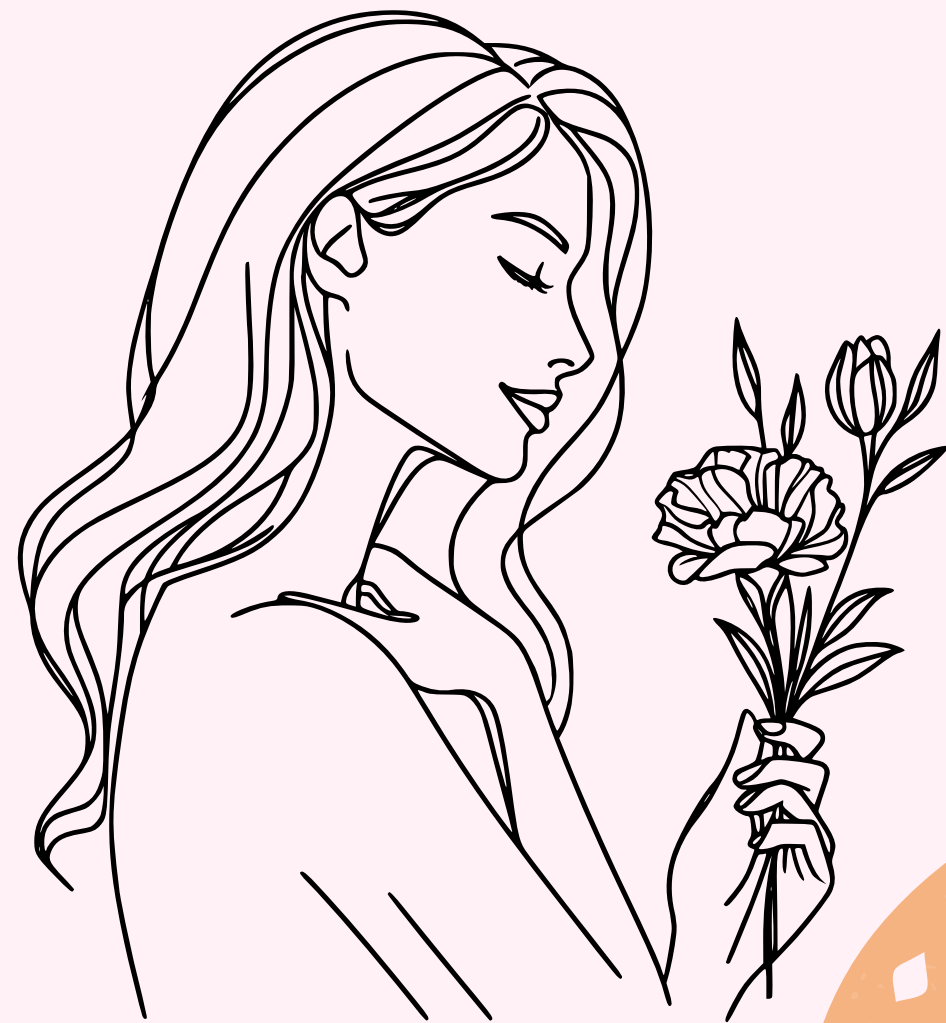


LIFE RESET ACTION PLAN

TO TURN THINGS AROUND, SHIFT YOUR MINDSET, OVERCOME DISCOURAGEMENT AND FIND RENEWED MOTIVATION





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Introduction

This workbook is a complementary resource to my blog post, where you'll find a more in-depth exploration of the life reset process.

You can find the blog post at: www.faerielifestyle.com/post/liferesetactionplan

The Life Reset Action Plan Workbook is designed to guide you through the four-step process for resetting your life, turning things around, shifting your mindset, overcoming discouragement and finding renewed motivation.

Each section focuses on a crucial step:

1. Identify what has led to feeling discouraged
2. Identify what needs to be adjusted
3. Create an action plan to visualize and map out your goals
4. Create a self-motivational system

We all face challenges and moments of discouragement. This workbook is here to support you as you navigate those times and move towards the life you envision for yourself.

Take a deep breath, turn the page, and let's begin your life reset journey, one step at a time.



