

THE RESET METHOD

worksheets



HOUSE OF
REAWAKEN

Agency begins with self-knowledge.

www.houseofreawaken.com



DAY 1:
REMEMBER WHO YOU ARE
*Radical honesty with
compassion.*

THEME WORD:

INTENTIONS FOR THE DAY:

Today I choose to return to my truth. I remember who I am beneath the roles, the rushing, and the noise.

WHERE AM I PRETENDING THINGS ARE “FINE” WHEN THEY’RE NOT?

WHAT WOULD I ADMIT TO MYSELF IF I TRUSTED THAT CLARITY IS SAFE?

RESISTANCE REMINDER:

When honesty feels overwhelming, soften the language. Instead of
“everything is falling apart,” try: *“This area of my life feels out of
alignment.”*



DAY 1:
REMEMBER WHO YOU ARE
*Radical honesty with
compassion.*

TRAFFIC LIGHT CHECK-IN:

**GREEN:
WHAT'S WORKING?**

**YELLOW:
WHAT FEELS HEAVY
OR INCONSISTENT?**

**RED:
WHAT FEELS
DRAINING OR DONE?**

EVENING REFLECTION RESET

**TODAY I FELT MOST
LIKE MYSELF WHEN...**

**ONE THING I AM
PROUD OF
REMEMBERING IS...**

**WORD/INTENTION I
WANT TO CARRY INTO
TOMORROW:**



DAY 2: EMBODY THE EVIDENCE

*Reclaiming your proof,
visible and invisible.*

THEME WORD:

INTENTIONS FOR THE DAY:

Today I choose to see what's already strong and working within me.

WHAT ARE THREE VISIBLE WINS I'VE HAD THIS MONTH (HABITS, BOUNDARIES, GOALS)?

WHAT ARE THREE INVISIBLE WINS (MOMENTS OF GROWTH, REST, SELF-RESPECT)?

WRITE YOUR SIX WINS ON A CARD OR IN A JAR. KEEP THEM WHERE YOU'LL SEE THEM.

RESISTANCE REMINDER:

When self-sabotage whispers “you’ve done nothing,” gather evidence.
Both the visible and invisible matter.



DAY 2: EMBODY THE EVIDENCE

*Reclaiming your proof,
visible and invisible.*

WHAT ARE SOME THINGS YOU'VE ACHIEVED IN YOUR LIFE THAT YOU ARE PROUD OF?

EVENING REFLECTION RESET

**WHEN I
ACKNOWLEDGED MY
WINS TODAY,
I NOTICED...**

**THE EVIDENCE I
MOST WANT TO
EMBODY IS...**

**WORD/INTENTION I
WANT TO CARRY INTO
TOMORROW:**

S

DAY 3:
SET SOUL STANDARDS

Deciding what you are no longer available for.

THEME WORD:

INTENTIONS FOR THE DAY:

Today I choose to raise the standards of what I allow into my space and energy.

WHAT AM I NO LONGER AVAILABLE FOR?

WHAT NEW STANDARD WOULD FEEL LIKE AN ACT OF DEVOTION TO MYSELF?

RESISTENCE REMINDER:

When overwhelm creeps in, remind yourself: standards simplify life. Saying no clears space for what matters. Create boundaries from your soul, as opposed to what others want.



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DAY 3: SET SOUL STANDARDS

Deciding what you are no longer available for.

WHAT'S ONE BOUNDARY THAT I CAN CREATE TODAY THAT LIFTS MY STANDARDS?

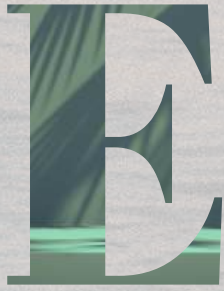
DESCRIBE HOW YOU WANT TO FEEL WHEN YOU ENFORCE THAT BOUNDARY

EVENING REFLECTION RESET

**THE BOUNDARY I
HONOURED TODAY
WAS...**

THIS MADE ME FEEL...

**WORD/INTENTION I
WANT TO CARRY INTO
TOMORROW:**



DAY 4: EXPRESS ALIGNED ACTIONS

*Action as expression,
not pressure.*

THEME WORD:

INTENTIONS FOR THE DAY:

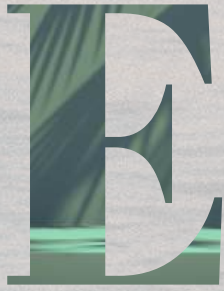
Today I choose movement over perfection. One aligned action is enough.

WHAT'S ONE AREA OF LIFE THAT FEELS RESTLESS OR STAGNANT?

WHAT'S ONE SMALL, SACRED ACTION I CAN TAKE TODAY TO SHIFT IT?

RESISTANCE REMINDER:

When procrastination shows up, shrink the step. Begin with something so small it feels effortless.



DAY 4: EXPRESS ALIGNED ACTIONS

*Action as expression,
not pressure.*

CREATE THREE SMALL MICRO-ACTIONS TO ACHIEVE IN THE NEXT WEEK

Choose one and complete it before the day ends.

DESCRIBE HOW YOU WANT TO FEEL WHEN YOU ACHIEVE THESE ACTIONS

EVENING REFLECTION RESET

**THE ACTION I TOOK
TODAY WAS...**

**I NOTICED MY ENERGY
SHIFT WHEN...**

**WORD/INTENTION I
WANT TO CARRY INTO
TOMORROW:**



DAY 5: TEND TO THE FLAME

*Sustaining the reset with
rituals of reconnection.*

THEME WORD:

INTENTIONS FOR THE DAY:

Today I choose to keep the flame lit – gently, steadily, sustainably.

