



Welcome to RESET YOUR LIFE

Created by John Willoughby



On A Personal Note

This practice is the result of hands-on client work — built for real people, with real lives, who've often tried everything and still feel stuck. The Reset Your Life System wasn't created overnight. It evolved session by session, shaped by a single driving question:

What actually helps people shift — gently, clearly, and for good?

What emerged is a structured, intuitive process that works with your subconscious, supports your nervous system, and offers clarity — without needing to relive the past or talk through it all.

You don't need to have the answers. You just need to show up.

The system will take care of the rest.



WHAT TO EXPECT IN YOUR SESSIONS

Each session is guided by your subconscious. Rather than relying on what we think is going on, we use testing to identify what is actually influencing your system.

Your session may include:

- Muscle testing to access subconscious patterns and stress points
- Clearing emotional energies that may be affecting your system
- Corrective statements or balances that support internal realignment
- Tracking and charts that show your progress over time

You don't need to prepare anything, remember everything, or explain your whole story.

This is not talk therapy. You don't need to rehash your past.

Your role is simple.

Show up, stay open, and allow your body to guide the process.

HOW THE METHOD WORKS

This system blends:

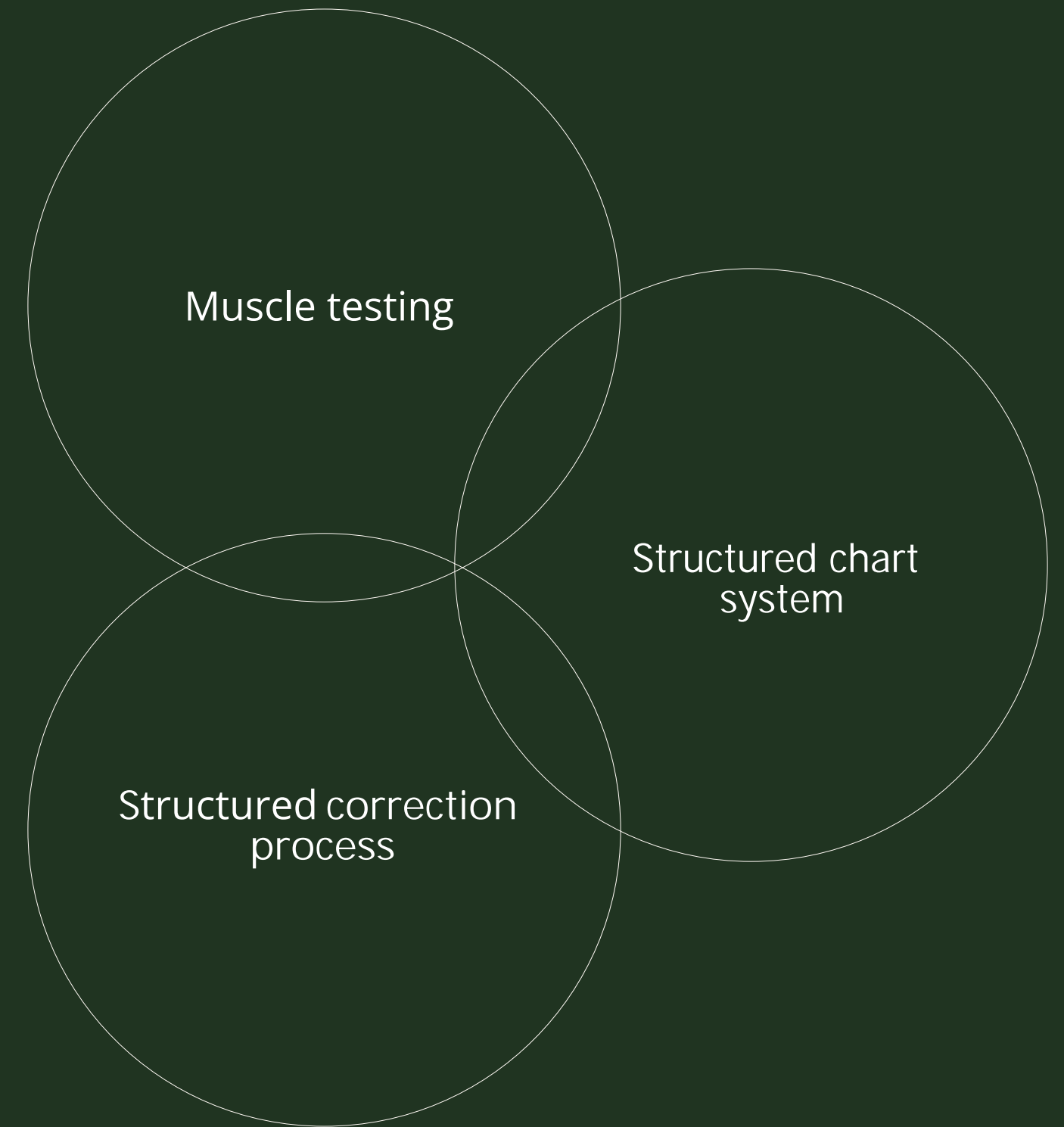
- Muscle testing (kinesiology-style checking to access information from your body)
- A structured chart system (guiding us step-by-step to identify what needs attention)
- A structured correction system (so we know what to clear, when, and why)

