

*Growth Reset
Workbook*

HOW TO USE THIS WORKBOOK

This workbook is designed to be completed with support or on your own.

There is no rush.

There are no right answers.

This is about honesty, clarity, and choosing what actually matters next.

You don't need to fix everything, you just need to move something forward.

ARRIVING WHERE YOU ARE

Before we plan anything, let's pause and tell the truth about where you are right now.

Take a breath.

You don't need to perform here.

Write freely:

Right now, I feel overwhelmed or stuck around:

The things that feel heavy or unresolved in my life or business are:

If I'm honest, the part I've been avoiding looking at is:

EVERYTHING YOU'RE CARRYING

We can't move forward while carrying everything at once.

Brain Dump (no filtering):

Write down everything you feel responsible for right now.

- Tasks
- Ideas
- Goals
- Commitments
- Open loops

Now reflect:

Which of these truly matter right now?
(Circle or rewrite 1-2 only)

What can wait — even if it feels uncomfortable to admit?

What am I carrying out of guilt, pressure, or “shoulds”?

CHOOSING YOUR INTENTIONAL FOCUS

Growth doesn't come from doing more, it comes from choosing intentionally.

Complete this sentence:

Over the next 30–60 days, I am focusing on:

Because this matters right now due to:

If this moved forward, my life or business would feel:

This is not a “fix everything” goal.
This is a move something goal.

WHAT MOVES THIS FORWARD

Momentum is built through small, repeatable actions — not pressure.

Choose 3 weekly actions that support your focus.
These should feel:

- ✓ doable
- ✓ supportive
- ✓ realistic

Weekly Action #1:

Weekly Action #2:

Weekly Action #3:

Reality Check:

If I only did these three things each week, would I still be moving forward?

- ☐ Yes
- ☐ No (adjust until it's a yes)

WHEN THINGS DON'T GO PERFECTLY

Growth isn't about staying perfect, it's about staying
connected.

Reflect:

When I usually fall off track, it's because:

Instead of guilt, I can respond by:

A supportive reminder I need to hear when I
struggle:

Progress doesn't come from being harder on yourself.
It comes from staying honest and returning with
compassion

Focus Protection Plan

Growth happens when you have fail
systems in place.

My Bottom Line Action Item each week:

If I lose focus or momentum, I will:

Examples:

- Book a clarity call
- Revisit my worksheet
- Reduce scope, not quit
- Text someone
- Block 30 minutes to reset

You're pre-deciding how to recover.
That's real accountability.

THE RESET COMMITMENT

This is not a promise to be perfect.
It's a commitment to focus.

Write your commitment:

For the next 30 days, I commit to focusing on:

I am releasing the pressure to:

Signed: _____

Date: _____

You don't need to do more.
You need to do what matters — consistently.