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# **The June Reset Challenge Your Action Planner & Workbook Day 2**



# HOW TO USE THIS WORKBOOK

**Daily Focus:** Each day of the challenge has a dedicated section.

**Read & Reflect:** Read through the day's prompt and intention.

**Engage:** Complete the exercises directly in this workbook or in a dedicated journal.

**Connect:** Share your insights (if comfortable!) in our <https://www.facebook.com/groups/1677049233016463/> or use the QR code below

Use #JuneNorthStarReset.

**Be Patient & Kind:** This is a journey of self-discovery. There's no right or wrong answer.





# DAY 2 – ZOOM OUT & DECLUTTER GAINING PERSPECTIVE

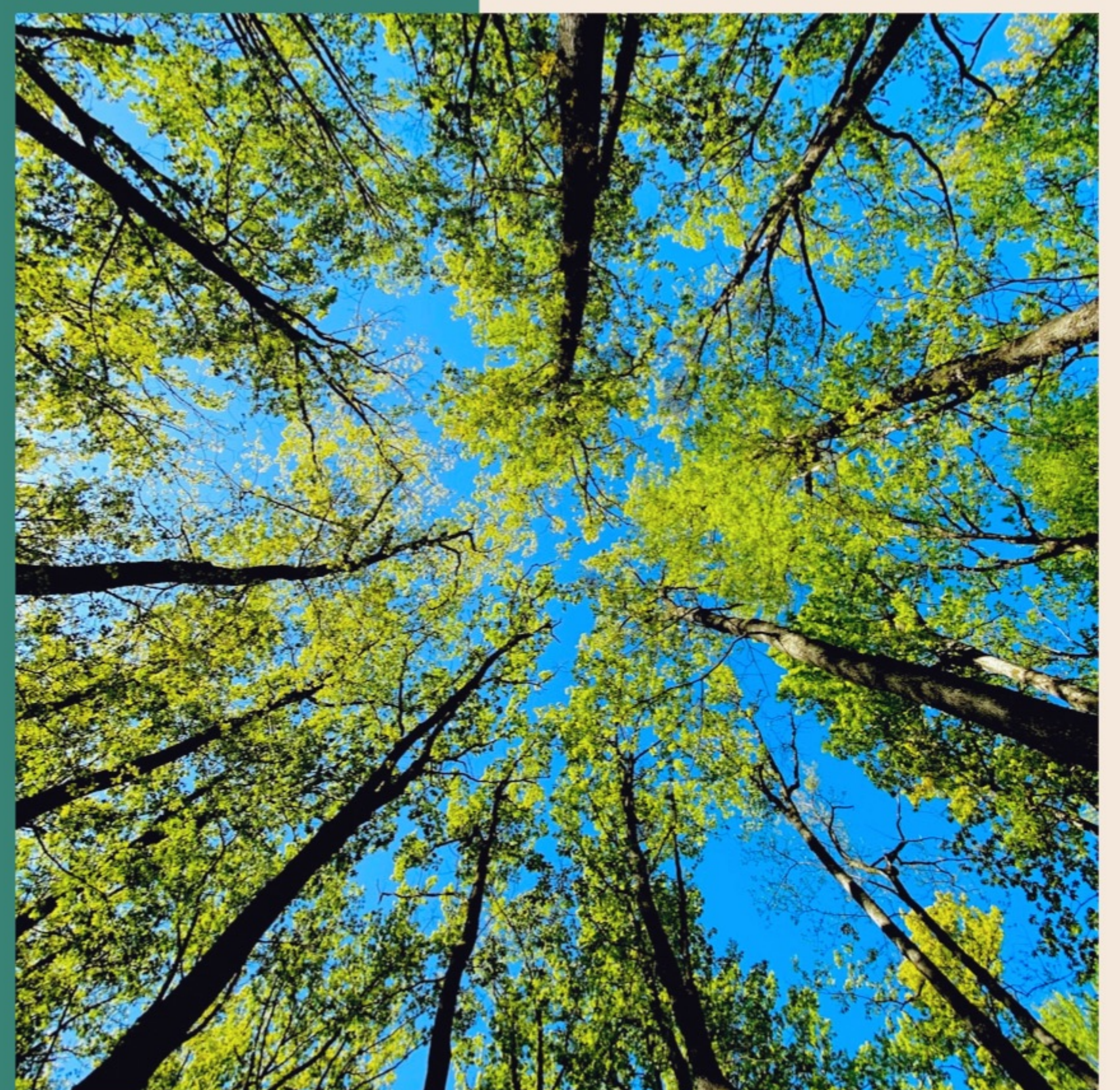
Intention for Today: To identify what's truly ours to manage, influence, or simply accept, reducing mental overwhelm.

