

ASCND WELL™

AW

THE
ASCND
RESET™

— * —
Complimentary Founder Edition

— * —
A GUIDED 7-DAY WELLBEING EXPERIENCE



MIND • BODY • PERFORMANCE • GROWTH • PURPOSE

A Letter From the Founder



Ruby Okonigene



Welcome to **The ASCND RESET™**.

This workbook was created from a simple but powerful belief: true transformation does not come from doing more, it comes from becoming more intentional.

For many years, I pursued achievement relentlessly. Like many ambitious women, I measured success through productivity, performance, and external milestones. Yet I discovered that sustainable success is not built through constant striving alone. It is built through alignment between who we are, how we live, and what we value most.

The ASCND RESET™ was designed to help you pause, reflect, and reconnect with the areas of your life that matter most. Through intentional reflection, self-awareness, and purposeful action, this workbook will guide you toward greater clarity, balance, and personal growth.

Over the next seven days, you will explore your wellbeing, habits, mindset, purpose, relationships, and vision for the future. You do not need to have everything figured out. You simply need to be willing to begin.

This Founder Edition represents the first step in the ASCND WELL™ journey, a movement dedicated to helping ambitious individuals elevate every dimension of their lives with intention, grace, and purpose.

As you move through these pages, I encourage you to be honest with yourself, celebrate your progress, and embrace the opportunity to grow.

Your next level begins with a single decision: the decision to invest in yourself.

Thank you for being here.

With gratitude,

Ruby Okonigene

Founder, ASCND WELL™



“

*Transformation does not begin
when life becomes easier.*

*It begins the moment you
choose to become
more intentional.”*



— ASCND WELL™

AW

THE ASCND METHOD™



ASSESS

Understand where you are today.



REFLECT

Explore your thoughts, habits and patterns.



RESET

Release what no longer serves you.



INTEGRATE

Turn insight into intentional action.



ASCEND

Elevate every dimension of wellbeing.



THE ASCND WHEEL™



Assess where you are today.



SCORE EACH AREA FROM 1 (LOWEST) TO 10 (HIGHEST)

Be honest. This is your starting point.



MIND

How strong, focused, and positive is my mindset?

Score: _____



BODY

How well am I caring for my physical health and energy?

Score: _____



PERFORMANCE

How aligned and effective am I in my work and productivity?

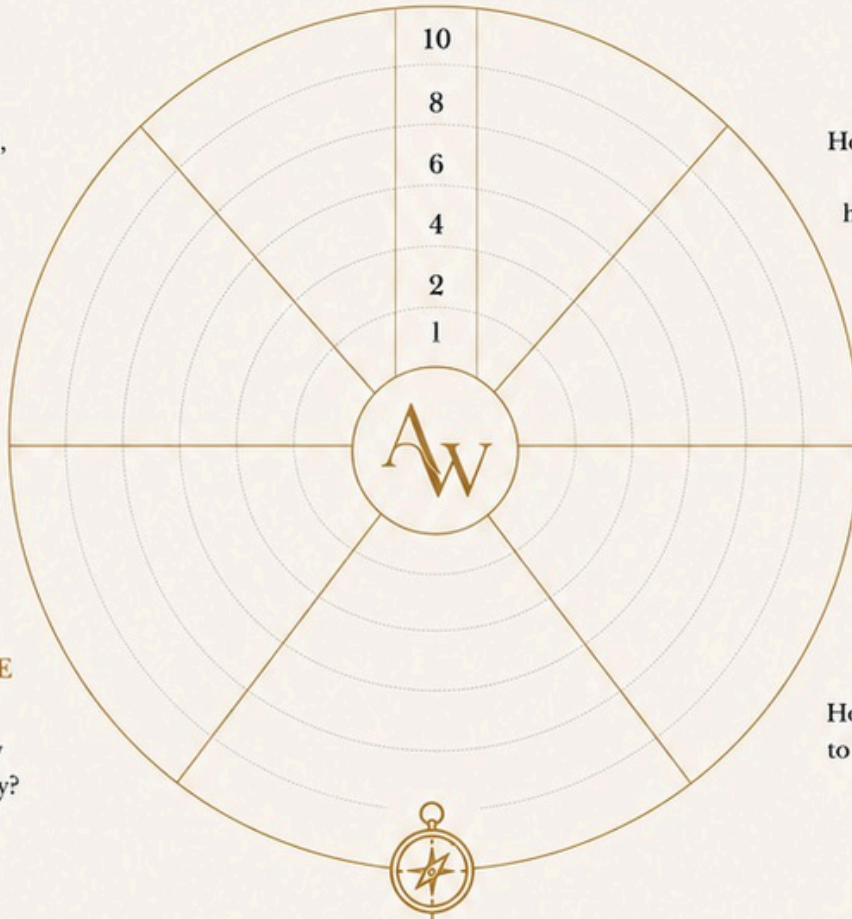
Score: _____



GROWTH

How committed am I to learning, evolving, and improving?