Unlike other methods, this system:

- ✓ Works directly with the subconscious — not just conscious thought
- ✓ Follows a step-by-step structure — so nothing gets missed
- ✓ Tracks and maps your shifts — so you can see your growth
- ✓ Respects your nervous system — no overwhelm or emotional dredging

Most importantly, the session holds the structure — not you.

You're not here to fix or figure it all out. You're here to receive.





INSIDE A SESSION

Session Format:

- Each session runs for approximately 40 minutes and can be held in-person, online via Video or no attendance . All formats are equally effective — choose what feels most supportive for you.

What Happens During a Session:

- We'll begin with a quick check-in, then move into muscle testing to let your body guide the session. From there, we'll work through the Reset Your Life System — identifying the underlying stress patterns, clearing them, and confirming the shifts. The process is gentle and structured, and sessions involve no physical contact.

After Your Session:

- You will receive session notes, a summary of key themes and progress.

Session Frequency:

- While a single session can create noticeable change, we recommend a series of sessions to work through layers and patterns at a deeper level. This system is gentle and cumulative — each session builds on the last.

Privacy & Confidentiality:

- Everything shared or uncovered during your session is held in strict confidence. This is your space — safe, private, and fully yours.

YOUR DISCOVERY SESSION

Before your first full session, John will guide you through a Discovery Session — a short, focused assessment to understand where your system is at right now.

This session helps us:

Establish a clear baseline of your emotional and energetic state

Identify areas of stress or imbalance ✓

Lay the groundwork for tailored, effective sessions moving forward

Many clients also begin experiencing shifts during this first session as the system starts identifying and addressing key patterns.

You don't need to prepare anything – the system guides the process.

The Discovery Session ensures we begin with clarity, structure, and a clear path forward.

Complete Your Online Intake Form

Before booking your Discovery Session, please complete your New Client Intake Form:

<https://forms.gle/uYJr3hc1sb1b8pVY8>

Please also send a clear head & shoulders photo to:

john@resetyourlife.au

Please Note: Your Discovery Session cannot proceed until the intake form has been submitted

EXAMPLE OF YOUR SESSION NOTES

HOW TO READ YOUR SESSION NOTES

STARTING COUNT

THIS IS YOUR BASELINE — WHERE WE BEGAN WHEN WE FIRST STARTED WORKING TOGETHER. COUNT FROM THE VERY BEGINNING

CURRENT CHECK-OUT

THIS REFLECTS WHERE YOU'RE SITTING NOW, AFTER YOUR MOST RECENT SESSION. IT SHOWS YOUR CURRENT STRESS LEVEL, EMOTIONAL STATE, OR ENERGETIC BALANCE.