Today's Insight: We often carry the weight of responsibilities and worries that aren't truly ours to control. Releasing these burdens frees up immense energy for authentic action.

## Activity 2.1: The "Brain Dump" (10 minutes)

On a fresh page, write down everything that's currently on your mind, causing you stress, worry, or feeling like a responsibility.

Don't filter. Just let it flow onto the paper. (Examples: "Global warming," "My colleague's bad mood," "My overdue bills," "My health goals," "Dinner tonight," "My desire to start a business.")





## Activity 2.2: Your Circles of Clarity: Control, Influence, Acceptance (15 minutes)

Now, for each item from your "Brain Dump," categorize it into one of these three circles. Use the prompts below to guide you.

**Circle of Control:** Things you have direct power over. Your actions, your words, your boundaries, your attitude, your choices.

List items here:

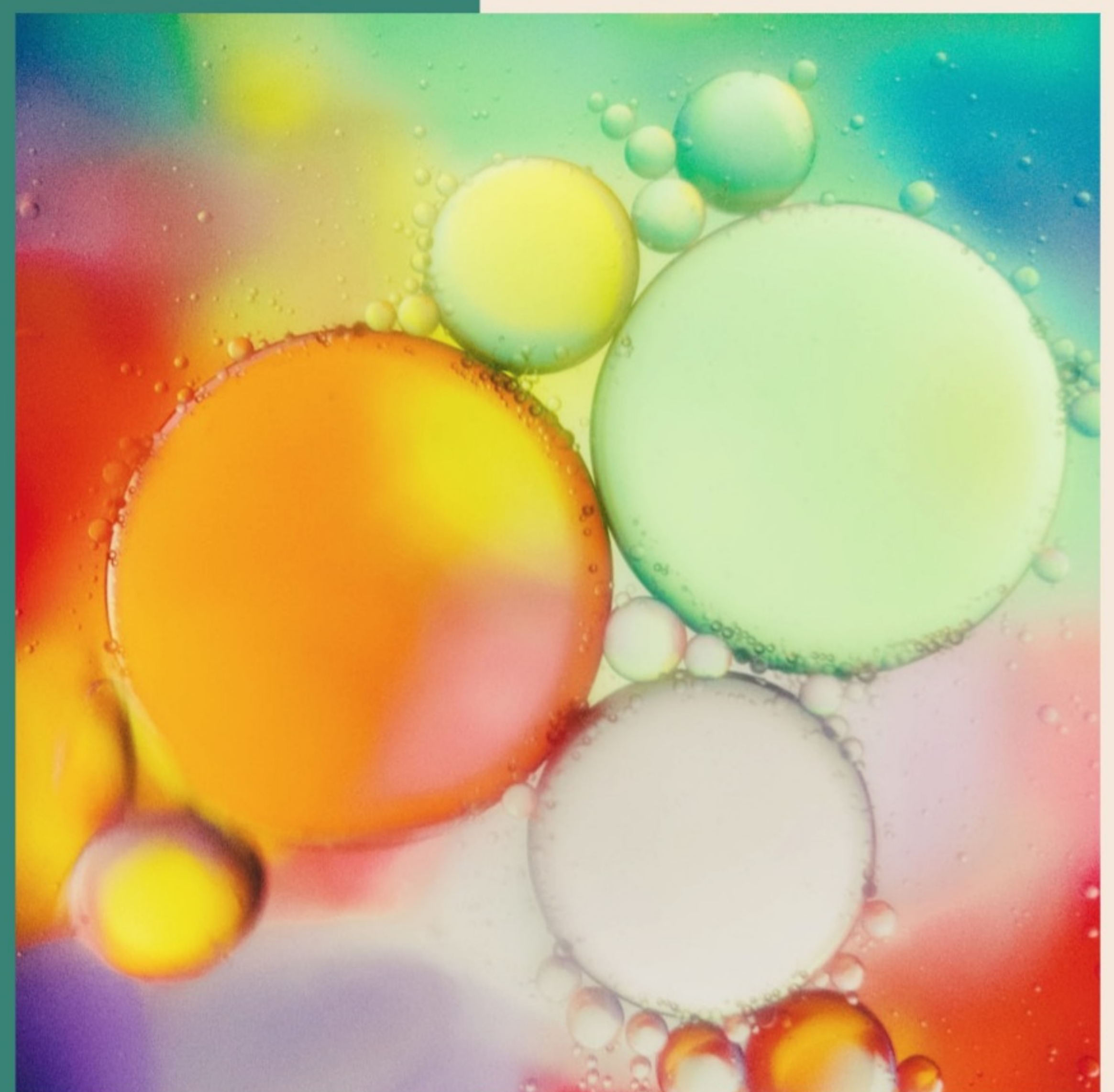
**Circle of Influence:** Things you can impact or affect through your actions, but you don't control the final outcome. You can persuade, encourage, or support.