Score: _____



PURPOSE

How connected am I to my purpose and the impact I want to make?

Score: _____



REFLECTION

What stands out to me as I look at my wheel today?



DAY ONE



Assess

“Awareness Creates Transformation.”

A decorative gold monogram 'AW' centered between two horizontal gold lines.

AW



Today is about getting honest with where you are.

You cannot change what you are not aware of.
Awareness is the first step toward transformation.



1. CHECK IN WITH YOU

How am I feeling right now—mentally,
emotionally, and physically?



2. WHAT IS WORKING?

What areas of my life feel good and
aligned right now?



3. WHAT IS NOT WORKING?

Where in my life do I feel stuck, stressed, or out of alignment?



4. WHAT DO I NEED MORE OF?

What do I know I need more of in my life right now?



DAY ONE REFLECTION

Awareness is not about judgment.
It's about clarity.

What is one truth I am ready to acknowledge today?



DAY TWO



Reflect

“Pause Before Progress.”

A decorative horizontal line with a stylized 'AW' monogram in the center.

AW





3. LESSONS LEARNED

What has life been teaching me lately?



DAY TWO REFLECTION

Reflection helps you realign with what truly matters.

What is one insight I'm taking forward with me?

DAY THREE



Reset

*“Release What No
Longer Serves You.”*

A decorative gold star symbol with eight points, centered between two horizontal gold lines.

AW





You can't move forward
while carrying what's weighing you down.



1. RELEASE

What am I ready to release?

List anything that no longer serves your growth.



2. DECLUTTER

What do I need to clear—mentally, emotionally, physically?



3. RESET INTENTION

What do I want to create space for?

What new energy, habit, or mindset am I inviting in?



DAY THREE REFLECTION

I release with love.

I reset with intention.

What is one commitment I'm making to myself today?



Alignment creates momentum.
When your actions reflect your values, life feels
lighter, clearer, and more purposeful.



1. VALUES CHECK

What values matter most to me right now?



2. WHERE AM I ALIGNED?

Which areas of my life currently reflect
those values well?



3. ALIGNMENT GAP

Where in my life am I out of alignment with my values?



4. SMALL SHIFT, BIG IMPACT

What is one small action I can take to bring more alignment into my life today?



DAY FOUR REFLECTION

*I choose alignment over approval.
I move with purpose and integrity.*

What is one commitment I'm making to myself today?

DAY FIVE



Elevate

*“Raise Your Standards.
Elevate Your Life.”*

AW





Growth happens when you raise your standards and expect more for yourself.



1. MY CURRENT STANDARDS

What standards do I currently hold for myself in my personal, professional, and emotional life?



2. WHAT I'M READY TO ELEVATE

What areas of my life am I ready to raise my standards in?
What no longer serves me at this level?



3. HIGHER STANDARD, HIGHER LIFE

How will raising my standards elevate my confidence, relationships, and overall life?



4. ELEVATE IN ACTION

What is one action I will take this week to embody my higher standards?



DAY FIVE REFLECTION

*I choose excellence over excuse.
I raise my standards and elevate my life.*

What commitment am I making to myself today?



DAY SIX



Expand

*“Step Beyond Your Comfort Zone.
Grow Into More.”*

AW





Lasting change is built through consistency.
Small actions repeated daily create extraordinary results over time.



1. WHAT IS WORKING?

What positive habits, routines, or practices have helped me most during this journey?



2. WHAT DO I WANT TO CONTINUE?

Which habits or behaviours do I want to carry into the next 30 days?



3. MY SUSTAIN PLAN

What daily or weekly routines will support me in staying consistent and aligned?



4. MY WHY

Why is it important for me to sustain this momentum and continue growing?



DAY SIX REFLECTION

Consistency is my superpower.

I choose to sustain the habits that support my highest self.

What is one intention I set for myself moving forward?



DAY SEVEN



EMERGE

*“You Are Not Who You Were.
You Are Who You Choose To Become.”*

CELEBRATE. INTEGRATE. STEP FORWARD.

AW





You have become someone new.

Growth is not about becoming perfect. It is about becoming more aligned, intentional, and aware than you were before.



1. HOW HAVE I CHANGED?

What shifts have I noticed in my mindset, habits, awareness, or wellbeing during this journey?



2. WHAT AM I MOST PROUD OF?

What wins, breakthroughs, or commitments am I celebrating today?



*This is not the end.
This is your beginning.*



3. WHAT IS MY VISION MOVING FORWARD?

What kind of life am I intentionally creating for myself?
Who do I choose to become?