12 questions to identify what has led to feeling discouraged



1 HAS THERE BEEN A SPECIFIC EVENT OR SITUATION THAT TRIGGERED THIS FEELING?

2 DO I FEEL LIKE I AM NOT MAKING ANY PROGRESS TOWARDS REACHING MY GOALS?

3 DO MY CURRENT GOALS OR PROJECTS FEEL UNINSPIRING OR OUT OF REACH?

4 DO I HAVE UNREALISTIC EXPECTATIONS FOR MYSELF?

5 AM I FOCUSING ON WHAT I HAVEN'T ACHIEVED RATHER THAN WHAT I HAVE ACHIEVED?

6 AM I PREOCCUPIED WITH THINGS I CANNOT CONTROL?

12 questions to identify what has led to feeling discouraged



7 AM I NOT PAYING ATTENTION TO THE THINGS I CAN CONTROL?

8 AM I BLAMING EXTERNAL FACTORS FOR MY LACK OF PROGRESS?

9 DO I NEED TO ADJUST MY PLAN TO ACHIEVE MY GOALS?

10 AM I LACKING MOTIVATION OR DIRECTION TO PURSUE MY DREAMS?

11 ARE THERE ANY NEGATIVE SELF-BELIEFS OR LIMITING THOUGHTS THAT TRIGGERED THIS FEELING?

12 HAVE I BEEN WAITING FOR THINGS TO HAPPEN INSTEAD OF TAKING ACTION?

Identifying what needs to be adjusted



Emotional

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Environmental

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Occupational

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Financial

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Physical

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Identifying what needs to be adjusted



Nutritional

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Intellectual

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Spiritual

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

Social

1 thing you can focus on that you can control

1 thing to let go of that is out of your control

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AREA OF DISCOURAGEMENT

[Blank box for area of discouragement]

WHY YOU FEEL DISCOURAGED

[Blank box for why you feel discouraged]

MOST IMPACTFUL ADJUSTMENT *Rewrite the 1 thing you can focus on that you can control from Step 2.*

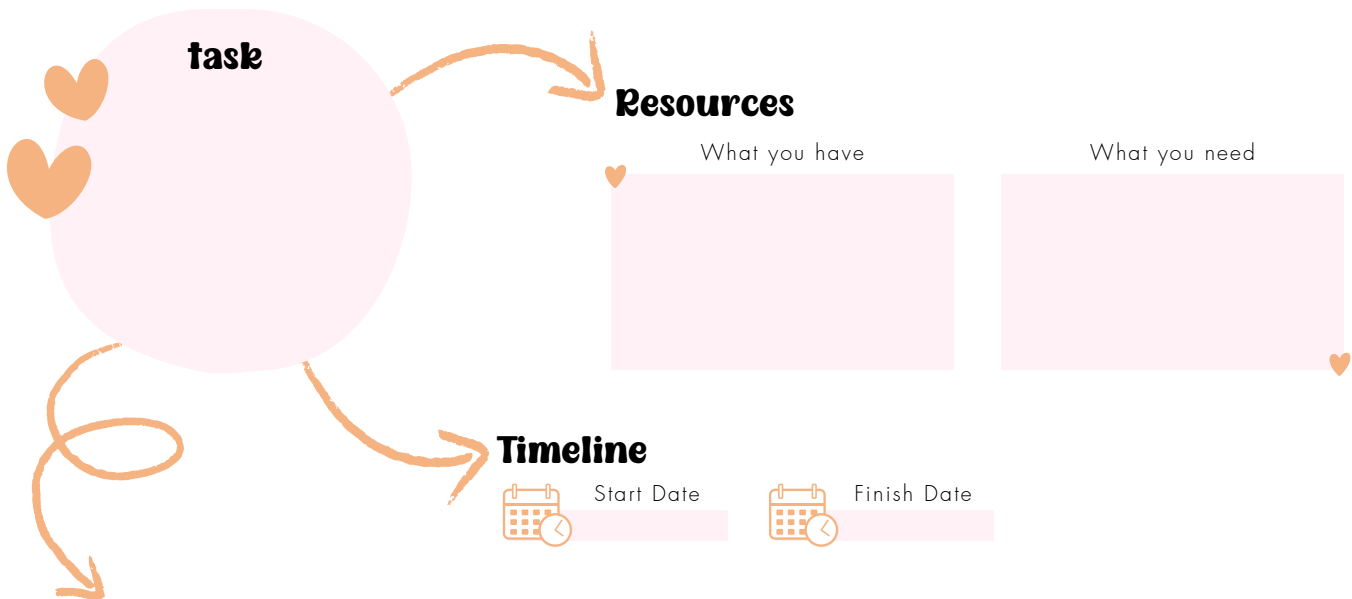
[Blank box for most impactful adjustment]



Be Goal

Aspirations related to personal qualities or skills you want to develop

[Large dotted box for Be Goal]



Milestones

Tangible and measurable ways you'll know you're making progress or reached your goal

[Large blank box for milestones]