WHAT IS ONE HABIT OR RITUAL THAT HELPS ME FEEL MOST LIKE MYSELF?

HOW CAN I MAKE IT SIMPLER AND MORE REPEATABLE?

RESISTANCE REMINDER:

When motivation dips, remember: consistency is built on devotion, not intensity. Small rituals keep the fire alive.

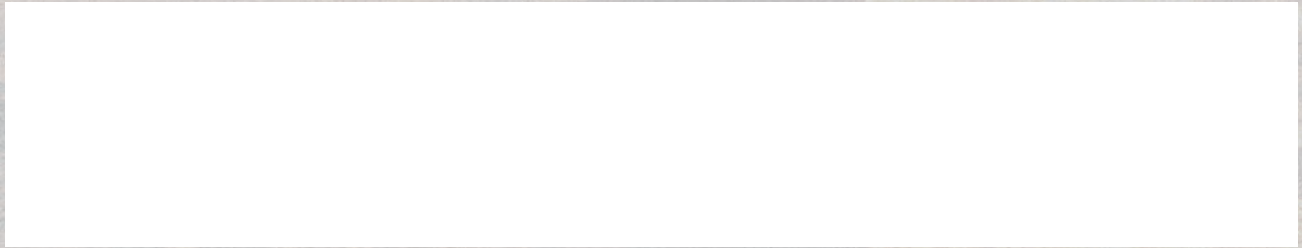


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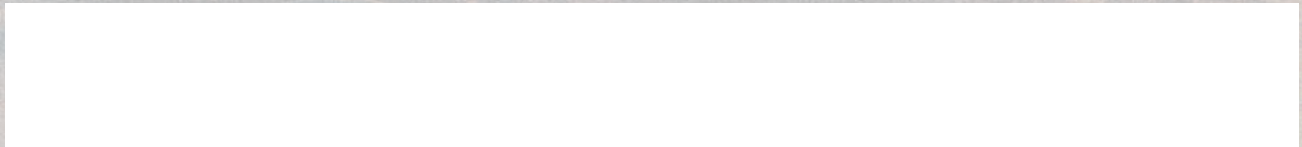
DAY 5: TEND TO THE FLAME

*Sustaining the reset with
rituals of reconnection.*

SET A 7-DAY MICRO-COMMITMENT (E.G., JOURNALING FOR 5 MINUTES, DRINKING 2L WATER, MORNING WALK). ANCHOR IT WITH A REMINDER OR RITUAL.

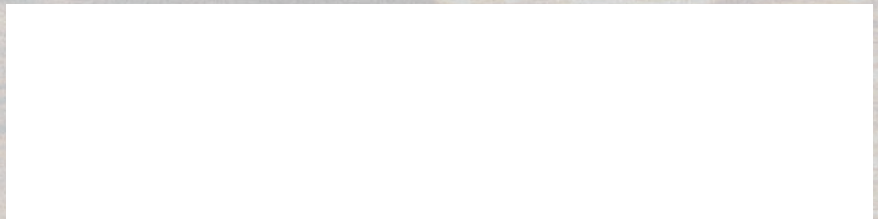


DESCRIBE HOW YOU WANT TO FEEL WHEN YOU ACHIEVE THESE COMMITMENTS



EVENING REFLECTION RESET

THE FLAME I TENDED
TODAY WAS...



THIS RESET HAS
SHOWN ME THAT I
AM...



WORD/INTENTION I
WANT TO CARRY INTO
TOMORROW:



YOUR RESET, YOUR BEGINNING

You've completed the 5-Day RESET - and that is something to celebrate. But this isn't the end of your journey. This is the threshold.

RESET was never meant to be a "one and done." It's a sacred tool you can return to any time life feels heavy, unclear, or misaligned. You can use it to reset your energy, your relationships, your health, your creativity, your finances — any part of your life that is ready for renewal.

- ***Remember Who You Are*** when you feel untethered or lost in roles.
- ***Embody the Evidence*** when your inner critic tells you nothing is working.
- ***Set Soul Standards*** when you need to hold your boundaries and honour your worth.
- ***Express Aligned Actions*** when procrastination or overwhelm tempts you to freeze.
- ***Tend to the Flame*** when the spark fades and you want to sustain your momentum.

The RESET Method is here whenever you need it - a framework to guide you home, again and again.



MOVING FORWARD: THE CONSISTENCY COMPASS

Now that you've experienced the power of a reset, the next step is about maintaining and deepening your changes. This is where The Consistency Compass becomes your ally.

The Compass is your three-month journal for daily devotion, weekly alignment, and steady momentum. It transforms your reset from a spark into a flame that lasts - keeping you anchored in clarity, confidence, and sovereignty.

Use your Compass to:

- Track rituals and aligned actions that keep you in flow.
- Hold your boundaries and soul standards with grace.
- Celebrate your visible and invisible wins.

Tend the flame of your reset, week after week.

THE LUXURY TRUTH

You were never broken - you simply needed a reset. Now, you have both a method and a compass. Together, they'll help you navigate each season of life with more clarity, more focus, more devotion, and more joy.

So breathe. Honour yourself for completing this reset. And then - keep going. Your Compass, your rituals, and your truth will always bring you back.