WHAT WAS RELEASED

THESE ARE THE SPECIFIC PATTERNS, EMOTIONS, OR BLOCKS THAT WERE CLEARED IN YOUR MOST RECENT SESSION — GUIDED BY YOUR SUBCONSCIOUS AND TESTED THROUGH THE SYSTEM.

RESET YOUR LIFE EXPERIENCE EMOTIONAL FREEDOM		POSITIVE THOUGHT A RESET FOR YOUR LIFE UTILISING EMOTION & BODY CODES, THETA HEALING & MORE "Experience Emotional Freedom"							Totals		What to Expect after each Session	
Client Name: Jane Smith		Session Date: 15-May-25		Age: 46		Phone: 0418 000 000		Birth Date: 24/5/79		Session Consultant: John Wiloughby		
General Body Imbalances and External Interferences	Embedded Emotional Energies	Negative Thought Programs	Negative Belief and Behaviour Programs	Negative Conscious, Ego and other Programs	Chakras out of Balance, Other Disconnections	Microbiome Function	Aura	Total Negative Programs	Total Corrections incl Negative Programs	Each instance of addressing a negative issue or imbalance presents the body with an additional opportunity to restore itself and progress toward a state of normal function and self-repair/self-management. The body and subconscious will always require varying durations to process, adapt, and harmonize energies and systems within both the body and psyche, consequent to the array of changes and adjustments made during a session. Consequently, the complete manifestation of changes may occur instantaneously or manifest more subtly over days and weeks. At times, individuals may observe "symptoms" of this processing, such as shifts in mood or temporary discomfort. However, it's important to understand that these are natural responses as the body recalibrates. Generally, during this period, most clients need only exercise patience and allow the remarkable human body to naturally undergo its processes, trusting in its innate ability to heal and restore balance.		
Starting Count	32	139	31	138	155	8	13%	22%	324	503		
Check in	30	38	3	70	13	1	78%	93%	86	155		
Check out	30	18	3	70	13	1	80%	97%	86	135		
Session No	14		Session Method	Proxy Email		Ready for next session	1 Week		Follow up	N/A		
Emergency Contact												
Current Main Issue/s	Depression, Learning difficulties, Fears, cultural issues, Stress, Wanting more inner peace and Confidence - previously seen a counselor and tutor to assist. Injuries knee and nose. Eyes, red/puffy, Itch, blurry, Sinus, blocked, sneezing, smell loss, taste loss (covid?), Neck, stiffness, Shortness of breath, asthma/wheezes, stomach, gas, other?, Sleep, interrupted, dreams, sweats, Emotions, sad, worrisome, frustrated, anxiety, crying, fear, Appetite, igh, coffee, Energy variable, Memory, names/words/numbers, concentration					This Session Focus	Negative Thoughts and Emotional energies as directed by the body		Additional Session Comments	Next session continue with embedded emotional energies		
Type	Chart of emotions	Age when occurred	Gland, Organ or Chakra	Location or Location of embedded emotional energy in body		Body Imbalance Type	Other Program Assoc.	Released or Corrected	Description	Other Information		
				Left	Right							
1	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"I wish I had their financial stability; I feel insecure about my finances."		
2	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"I wish I had their financial stability; I feel insecure about my finances."		
3	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"I wish I had their financial stability; I feel insecure about my finances."		
4	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"They're more organized; I'm constantly feeling disorganized."		
5	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"I wish I had their financial stability; I feel insecure about my finances."		
6	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"Their skills surpass mine; I must not be as capable."		
7	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"I wish I had their confidence; I feel self-conscious in comparison."		
8	Thought Program						Negative	Yes	Comparisons: Constantly measuring yourself against others, leading to feelings of inadequacy.	"They're more organized; I'm constantly feeling disorganized."		
9	Embedded Emotion	Low Self-Esteem	12		Foot		Deep Level	Yes				
10	Embedded Emotion	Low Self-Esteem	12		Foot		Deep Level	Yes				
11	Embedded Emotion	Low Self-Esteem	12		Foot		Deep Level	Yes				
12	Embedded Emotion	Low Self-Esteem	12		Foot		Deep Level	Yes				
13	Embedded Emotion	Low Self-Esteem	12		Foot		Deep Level	Yes				
14	Embedded Emotion	Low Self-Esteem	15		Foot		Deep Level	Yes				
15	Embedded Emotion	Low Self-Esteem	15		Foot		Deep Level	Yes				
16	Embedded Emotion	Low Self-Esteem	15		Foot		Deep Level	Yes				
17	Embedded Emotion	Low Self-Esteem	15		Foot		Deep Level	Yes				
18	Embedded Emotion	Low Self-Esteem	15		Foot		Deep Level	Yes				
19	Embedded Emotion	Low Self-Esteem	15		Foot		Deep Level	Yes				