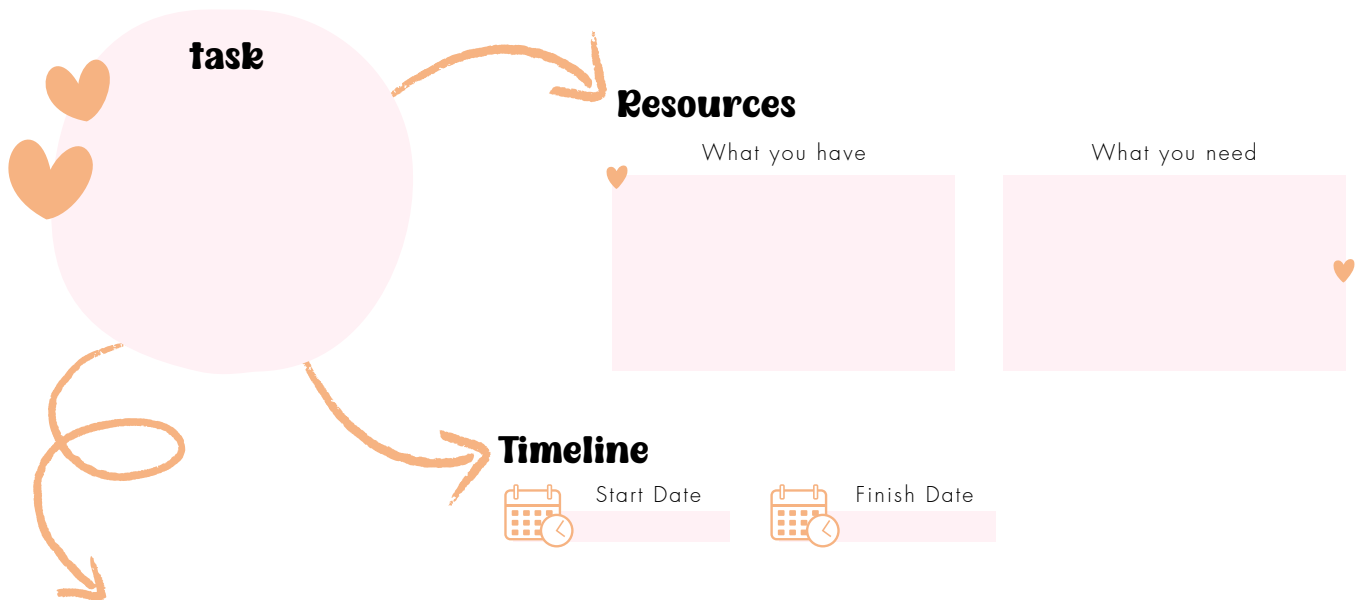
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Do Goal

Actions you want to take to achieve your dream life



Milestones

Tangible and measurable ways you'll know you're making progress or reached your goal

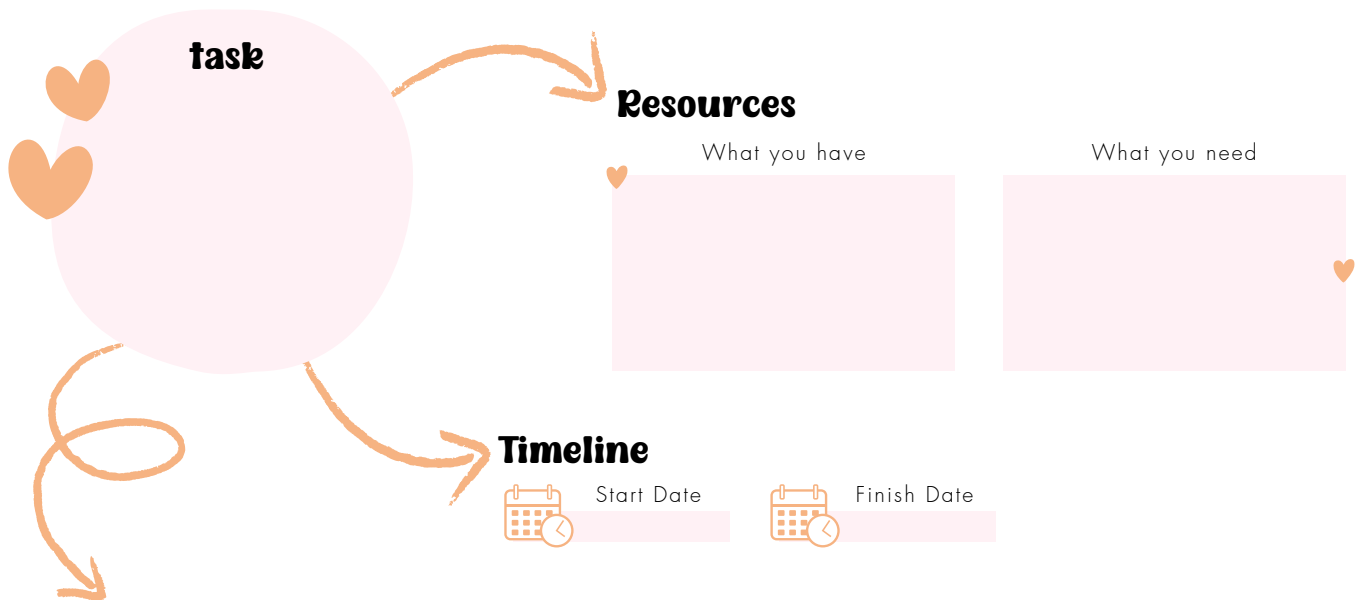
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Have Goal

