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# RESET SEASON JOURNAL

*A Companion Guide to Your Personal Comeback*  
by Cherie Rickard, Host of *The Cherie Rickard Show*

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## Welcome Letter

Friend,

This is your *Reset Season*. A fresh start. A holy pause where you can breathe, reflect, and rise again.

This journal is your personal space to slow down, seek God's direction, and start mapping out your comeback with courage and clarity. Use it alongside my "Reset Season" podcast episode as your step-by-step companion.

Whether you're coming out of grief, transition, betrayal, or simply a dry season, remember this: You are not behind. God's timing is perfect, and He's already gone before you.

Now let's step into your new chapter—together.

With love & grace,  
Cherie

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## How to Use This Journal

1. **Listen** to the Reset Season podcast episode in full.

2. **Pause & reflect** at each section break in the episode.
  3. **Write freely** in the prompts. No editing, no perfection—just honesty.
  4. **Review** your notes each week and pray over them.
  5. **Act** on one step at a time.
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## **PART ONE – Recognizing It’s Time to Reset**

### **Scripture Focus:**

*"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." — Isaiah 43:19*

### **Episode Recap:**

Sometimes life feels heavy, messy, or just stale. This is often God’s way of whispering, “It’s time to reset.” In this segment, I share how to recognize the signs—spiritual dryness, lack of joy, repeated frustration—and why it’s a signal for hope, not despair.

### **Reflection Prompts:**

- Where in my life do I feel most drained right now?
- What areas feel stuck or stagnant?
- Where do I sense God might be inviting me to change direction?

### **Action Step Checklist:**

- ☐ Identify one area in my life that needs a fresh start.
- ☐ Spend 10 minutes in prayer asking God for clarity.
- ☐ Tell a trusted friend about my decision to reset.

### **Affirmation of the Day:**

*"I am open to God’s new thing in my life."*

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## **PART TWO – Letting Go of the Old**

### **Scripture Focus:**

*"Forget the former things; do not dwell on the past." — Isaiah 43:18*

**Episode Recap:**

We can't embrace our next season while holding onto the last one. This is about loosening your grip on old hurts, past mistakes, or the "way things used to be."

**Reflection Prompts:**

- What am I still holding onto that I need to release?
- How would my life feel different if I truly let this go?
- What is one small step I can take today toward releasing it?

**Action Step Checklist:**

- ☐ Write a "release letter" to God about the thing I'm letting go.
- ☐ Throw away, donate, or delete something that represents my old season.
- ☐ Replace one negative daily thought with scripture truth.

**Affirmation of the Day:**

*"I release the old and make room for God's best."*

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## **PART THREE – Building Your Reset Plan**

**Scripture Focus:**

*"Commit to the Lord whatever you do, and he will establish your plans."* —  
Proverbs 16:3

**Episode Recap:**

A reset isn't just about what you stop—it's about what you start. Here's where we create a realistic, faith-driven comeback plan that aligns with your calling.

**Reflection Prompts:**

- What are my top 3 priorities for the next 90 days?
- What habits do I need to add or remove to support this?
- What does success in my reset season look like to me?

**Action Step Checklist:**

- ☐ Write my 3 priorities on sticky notes where I'll see them daily.
- ☐ Set 1–2 non-negotiable habits to start this week.
- ☐ Create a 15-minute daily prayer + planning time.

**Affirmation of the Day:**

*"I am walking boldly toward my new season with God's guidance."*

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## YOUR RESET PLAN WORKSHEETS

### One-Page Comeback Plan

- *My Reset Theme for This Season:* \_\_\_\_\_
  - *Scripture Anchor:* \_\_\_\_\_
  - *3 Main Goals:* \_\_\_\_\_
  - *Habits to Support My Goals:* \_\_\_\_\_
  - *Accountability Partner:* \_\_\_\_\_
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### Vision Board Space

(A light grid with space for words, images, and scripture verses)

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### Closing & Encouragement

Friend, you have just taken the first step in your comeback. Keep listening, keep writing, and keep seeking Him. You are not alone in this reset season—God is with you every step.

Final Scripture:

"The Lord will fight for you; you need only to be still." — Exodus 14:14

