

THE RESET METHOD

guide



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A person wearing a long, flowing white dress is walking away from the camera through shallow water. The water is rippling, and the scene is bathed in the warm, golden light of a sunset or sunrise. The person's legs and the hem of the dress are visible as they move through the water.

THE RESET METHOD

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A Sacred Return to Yourself

The RESET Method isn't about hustling harder or pushing yourself into yet another round of resolutions. It's about returning - to your truth, your body, your wisdom. Nature resets itself with each season, which is exactly why we should too.

This process works because it honours how the mind and body actually transform. It rewires your thinking, your habits, and your energy in the sequence your brain naturally accepts change. You'll notice it doesn't push - it guides. It's not another box to tick; it's a homecoming.

This method was originally created for a magazine article, which I expanded and started using with my coaching clients. This is how I know this method works.

Let's walk through each step in detail - not just what to do, but why it works, and how it reshapes you from the inside out.



HOW TO DO THIS RESET

Embrace a Simple, Steady, and Soulful Reset

This reset is crafted to be straightforward, consistent, and heartfelt. You don't require hours of free time, ideal conditions, or boundless motivation. All that's needed is your willingness to show up for yourself – gently, consistently, and with compassion.

Here's how to navigate through it:

1. Dedicate 10–20 Minutes Daily

- This is your sacred pause—an opportunity to step away from autopilot and realign with yourself. Choose a time that feels rejuvenating, whether in the morning, evening, or both.

2. Follow the Five Steps of RESET

- Each day, focus on one aspect of the method:
 - **R:** Remember who you are
 - **E:** Embody the evidence
 - **S:** Set soul standards
 - **E:** Express aligned actions
 - **T:** Tend to the flame

3. Utilise Worksheets as Your Daily Guide

- Journal through the prompts, complete your daily reflections, and let the practical steps ground you. These pages aren't mere tasks to complete; they are rituals to embody.

4. Meet Resistance with Compassion

- Overwhelm, procrastination, and self-sabotage are not failures; they are invitations. Use the “Overcoming Obstacles” section to navigate through them gracefully.

5. Repeat as Necessary

- This reset isn't a one-time affair. Feel free to revisit it whenever life feels heavy, misaligned, or unclear. Each cycle will bring you closer to your true self.

Luxury Truth: A reset is not about starting anew; it's about realigning and recognising that you already possess everything you need to begin again.

A person wearing a long, flowing white dress is walking away from the camera through shallow, rippling water. The scene is captured during sunset or sunrise, with the low sun creating a strong, warm golden glow that reflects off the water's surface. The person's dress is white with some lace detailing at the hem. The overall mood is serene and contemplative.

THE FIVE STEPS



REMEMBER WHO YOU ARE

*Radical honesty with
compassion.*

When life gets noisy, you forget. You slip into roles, routines, survival mode. You play the part of “capable,” “together,” or “fine,” even when you’re not. This step is about remembering who you truly are beneath all of that.

The Psychology:

- When you tell yourself “it’s not that bad,” you’re engaging in self-gaslighting – a defence mechanism designed to minimise discomfort.
- Neuroscience shows that denial keeps the amygdala (fear centre) in charge. But when you name reality honestly, you activate the prefrontal cortex, the part of your brain responsible for decision-making and clarity.

The Practice:

- Use the traffic light check-in:
 - Green: What’s working and flowing?
 - Yellow: What feels inconsistent or heavy?
 - Red: What feels done or draining?
- Ask yourself: What truth am I avoiding because it would require me to change? Where am I trying to be palatable instead of powerful?

The Transformation:

When you remember who you are, you stop abandoning yourself. Honesty is no longer harsh – it becomes the most luxurious form of self-respect.





EMBODY THE EVIDENCE

*Reclaiming your proof,
visible and invisible.*

When you feel off-track, your brain whispers: “You’ve done nothing.” Let’s call BS on that. Evidence shifts you out of self-criticism and back into truth.

The Psychology:

- Your brain is wired with **negativity bias** – meaning it remembers the one thing that went wrong over the ten things that went right.
- Tracking wins activates your **dopamine system**, the brain’s reward network. Dopamine isn’t just pleasure; it reinforces behaviour and builds motivation.

The Practice:

- **Collect Visible Wins:** the habits kept, the goals hit, the boundaries held.
- **Honour Invisible Wins:** the quiet shifts like saying no without guilt, allowing yourself to rest, or feeling instead of numbing.
- **Ask:** *How does it feel in my body when I acknowledge this progress?
Where can I lean into that energy more?*

The Transformation:

When you embody the evidence, you retrain your brain to see possibility. This dissolves self-doubt and builds an unshakable trust in your own resilience.