4. WHAT ARE MY NEXT STEPS?

What actions will I take in the next 7 days, 30 days,
and 90 days to continue this momentum?



CELEBRATE YOUR ASCND RESET JOURNEY

You showed up for yourself. You did the work.
You chose growth, even when it was uncomfortable.



*I honor my commitment. I trust my path.
I am ready to emerge and live with intention.*

*Well
Done!*
♡

THE ASCND WHEEL™

REASSESSMENT



Notice what has shifted. Celebrate what has grown.



ALIGNMENT

Am I living in alignment with my values and purpose?



MINDSET

How strong, focused, and positive is my mindset?



ENERGY

How energised, motivated, and inspired do I feel?



WELLBEING

How well am I caring for my body and mind?



ENVIRONMENT

Does my environment support my growth and wellbeing?



GOALS

How clear and aligned am I with my goals?



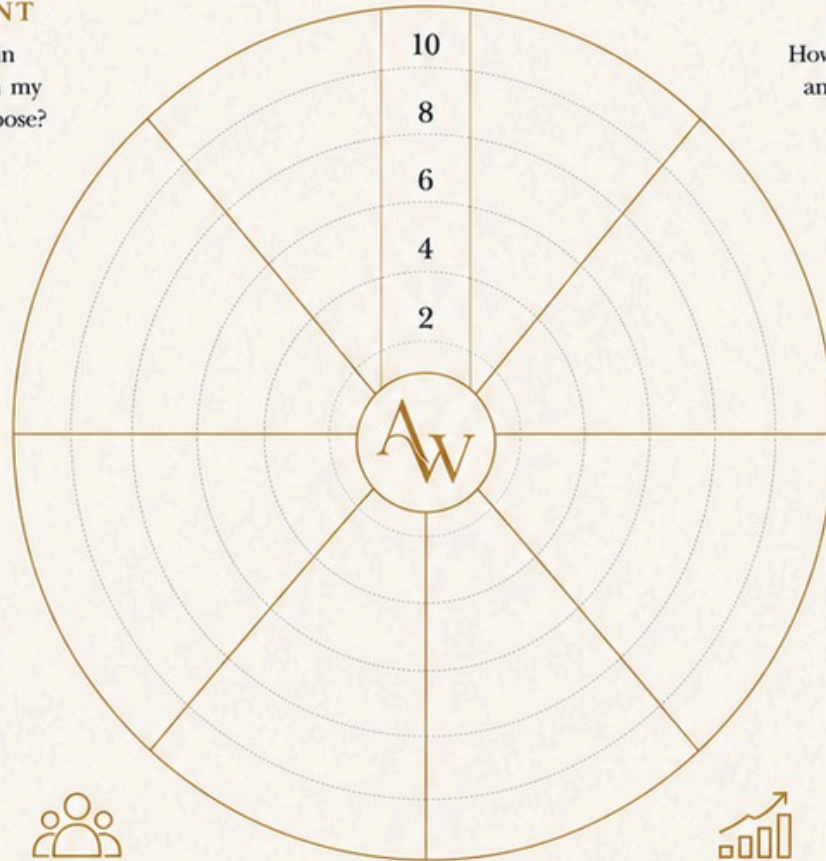
RELATIONSHIPS

How connected and supported do I feel in my relationships?



GROWTH

How committed am I to learning and self-improvement?



REFLECTION

- ★ 1. What area improved the most?

- ★ 2. What surprised me during this journey?

- ★ 3. Where do I want to continue growing?

- ★ 4. What am I taking forward from this experience?



DAY SEVEN COMPLETE



YOUR ASCENSION

You have spent the last seven days creating awareness, reflecting honestly, releasing what no longer serves you, and choosing a more intentional path forward.

Take a moment to acknowledge how far you've come.



Date Started: _____

Date Completed: _____

MY GREATEST INSIGHT



WHAT CHANGED MOST FOR ME?



ONE COMMITMENT I AM TAKING FORWARD



I commit to becoming the person I am capable of becoming.

Signature: _____

Date: _____



DAY SEVEN COMPLETE



YOU HAVE ASCENDED.



*“Transformation was never about becoming someone new.
It was about returning to who you were
always meant to be.”*



Thank you for choosing yourself.

Thank you for beginning.

Thank you for rising.



ASCND WELL™
Elevate Every Dimension.



AW



CONTINUE YOUR JOURNEY

The ASCND RESET™ is only the beginning.
Explore the ASCND WELL™ ecosystem for
continued growth, reflection and intentional living.



OUR COLLECTION



ASCND Journal™



ASCND Planner™



ASCND Life Audit™



ASCND Vision Workbook™



ASCND Mastermind™



Website | ascndwell.com



Email | hello@ascndwell.com



Instagram | [@ascndwell](https://www.instagram.com/ascndwell)



Elevate Every Dimension.



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