

FIRST QUARTER RESET | LOW-PRESSURE REALIGNMENT

This guided reset is designed to help you process disappointment honestly, rebuild confidence through small evidence-based wins, and redefine success for Q1 without burnout or forced optimism.

CHOOSE ONE “SMALL WIN LANE”

Not a vision. Not a reinvention. One lane where effort leads to quick feedback.

My chosen small win lane for the next 30–60 days is:

Why this lane feels realistic and grounded right now:

Specific focus (choose two areas to focus):

- One operational shift
- One personal growth

Reminder: Confidence rebuilds through evidence, not affirmations.

REDEFINE SUCCESS FOR Q1

Success this quarter is about alignment, not appearance.

For Q1, success means (complete each):

Consistency, not scale — I will be consistent in:

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Clarity, not expansion — I am seeking clarity around:

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Sustainability, not speed — I will protect sustainability by:

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