

CARE NURTURE GROW

AUGUST RESET WORKBOOK

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A gentle emotional check-in before the year comes to a close.



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WELCOME

There's something about August that quietly invites us to begin again.

Long before we made New Year's resolutions, many of us learned to measure time by the rhythm of the school year. New notebooks. Fresh routines. A shift in seasons. Even as adults, this time of year often brings a natural desire to pause, reflect, and realign. But this workbook isn't about becoming more productive or creating the perfect routine. It's about checking in with yourself before the busy months ahead.

Over the next few pages, you'll reflect on where you've been, notice what you're carrying, reconnect with what matters most, and create gentle rhythms that support the life you want to live through the end of the year.

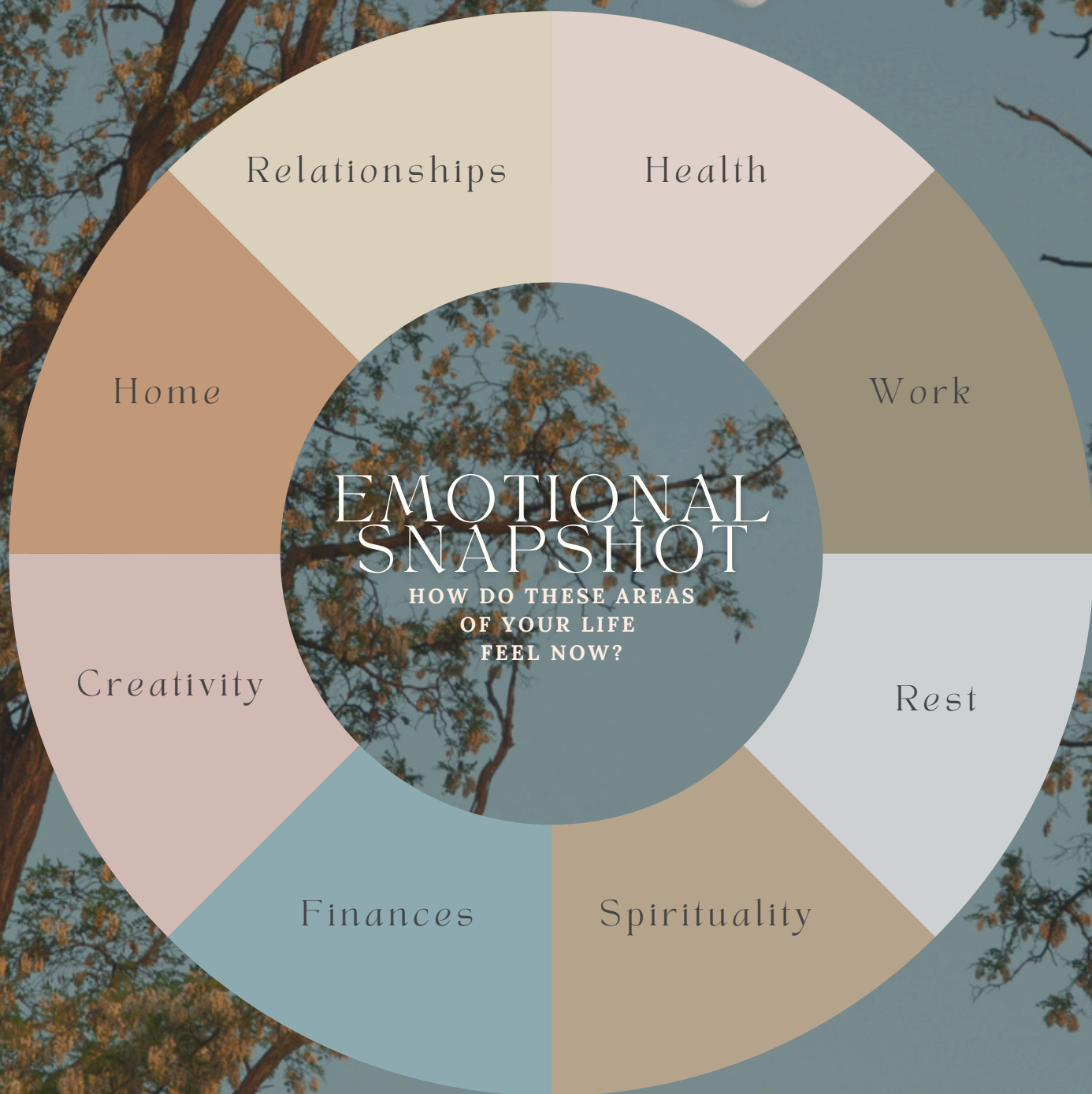
There are no right or wrong answers. No grades. No deadlines. Just an opportunity to slow down long enough to listen to yourself with curiosity and compassion.

Whether you're preparing for a new school year, a new season of work, or simply hoping the next few months feel a little lighter, I hope these pages help you reconnect with what matters most.

You don't have to wait until January for a fresh start. Sometimes the most meaningful beginnings happen quietly, one intentional step at a time.



