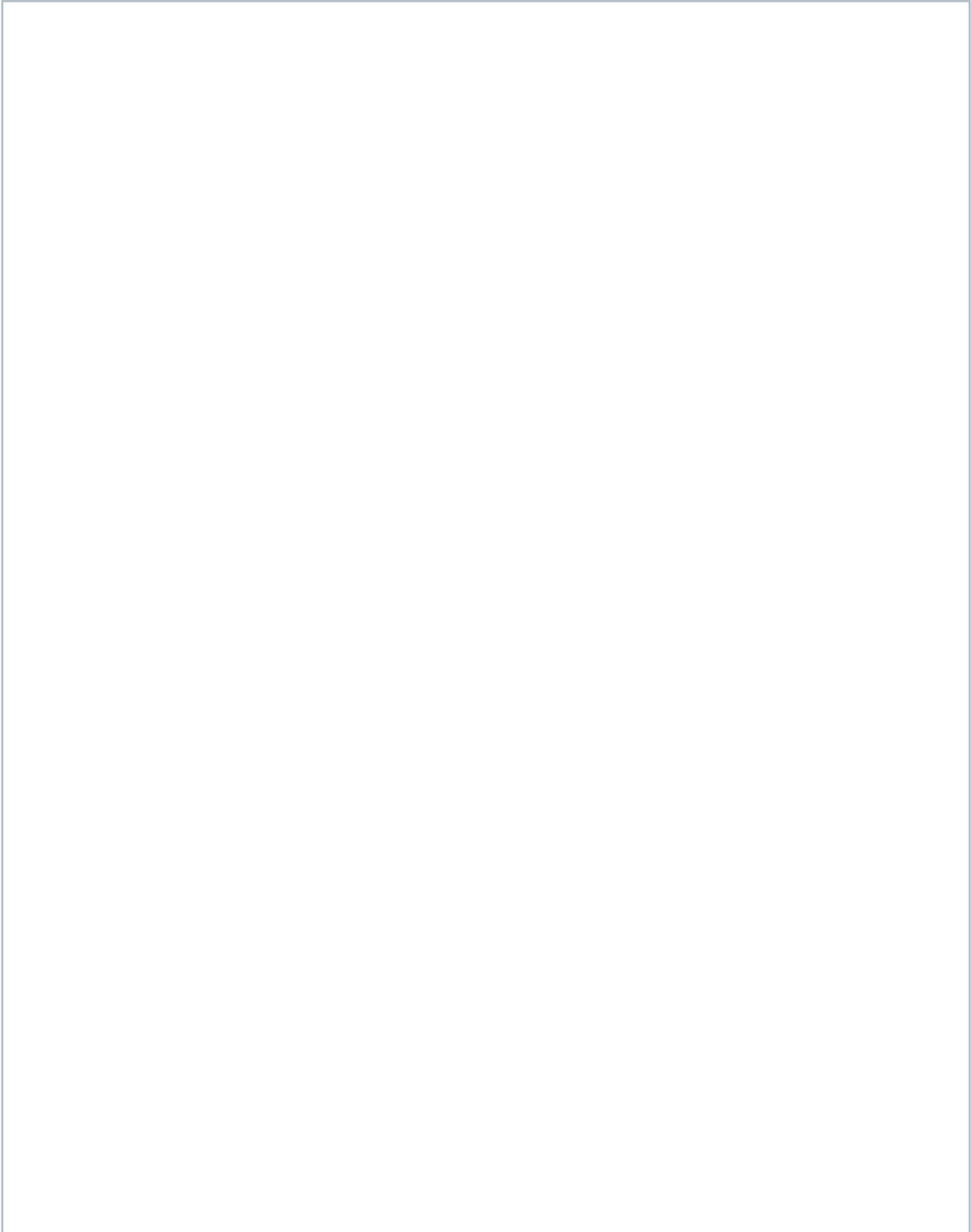
Now that you have a list of all your long-term goals, it's time to decide where to start. Choose your top 5 most important goals for the next 12 months and explain why they are important and who you need to become in order to bring each of them to life. Then, put them into your calendar but remember that this list doesn't need to be solid. You can change it throughout the year. Life happens and it's totally normal if after a while a specific goal is not the main priority at the moment, or it doesn't make sense to you anymore.

GOAL	WHY	WHO I NEED TO BECOME

# THANK YOURSELF

Write a letter to yourself as if a year has passed since you pressed reset. Act as if it has already happened and let your hand move on the page. Write about how proud you are for everything you have achieved in the last 12 months and how close you are to living the life of your dreams. Thank yourself for making this possible.

A YEAR HAS PASSED AND I AM SO PROUD...

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# IF YOU FALL OFF TRACK

We all fall off track sometimes. What matters is not that we've fallen off but that we get back on. Here are some tips to help you get back on track in case you need it.

1

## **FORGIVE YOURSELF**

Be gentle with yourself when you fall off track. Forgive yourself and try again. Give yourself love in this process. Be your own best friend instead of your worst critic.

2

## **REVIEW YOUR WHY**

If you forget why you started or if your why is not strong enough to give you the energy and the passion to keep going, it is likely that you fall off track. In those situations, remind yourself of the why behind each goal.

3

## **CHOOSE DEVOTION**

Choose devotion over discipline. Devotion is not a rigid energy, as discipline is. Devote your time so that you can create the life of your dreams, instead of trying to discipline yourself to make it happen. Can you feel the difference?

4

## **SIMPLIFY**

Too often we are over ambitious, and we try to do a lot of things at once. It's better to go slow and do one thing at a time instead of doing everything at once and then give up because we can't handle it. If you feel overwhelmed, focus on your top priority at the moment to simplify the process.

5

## **MAKE IT FUN**

You're only going to keep up with your goals if they bring you joy or satisfaction. If the goal or activity naturally brings you joy, great! But if not and is something that you really need to do, find a way to make it fun. You can, for example, listen to your favorite playlist while doing this activity to make it more fun.

6

## **EMBRACE IMPERFECTION**

Life is imperfect, so just embrace that imperfection knowing that it will happen. It's normal to be thrown off track. Accept that it's part of the process and try again.