



THE LIFE RESET GUIDE

Get Unstuck. Get Clear. Start Fresh.

If you're feeling overwhelmed, stuck, burned out, or unsure what comes next, this guide is your reset button. This isn't about fixing your whole life overnight. It's about creating space, clarity, and momentum. Small shifts → Big change.

Step 1: The Honest Check-In



Rate key areas of your life from struggling to thriving with 1 being the struggle bus is real and 5 being I'm slaying it.. Identify where change will matter most.

- Mental & emotional health
- Physical energy
- Career or purpose
- Relationships
- Finances
- Environment (home/work space)
- Personal growth
- Fun & joy

Step 2: Brain Dump the Noise



Write down everything on your mind.... worries, to-dos, decisions, resentments, ideas, goals, and things you wish would change. Don't organize. Just unload.

Step 3: Let Go of What's Not Serving You

Circle items from above that aren't in your control, no longer aligned, draining without giving back, or obligations you don't actually want. Ask: If this disappeared tomorrow, would I feel relief?



Step 4: Define What You ACTUALLY Want

- I want more _____ in my life.
- I want less _____ in my life.
- If nothing could go wrong, I would _____.
- My ideal day would include _____.

Step 5: Choose ONE Focus Area

Circle the area that would create the biggest positive ripple effect. Trying to fix everything leads to burnout. Only choose **ONE**.

Mental & emotional health

Physical energy

Career or purpose

Relationships

Finances

Environment (home/work
space)

Personal growth

Fun & joy

1

Step 6: Your 7 Day Reset Plan



Day 1: Declutter one space

Day 2: Go to bed earlier

Day 3: Have one honest conversation

Day 4: Move your body daily

Day 5: Set a boundary

Day 6: Schedule something you've been avoiding

Day 7: Spend time offline Start a simple routine



Step 7: Rewrite Your Inner Narrative

Replace self defeating thoughts with empowering ones. Write one supportive statement for this season of your life.



Step 8: Create Your Personal Reset Ritual

- Clean your space
- Take a long shower or bath
- Go for a solo walk
- Journal
- Rearrange your environment
- Create a new playlist

Final Reminder: You don't need everything figured out. You just need to move forward. Clarity comes from action, not overthinking.

Need to dive deeper? Book a Candid Consulting session. [BOOK HERE](#)