SET SOUL STANDARDS

Deciding what you are no longer available for.

You don't rise to your goals; you settle at your standards. This is where you draw the line in the sand and create your standards from your desires and who you want to be.

The Psychology:

- Standards shape your **self-image** – the internal rules about “the kind of person I am.”
- When you raise your standards, your reticular activating system (RAS) – the brain's filter – begins scanning for opportunities and behaviours that match the new identity.

The Practice:

- Define soulful standards, such as:
 - *I no longer explain my “no.”*
 - *I protect my mornings as sacred.*
 - *I rest without guilt.*
 - *I only pour into spaces that nourish me back.*
- Write one down and hold yourself to it for the next week.

The Transformation:

When you set soul standards, discipline becomes effortless. You stop needing willpower because misaligned choices simply become “not who I am.”





EXPRESS ALIGNED ACTIONS

*Action as expression ,
not pressure.*

You don't need a master plan – you need movement. Small, sacred actions build energetic trust with yourself.

The Psychology:

- Procrastination is often the brain's way of avoiding uncertainty.
- But once you begin, you activate the task-positive network, which increases focus and reduces anxiety. Behavioural momentum kicks in – once moving, you're more likely to keep going.

The Practice:

- Choose one life area that's calling for attention – health, creativity, relationships, finances.
- Make three micro-moves today. Examples:
 - Send the email.
 - Clear your workspace.
 - Go for a barefoot walk.
 - Book the appointment.
 - Speak the truth sitting in your throat.
- Ask: *What action today would create the biggest sense of relief or lightness?*

The Transformation:

Aligned action signals to your subconscious: *I am this person now*. Over time, these small expressions reshape your identity into one that moves with clarity and courage.





TEND TO THE FLAME

*Sustaining the reset with
rituals of reconnection.*

Starting is easy. Sustaining is sovereignty. This final step ensures your reset doesn't flicker out – it becomes your new baseline.

The Psychology:

- Repetition strengthens neural pathways through long-term potentiation. Each time you repeat a habit, you make it easier to repeat again.
- Pairing consistency with celebration engages the brain's reward circuitry, making change feel pleasurable instead of punishing.

The Practice:

- Ask yourself each morning: *Six months from now, what will I wish I focused on today?*
- Hold a weekly self-check-in: What felt light? What felt heavy? What's one step for next week?
- Choose one micro-habit to carry forward (e.g., five minutes of journaling, a daily walk, or a glass of water before coffee).

The Transformation:

Tending to the flame keeps you connected to your vision. It turns the reset high into a steady, glowing identity shift – one that guides you long after the five days are done.



THE LUXURY OF RESET

The RESET Method isn't about fixing yourself. You were never broken.
It's about stripping away what isn't you, so you can lead from the centre
of your power.

Remember who you are.
Embody the evidence.
Set soul standards.
Express aligned actions.
Tend to the flame.

Five steps. A sacred return.
A new beginning that feels like home.



A person wearing a long, flowing white dress is walking away from the camera on a sandy beach. The scene is captured during sunset or sunrise, with the low sun creating a strong golden glow and reflecting off the water and sand. The person's shadow is cast long and dark on the sand in front of them. The overall mood is serene and contemplative.

OVER- COMING OBSTACLES

OVERCOMING OBSTACLES IN THE RESET METHOD

Every reset comes with resistance. It's not because you're weak or incapable – it's because you're human. Your brain is designed to keep you safe, and “safe” often means “the same.” Even when the same is uncomfortable.

So when you stumble – when honesty feels too sharp, when action feels too big, when the spark feels like it's flickering out – it doesn't mean you're failing. It means you're in the process. And in that moment, the kindest thing you can do is pause, breathe, and remember that resistance is simply proof you're stepping into something new.

Here's how to gently navigate the common obstacles you may meet at each stage of RESET.





REMEMBER WHO YOU ARE

*Radical honesty with
compassion.*

The Obstacle:

Facing your truth can feel confronting. You may find yourself minimising - “It’s not that bad” - or spiralling into all-or-nothing thinking: “It’s all hopeless.” Both are protective strategies from your nervous system, trying to soften discomfort.

What This Means:

Your amygdala (the fear centre of the brain) is wired to avoid pain. Naming your truth feels like danger to that system. But your prefrontal cortex (the rational, wise part of you) thrives on clarity. By facing reality gently, you shift power from fear into conscious choice.