WHEN YOU ARE READY FOR YOUR NEXT SESSION

REMEMBER: YOU DON'T NEED TO ANALYSE OR INTERPRET THE NOTES YOURSELF. THEY'RE HERE TO HELP YOU TRACK PROGRESS, NOT TO ADD PRESSURE. TRUST WHAT'S SHIFTING — EVEN IF IT'S SUBTLE. YOUR BODY IS DOING THE WORK.

BOOKING YOUR SESSIONS

Best Value: 5 - Session Pack
Was \$500 → Now \$400

(5 sessions for the price of 4)

Use code **HELLO** at checkout

For real change, consistency is key.
We recommend a 5-session package to
support your reset journey.

- ✓ Use them at your pace
- ✓ Discounted rate
- ✓ Works for phone or no attendance sessions

Phone Session — *Most Popular*
40 mins | \$100

A remote session where we call you at
your scheduled time.
Just as powerful as in-person — with the
ease of being in your own space.

- ✓ Grounded
- ✓ Relaxed
- ✓ Results -focused

No Attendance Required Session
30 mins | \$90

Short on time? We'll run the session
remotely and send you the notes.
Perfect for regular tune-ups or follow-
ups.

- ✓ Flexible
- ✓ Easy
- ✓ Still deeply effective

CLIENT FEEDBACK



Eden W.

"I started working with John in 2023, and it's honestly changed the trajectory of my life."

When I first came to the Reset Your Life practice, I didn't know what to expect — but what I found was something that worked fast, went deep, and made sense.

One of the most profound shifts was in my dyslexia. I had always struggled with it, but through our sessions, we uncovered that it was connected to early trauma from my relationship with my mother. As we cleared those patterns, I started noticing real, lasting changes in how my brain processed information — something I never thought was possible.

Even more incredibly — I conceived naturally after being told that might never happen for me. John's work played a huge role in supporting my body and mind to be in the right space for that to unfold.

What I love most about John's approach is that it's not fluffy or overly woo-woo. It's structured, respectful, and direct. No guesswork — just real clarity and measurable shifts.

If you've tried everything and still feel stuck, this system is the missing piece.



Irene

Thank you so much John for opening my eyes up to another world. When I first started working with John my confidence was low and I had many trapped emotions that needed releasing. After each session I felt lighter, happier and in some instances I even looked brighter in the face. For me what really cemented that this actually works was not only from the feeling I felt after the sessions, but also the fact that other people had noticed a change in me. I started getting great feedback at work, my confidence had increased, I started being recognised and I stopped being afraid to voice my opinion.

Since completing my sessions with John, I have put myself out for opportunities which I would never have done before and have been successful. Thank you so much John for what you do, you truly have made a difference in my life.

Thank You + Next Steps

Thank you for choosing the Reset Your Life. We're so glad to have you here.

If you have any questions before or after your sessions — whether it's about bookings, follow-ups, or what's coming up in your process — please don't hesitate to reach out.

Contact & Support

For all enquiries, session notes, or reschedules:

Email: john@resetyourlife.au

Phone: 0419 737 199

Website: <https://resetyourlife.com.au/>

