



ASPIRE
WOMEN
COACHING



The June Reset Challenge Your Action Planner & Workbook Day 3

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 3 – DREAM & IMAGINE

IGNITE YOUR VISION

Intention for Today: To give yourself permission to dream expansively and visualize your ideal future without limits.

Today's Insight: Authenticity requires knowing what truly lights you up. Let your imagination run free to discover your deepest desires and ambitions.

Activity 3.1: Your "Ideal Scene" (15 minutes)

Imagine it's December 31, 2025. The year is ending. You're feeling incredibly fulfilled, aligned, and proud of the last six months.

Describe this ideal scene in detail.

What are you doing?

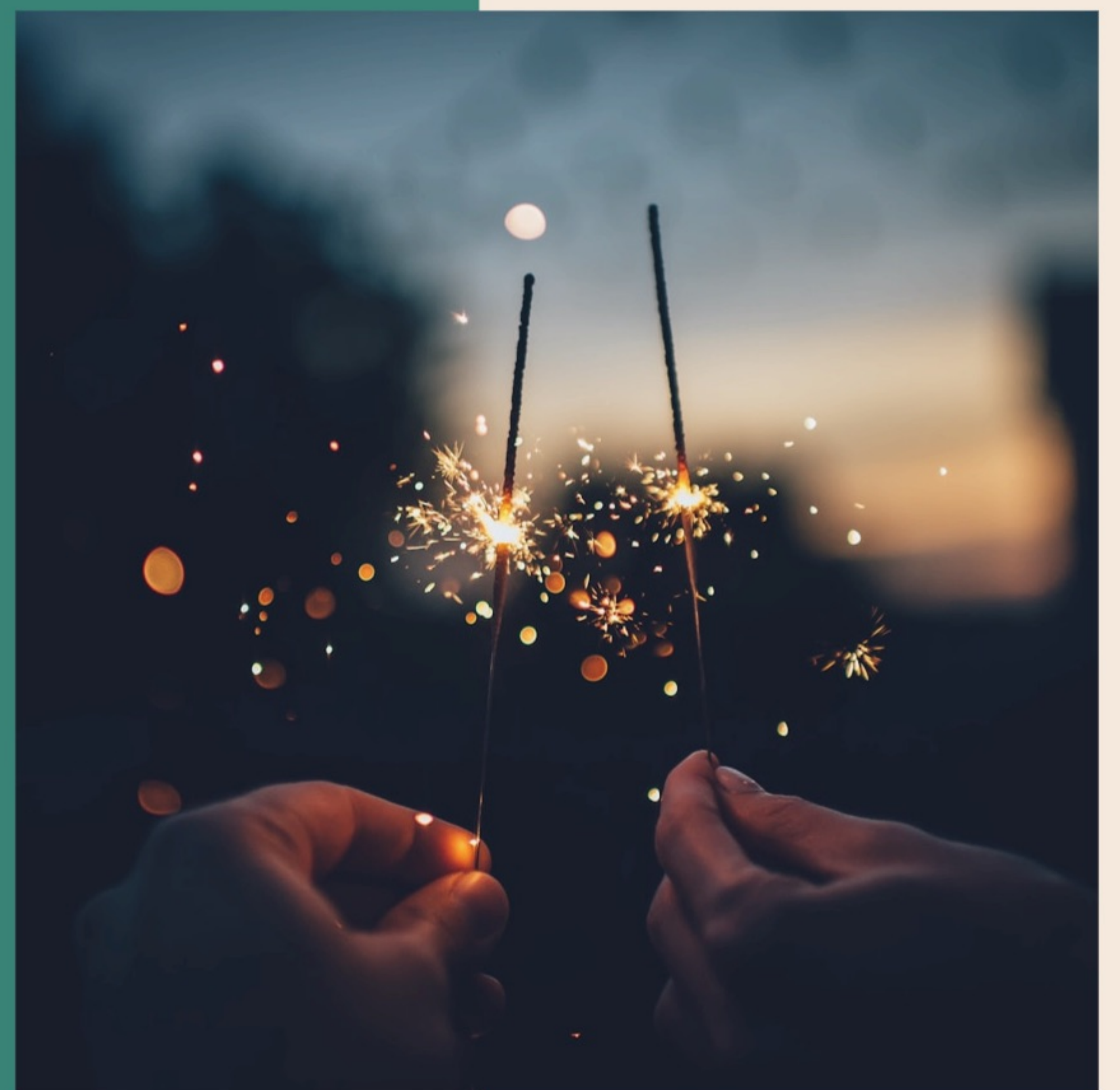
Who are you with?

How are you feeling?

What have you achieved?

What does your daily life look like?

Use all your senses. Don't hold back – this is your dream!



DAY 3

Activity 3.2: Creative Brainstorm (10 minutes)

Inspired by your "Ideal Scene," what are 3-5 words that capture the essence of how you want to feel or what you want to achieve in the next six months?

Brainstorm 3-5 ideas or projects that would bring more of this essence into your life. (No judgment, just ideas!)

My Key Takeaways from Day 3:

What's the most exciting or surprising thing I envisioned today?

What's one feeling I want to cultivate more of in the next six months?



@ASPIREWOMEN
COACHING



All rights reserved

www.catherineskinner.org