List items here:

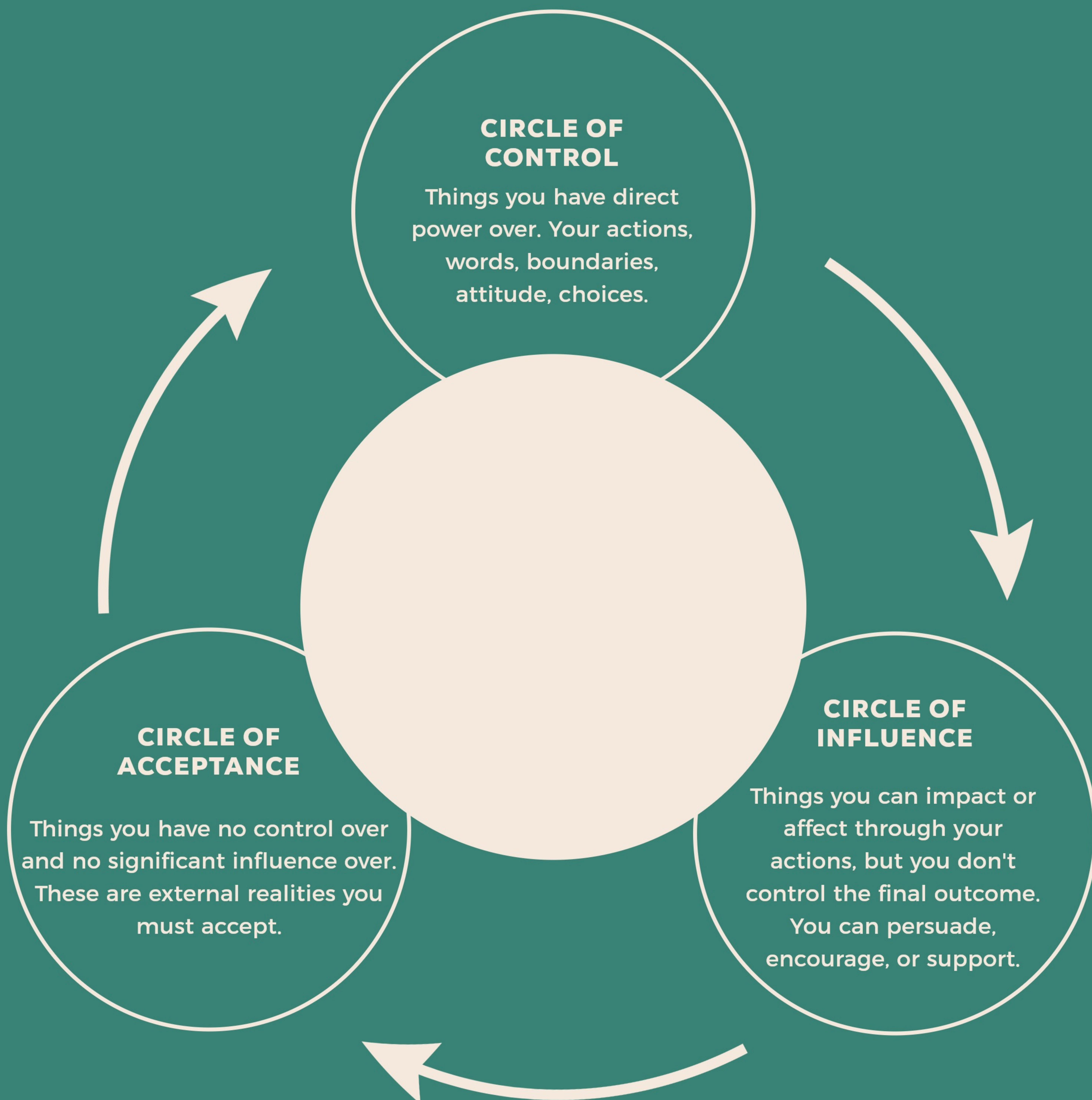
**Circle of Acceptance (or Concern):** Things you have no control over and no significant influence over. These are external realities you must accept.

List items here:

See next page for diagram.









### Activity 2.3: Reflection & Release (5-7 minutes)

Look at your categorized lists.

On your "Circle of Control" items: What's one immediate, small action you can take on one of these today or this week?

On your "Circle of Acceptance" items: How does it feel to acknowledge these are not yours to carry? What's one small way you can practice releasing the mental energy you spend on one of these today?

My Key Takeaways from Day 2:

What's one thing I'm going to consciously release today?

What's one small action I will take on something I can control?





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