Tangible objects or outcomes you strive for

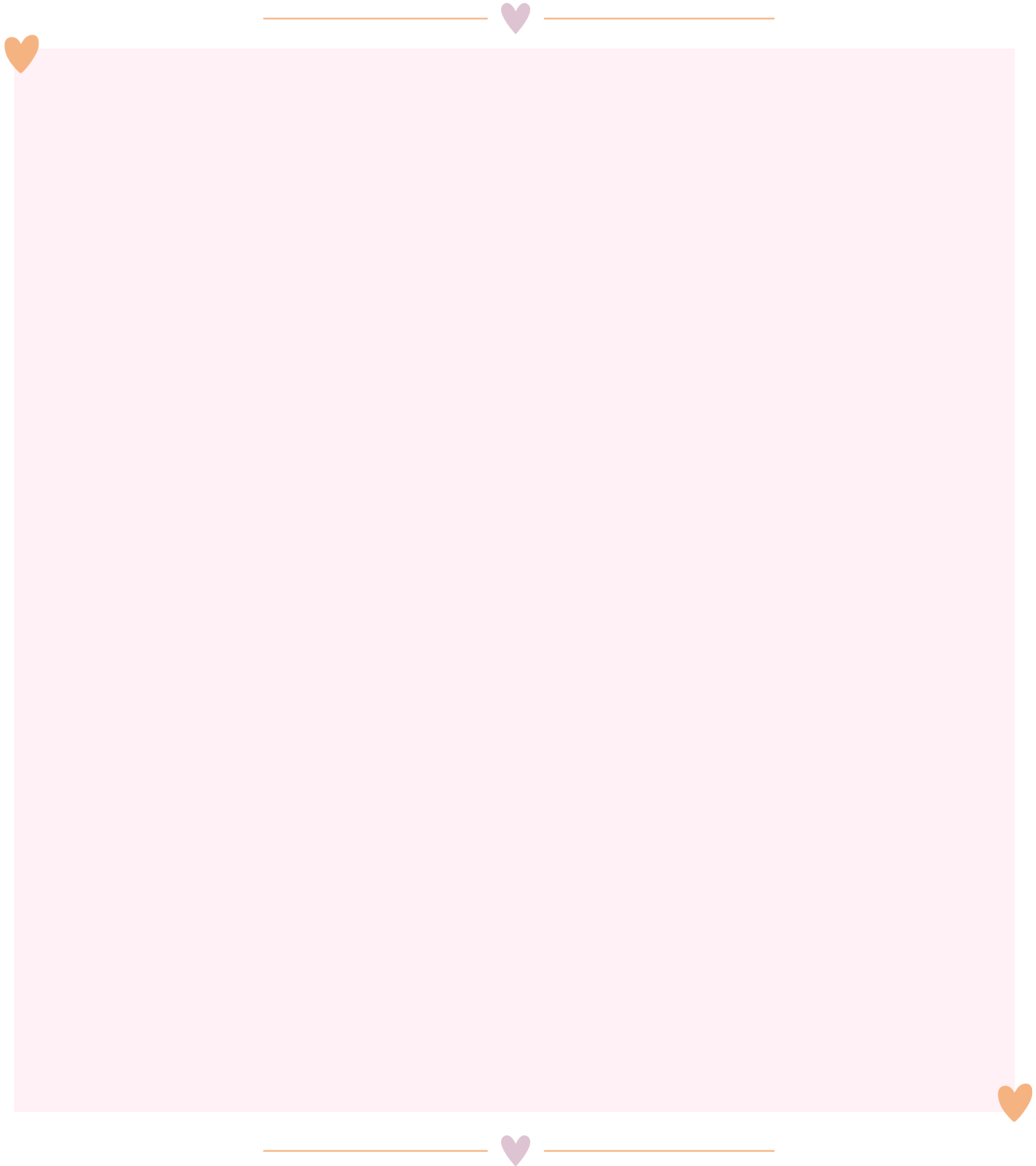


Milestones

Tangible and measurable ways you'll know you're making progress or reached your goal

Self-Motivational System

Write down all the things that can help you find renewed motivation. These can be things that give you comfort, peace, inspiration, and encouragement.



The form consists of a large, empty, light pink rectangular area for writing. It is framed by decorative elements: a small orange heart in the top-left corner, a small purple heart in the top-center, a small orange heart in the bottom-right corner, and a small purple heart in the bottom-center. Horizontal orange lines extend from the purple hearts towards the center of the page.