

Mental Reset Conference: Pre-Conference Checklist

You're carving out time for something most people never make room for - clearing your head, getting perspective, and locking into what actually moves the needle. This quick worksheet is your chance to slow down, take a breath, and show up with purpose. You don't need all the answers. Just be real with yourself. Give it 5-10 minutes now - your future self will thank you for it.

Section A: Mental Reset Prep

1. What's one thing in your life or business that's weighing you down? (Stress, burnout, money, relationships, or just feeling stuck.)
2. What does a 'reset' actually look like for you - mentally, emotionally, or in your business?
3. What do you already know you need to stop doing... but haven't yet?
4. What kind of life or business would make you proud to say, 'I built this'?

Section B: Physical Setup

5. Shut Out the Noise:
 - Tell your crew: 'I'm booked for 3 days.'
 - Turn off your phone if you can (or use headphones and ignore texts).
 - No clients, no chaos, no errands. You're off-duty for this.
6. Gear Up:
 - Grab a notebook and pen - you'll want to write things down.
 - Make sure you've got space to move, breathe, maybe even yell or cry. (It gets real.)
 - Light a candle, grab a stress ball - whatever helps you focus.
7. Fuel Up:
 - Skip the junk food and caffeine overload.
 - Eat something clean and light.
 - Bring snacks so you don't need to dip out and miss something that hits home.

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Section C: Mindset Shift

8. Decide Right Now:

- You've wasted enough time feeling stuck.
- Don't just 'try it' - show up like it matters.
- This is the moment things start to change. Lock that in before Day One.

When you walk into Day One, walk in knowing you've already done more than most - you've shown up ready.