The 7-Day Reset Starter

A practical starting point. Notice what matters, choose something manageable, then learn from trying.

DAYS 1-2 / MAKE A LITTLE ROOM

List what is fixed this week and what is optional. Choose one optional demand to simplify or postpone. Do not drop essential responsibilities. Ask for support where useful.

DAYS 3-5 / TRY ONE SMALL CHANGE

Choose one practical change in a priority life area. Try it on three days. Notice the time, energy or support that makes it easier. Aim for learning, not a perfect streak.

DAYS 6-7 / REVIEW WITHOUT JUDGMENT

What happened? What helped? What got in the way? Decide whether to keep, adapt or pause the experiment. A seven-day guide is a starting point, not a promise of transformation.

YOUR NEXT STEP

Use the worksheet on the next page. Explore the twelve journeys in any order; choose one to three priorities and keep no more than three active commitments.

Educational planning only. Not an assessment, treatment, or medical, legal or financial advice.

Make it your own.

ONE THING I CAN SIMPLIFY THIS WEEK

What is optional, and what still needs protection?

ONE EXPERIMENT AND THREE ATTEMPTS

My action: ___ . Attempt dates: ___ / ___ / ___ . What did I notice?

WHAT I WILL CARRY INTO NEXT WEEK

Keep ___ . Adapt ___ . Pause ___ . My next review is ___ .

Would a conversation help?

Explore 30-Day Life Reset ($795 USD). Coaching is optional; availability and terms are confirmed before payment. SaaS membership is separate unless expressly included.

Explore the coaching program >

Free resources and coaching: https://twelve-life-journeys-live-coaching.douglascjohnson96.chatgpt.site/free-guides