

The Reset Packet: Values Goals & Control



Atashia Hill, M.A
Certified Transformation Life Coach

Purpose of This Packet

This packet is designed to serve as the beginning of your journey of self-discovery. It helps you visualize the goals and dreams you already carry within you by reconnecting with the core values you have developed through your experiences, your community, and your sense of self.

As you move through these exercises, you will also explore the concept of the Circle of Control—a powerful reminder that while many things in life are outside of our control, there are meaningful areas where we can choose our mindset, actions, and direction. By focusing your energy on what you can control, you create space for clarity, balance, and intentional growth.

This packet is simply a starting point—a moment to pause, reflect, and begin aligning your goals with the values that already live within you. It can be completed digitally or printed and filled out by hand. When combined with additional activities available on the site, it can become part of a more comprehensive self-discovery workbook designed to support your personal growth journey.

More helpful resources and tools can be found at ahillwellness.com.

The Reset Worksheet

Clarify Your Values & Set Intentional Goals

When life becomes overwhelming, it's easy to move through the day on autopilot. This worksheet helps you reconnect with what matters most and begin setting small, meaningful goals that move your life forward.

Core Values

Circle or highlight the values that matter most to you.

Peace	Faith	Family	Stability
Growth	Health	Creativity	Freedom
Confidence	Community	Purpose	Balance

My Top 5 Values

- _____
- _____
- _____
- _____
- _____

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Life Check-In

(1: poor 5: average 10: excellent)

Rate each area from 1 to 10.

Area	Rating
Mental Health	<input type="radio"/>
Physical Health	<input type="radio"/>
Career	<input type="radio"/>
Finances	<input type="radio"/>
Relationships	<input type="radio"/>
Personal Growth	<input type="radio"/>

Three Small Goals

(List some of your personal short term goals that will be achieved over the next 3 months)

Goal 1
Goal 2
Goal 3

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Circle of Control

Use this page to separate what is within your control from what is not. This can help you stay focused on your goals, protect your values, and create balance.

Instructions

Fill in the circles below based on what you want to visualize. In the outer circle, write what you cannot control. In the center circle, write what you can control to help you reach your goals, maintain your values, and make room for balance.



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“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

— Philippians 4:6–7