How to Overcome It (with kindness):

- ***Soften the language.*** Instead of “*My life is a mess,*” try: “*I feel out of alignment in this season.*” Truth, without the sting.
- ***Ground your body.*** Place your hand on your heart, take a few slow breaths, and remind yourself: It is safe for me to see clearly.
- ***Reframe honesty as care.*** You’re not being harsh - you’re choosing to stop abandoning yourself. This is self-honouring, not self-criticism.





EMBODY THE EVIDENCE

*Reclaiming your proof,
visible and invisible.*

The Obstacle:

You may feel blind to your progress. The negativity bias will tell you that your wins don't count or that they're "too small to matter." It's easy to dismiss growth when it doesn't feel monumental.

What This Means:

Your brain evolved to focus on problems for survival. That wiring makes it hard to see the quiet, steady progress. But when you deliberately notice your wins, you activate the dopamine system – reinforcing motivation and reminding your body that growth feels good

How to Overcome It (with kindness):

- ***Keep a "win jar."*** Write down every small victory (visible or invisible) and drop it in. On harder days, pull them out and read them back.
- ***Invite outside reflection.*** Ask someone you trust, "What changes do you see in me lately?" They'll often notice growth you've overlooked.
- ***Honour the invisible.*** Saying no without guilt, resting without shame, or simply feeling your feelings are wins. Let them count.





SET SOUL STANDARDS

Deciding what you are no longer available for.

The Obstacle:

When you raise your standards, others may resist. Old patterns may tug at you. Your inner critic may whisper, “Who do you think you are to want more?” Fear of rejection or being “too much” can creep in.

What This Means:

Standards are about self-respect, not perfection. They rewire your self-schema – the “I am this kind of person” identity inside your brain. When you upgrade those internal rules, your external life begins to shift to match them. It’s normal for others to feel unsettled while you hold steady.

How to Overcome It (with kindness):

- ***Practice your no.*** Say it aloud in private first, calmly and confidently. Familiarity reduces fear.
- ***Anchor in alignment, not approval.*** Your standards aren’t a vote. They are declarations of your truth.
- ***Expect some resistance – and see it as confirmation.*** Discomfort often means you’re no longer shrinking to fit. Those who are meant to walk with you will rise to meet your new standard.





EXPRESS ALIGNED ACTIONS

*Action as expression ,
not pressure.*

The Obstacle:

Procrastination will often appear here, disguised as preparation. “I just need to plan a little more...” You may wait for the perfect timing or the perfect energy before beginning

What This Means:

This is your nervous system avoiding uncertainty. The brain prefers familiar discomfort over unknown possibility. But once you take even the smallest step, you activate the task-positive network, quieting fear and building momentum.

How to Overcome It (with kindness):

- ***Shrink the action.*** If it feels overwhelming, break it down until it's laughably simple. Instead of “revamp my finances,” try: “Open my online banking.”
- ***Set a micro-deadline.*** Give yourself 15 minutes to begin - not to finish. Beginning is what rewires the brain.
- ***Attach it to identity.*** Whisper: I am a woman who moves when it matters. Each action is not just a task - it's a declaration of self-trust.





TEND TO THE FLAME

Sustaining the reset with rituals of reconnection.

The Obstacle:

The initial reset high fades. Daily life sneaks back in. You may feel your energy slipping into old rhythms and believe you've "lost it."

What This Means:

This is not failure. This is your brain defaulting to its old wiring, which feels efficient. Long-term change requires reinforcement - repetition that strengthens the new neural pathways until they become your baseline.

How to Overcome It (with kindness):

- **Create gentle anchors.** A sticky note with your word, a morning question in your journal, or a candle ritual to mark your intention. Anchors bring you back when you drift.
- **Track visibly.** Cross off days on a tracker, or jot down nightly reflections. Seeing proof of progress keeps your nervous system invested.
- **Reconnect to your why.** Each week, pause and ask: What future self am I tending with these flames? Let her guide you.



THE NURTURING TRUTH

Obstacles are not signs of weakness – they are invitations into deeper devotion. Every stumble is a chance to soften, to return, to recommit with love.

Your reset is not a race. It is a relationship – with yourself, your energy, your truth. And like all relationships, it is built not on perfection, but on consistent tending.

When the resistance comes – because it will – remember: **you are not going backwards**. You are being invited to practice becoming the person you already are.





**RAISE YOUR STANDARDS,
AND WATCH AS YOUR
LIFE ELEVATES TO MEET
YOUR EXPECTATIONS.**