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The June Reset Challenge Your Action Planner & Workbook Introduction + Day 1

WHERE WE ARE

As we hit the mid-point of the year, it's the perfect time to pause, reflect, and realign. In our busy lives, it's easy to get swept away, leaving us feeling disconnected, overwhelmed, or a little off-course from our true desires.

This challenge is designed to help you hit the reset button, reconnect with your inner wisdom, gain fresh perspective, and set a powerful, authentic direction for the rest of 2025.

Over the next 5 days, we'll use simple yet powerful tools inspired by my Find Your North Star methodology. We'll work together to:

Connect with your inner wisdom and uncover what truly matters.

Zoom out and gain objective clarity on your current reality.

Get creative about your dreams and ambitions.

Define your purposeful path forward.

Remember, this isn't about perfection; it's about progress, self-compassion, and showing up for yourself.

Ready to Unlock Your Authenticity and Purpose? Let's begin!

Warmly,

Catherine Skinner
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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 1 – PAUSE & REFLECT

LISTENTING TO YOUR INNER WISDOM

Intention for Today:

To create space for genuine self-reflection and acknowledge where you are right now.

Today's Insight:

Before we can move forward with clarity, we must first truly understand where we've been and how we're feeling. Your inner wisdom often holds the keys to what needs attention.

Activity 1.1: Mid-Year Check-In (10-15 minutes)

Looking back at the first half of 2025 (January - May):

What were your biggest wins or proudest moments? (Big or small!)

What were your biggest challenges or frustrations?

Where did you feel most energized and alive?

Where did you feel most drained or out of alignment?

What's one key lesson you've learned about yourself this year so far?



DAY 1 – ACTIVITY

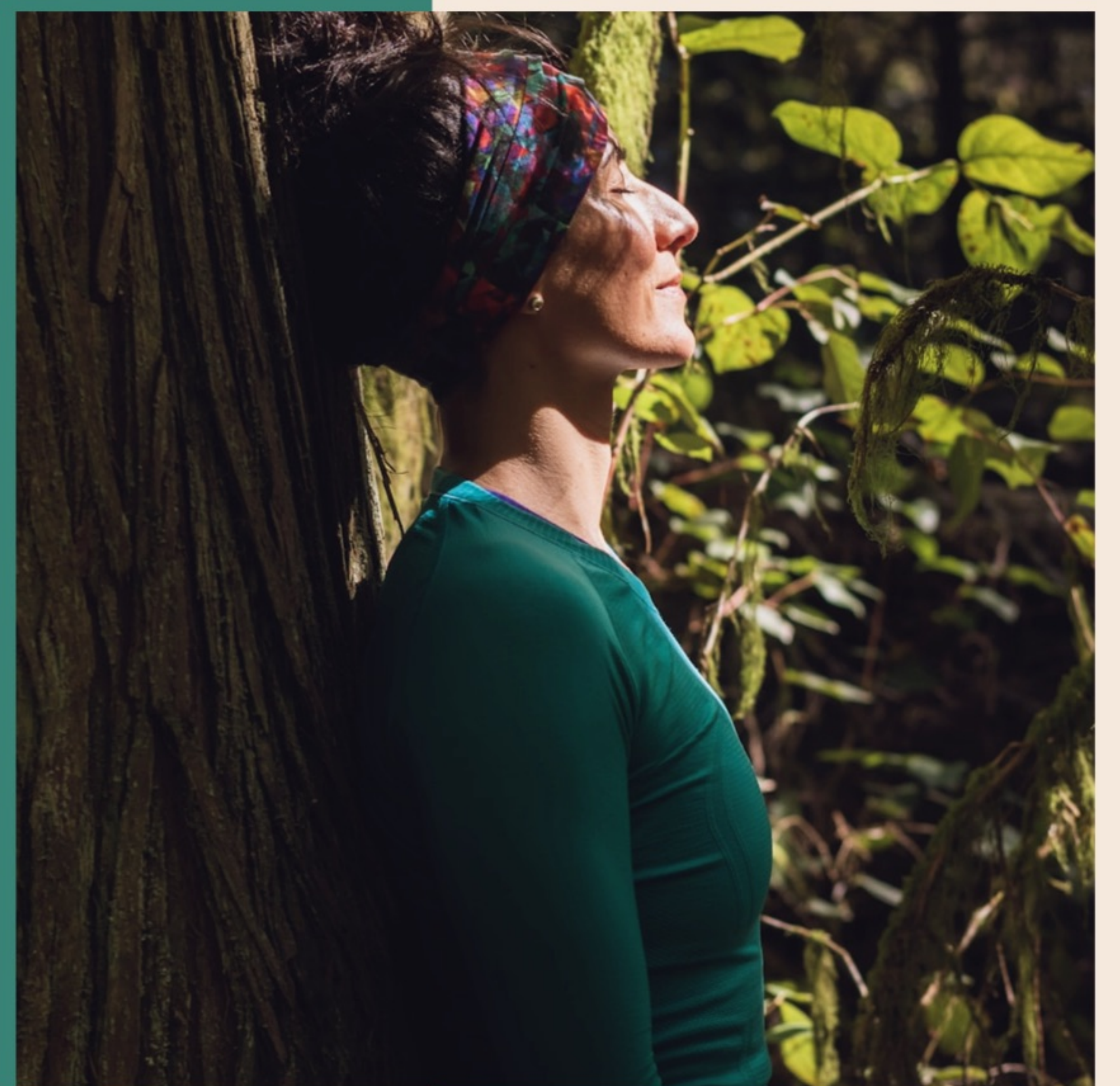
Activity 1.2: The Body & Mind Scan (5 minutes)

Close your eyes (if comfortable). Take a few deep breaths.

Bring your attention to your physical body. What sensations are you noticing? (e.g., tension in shoulders, lightness in chest).

Bring your attention to your emotional state. What dominant feelings are present today? (e.g., tired, excited, anxious, calm).

What is your inner wisdom (your gut feeling, intuition) trying to tell you right now?



My Key Takeaways from Day 1:

What's one insight or feeling that stood out to me today?

What's one thing I'm grateful for right now?

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