Turn Your Dreams Into Reality

A guided workbook for clarity, confidence, intentional action, and a life that feels like yours.

THE B.I.T.C.H METHOD™

Breaking Internal Trauma. Creating Healing.

Your next chapter begins with one honest decision and one achievable step.

Welcome to Your Reset

You do not need to have everything figured out. Use these pages to reconnect with what matters, reflect without judgment, and choose small actions that move you forward.

What would a meaningful reset look like for me?

What am I ready to release?

What do I want more of in my life?

1 | Set Measurable Goals

Turn a dream into a goal you can describe, measure, and work toward.

My goal is:

Why this matters to me:

How I will know I have achieved it:

My target date:

SMART Goal Planner

SPECIFIC — What exactly will I accomplish?

MEASURABLE — What evidence will show progress?

ACHIEVABLE — What resources and support do I need?

RELEVANT — How does this align with my values?

TIME-BOUND — When will I review and complete it?

Understand Your Why

My goal:

What will achieving it give me?

And why does that matter?

What deeper need or value does this support?

My first step and target date:

2 | Take Consistent Action

Momentum grows through realistic, repeatable actions. Progress does not require perfection.

One small action I can take today:

A habit I will practice this week:

An obstacle I can prepare for:

Boost Your Productivity

PLAN — My three most important tasks:

PROTECT — Distractions I will reduce:

FOCUS — When and where I will do the work:

RESET — What I will prepare for tomorrow:

Problem-Solving Reflection

SITUATION — What happened?

THOUGHTS — What story am I telling myself?

FEELINGS — What emotions am I noticing?

OPTIONS — What responses are available?

NEXT STEP — What is within my control?

Name What You Feel

Circle or underline emotions that fit. You can experience more than one feeling at once.

CALM

peaceful • grounded • content • hopeful

SAD

disappointed • lonely • discouraged • grieving

FEAR

anxious • uncertain • overwhelmed • insecure

ANGER

frustrated • irritated • hurt • resentful

JOY

grateful • excited • connected • proud

OTHER

numb • confused • tired • curious

What might these feelings be telling me?

Wheel of Life

Rate each area from 1 (needs attention) to 10 (feels fulfilling).

Relationships	○	○	○	○	○	○	○	○	○	○
Family & friends	○	○	○	○	○	○	○	○	○	○
Rest & recreation	○	○	○	○	○	○	○	○	○	○
Finances	○	○	○	○	○	○	○	○	○	○
Personal growth	○	○	○	○	○	○	○	○	○	○
Work & career	○	○	○	○	○	○	○	○	○	○
Health & well-being	○	○	○	○	○	○	○	○	○	○
Purpose & spirituality	○	○	○	○	○	○	○	○	○	○

Which area needs a compassionate first step?

Five-Day Self-Care Challenge

- [ ] **DAY 1**

  Clear or organize one small space for 10 minutes.

- [ ] **DAY 2**

  Offer yourself compassion for a past mistake.

- [ ] **DAY 3**

  Connect with someone who helps you feel supported.

- [ ] **DAY 4**

  Write an affirmation that reflects your values.

- [ ] **DAY 5**

  Learn or try something new.

Self-Care Checklist

- [ ] Begin the day with one supportive thought
- [ ] Name five things that went reasonably well
- [ ] Write down three things you appreciate
- [ ] Move your body in a way that works for you
- [ ] Listen to music that lifts your mood
- [ ] Reach out to someone you trust
- [ ] Read or listen to something nourishing
- [ ] Try something new
- [ ] Pause and rest without guilt

Six Foundations for Well-Being

01 Supportive daily habits

02 Intentional breathing and moments of pause

03 Mindful money management

04 Movement that suits your body

05 Supportive relationships and environments

06 Consistent rest and self-care

Weekly Check-In

What was the best moment of my week?

What am I grateful for?

What did I learn about myself?

How did I care for myself?

What would I like to do differently next week?

My Vision | Life Areas

PERSONAL — Who do I want to become?

HEALTH — What helps me feel well?

FAMILY — What connection matters?

RELATIONSHIPS — What feels safe and mutual?

CAREER — What would meaningful work look like?

3 | Believe in Yourself

Supportive people, realistic self-talk, and consistent boundaries can help you pursue meaningful change.

A belief about myself I want to strengthen:

People or communities that support my growth:

A boundary that will protect my time or energy:

Affirmations for Growth

- I can begin again.
- My voice and needs matter.
- I can take one step at a time.
- I trust myself to learn and adapt.
- I am worthy of healthy relationships.
- My progress is not defined by perfection.
- I can create a life aligned with my values.

My personal affirmation:

Your Success Path

AWARENESS

Notice what you want to change.

INTEREST

Explore opportunities and possibilities.

DESIRE

Connect the goal to your deeper why.

ACTION

Take one measurable next step.

COMMITMENT

Review, adjust, and keep going.

A Gentle Daily Reminder

20 minutes outside or in natural light, if accessible:

20 minutes of movement that feels right for me:

10 minutes of journaling or quiet reflection:

10 minutes of mindful, screen-free nourishment:

Find Your Passion

What activities energize me?

What skills or strengths do I enjoy using?

What causes or people do I care about?

Where do my interests, skills, and values overlap?

Discover Your Purpose

What do I love doing?

What am I good at or willing to learn?

What needs do I feel called to address?

What could sustain me financially?

What meaningful next step can I test?

Choose Your Priorities

Your priorities can shift with the season you are in. Choose what deserves your attention now.

PRIORITY ONE — What matters most?

PRIORITY TWO — What supports my well-being?

PRIORITY THREE — What relationships or commitments matter?

What can I postpone, delegate, or release?

When You Are Overthinking

NOTICE — What thought keeps repeating?

GROUND — What can I observe in the present moment?

QUESTION — What do I know versus assume?

ACT — What small helpful action is available?

Manage Your Time

IMPORTANT + URGENT

Do or address promptly

IMPORTANT + NOT URGENT

Schedule meaningful progress

NOT IMPORTANT + URGENT

Delegate or set limits when possible

NOT IMPORTANT + NOT URGENT

Reduce or release

Today, I Will...

Support myself by:

Be kind to myself by:

Motivate myself through:

Make space for reflection, prayer, or stillness by:

Your Next Chapter Starts Here

What is your dream, and what is one action you can take to make it real?

THE B.I.T.C.H METHOD™

Break • Identify • Transform • Create • Heal

Ready for support as you rebuild confidence, clarity, and purpose? Explore coaching and book a session with Amanda Danielle.

WWW.ASKAMANDADANIELLE.COM

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Author of B.I.T.C.H Speak Your Truth ~ Discover Your Inner Peace
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