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LIFE GARDEN

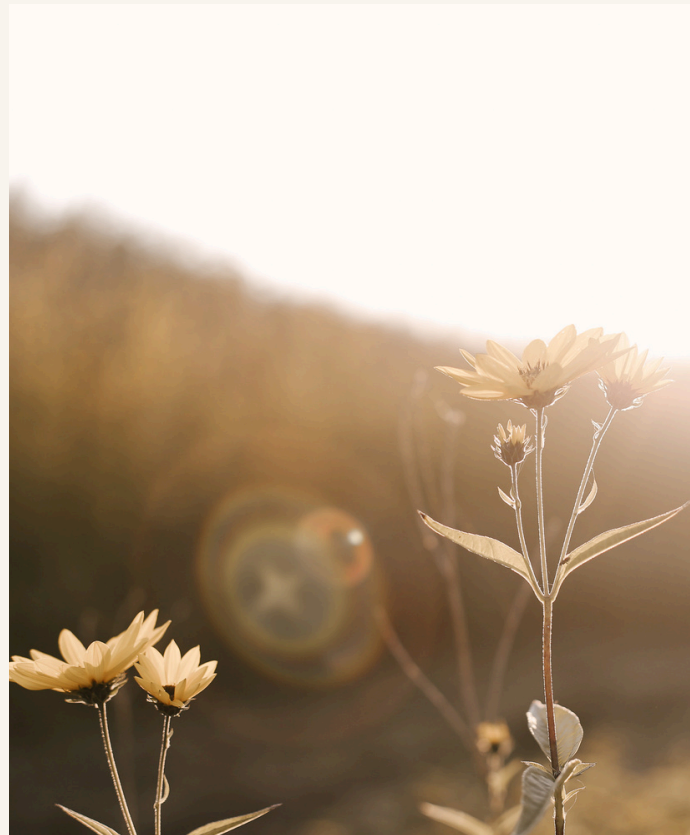
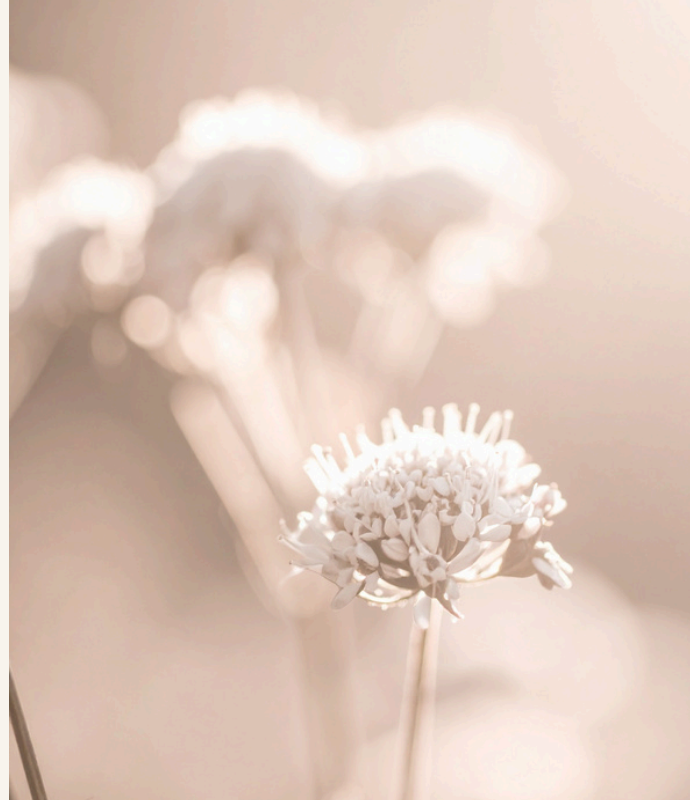
As the seasons change and we begin to see the final days of summer, it is the perfect opportunity to think about what needs tending to in our lives.



What is flourishing?



What needs tending?



Healthy gardens aren't perfect. They're cared for consistently.



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THE EMOTIONAL BACKPACK

Before beginning a new season, what are you carrying?

- guilt
- unhealthy habits
- pressure
- comparison
- burnout
- grief
- overworking
- unfinished conversations
- unrealistic expectations
- jealousy

Which of these belongs in your backpack?

Which of these has become too heavy?

What could you set down this season?



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ENERGY AUDIT

We often pay close attention to how we spend our time, but rarely pause to consider how our days make us feel. This isn't a time audit—it's an invitation to notice your emotional energy. The people, places, habits, and responsibilities in your life all require something from you, but not all of them leave you feeling the same.

Things that energize me

-
-
-

Things that drain me

-
-
-

Things I want more of

-
-
-

As you look over your responses, ask yourself: **What small shift could I make this season to protect my energy and make more room for what helps me feel like myself?**



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Permission Slip

Many of us move through life waiting for permission to slow down, set boundaries, or care for ourselves. This page is an invitation to offer yourself that permission, recognizing that your needs are just as worthy of attention as everyone else's.

This season I give myself permission to...

- ☐ Laugh more
- ☐ Change my mind
- ☐ Rest without earning it
- ☐ Ask for help
- ☐ Begin again
- ☐ Take up space
- ☐ Say no without explaining
- ☐ Celebrate small wins
- ☐ Slow down
- ☐ Make mistakes



If these were your guiding values, what is one small action you could take this week to live each one?



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FUTURE CALENDAR

Instead of scheduling appointments, imagine moments you'd like to create before the end of the year.

☐	Take a long bath	☐	Take a mental health day
☐	Finish a book	☐	Watch a sunrise
☐	Go for a long walk	☐	Laugh until I cry
☐	Practice mindful meditation	☐	Watch a light-hearted movie
☐	Visit somewhere beautiful	☐	Attend a workshop or class
☐	Try gentle yoga	☐	Take a short nap
☐	Spend a weekend unplugged	☐	Ask for help

What memory do you hope you've created by the end of the year?



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About THE AUTHOR

I'm Caitlin, a Licensed Marriage and Family Therapist with a Perinatal Mental Health Certification from California. I offer virtual mental health services, including child & adult therapy, with specialized support for those experiencing grief and facing postpartum challenges.



Beyond my professional work, I value the restorative power of everyday joys including cooking new recipes, spending time in nature, and getting lost in a good book. I bring the same spirit of curiosity, presence, and connection into my work with the families I feel privileged to support.

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