

THE RESET STARTER GUIDE™

A simple guide to help you create clarity, regain momentum, and take your next step.

Created by Dondada The Resetter™

"You don't have to change your whole life today. You just have to stop avoiding the next step."

SHIFT #1: PAUSE

What has been taking up the most mental space lately?
What am I pretending isn't bothering me?

SHIFT #2: GET HONEST

What's actually working?
What's not working?
What have I outgrown?

SHIFT #3: CHOOSE ONE THING

If I could improve ONE area of my life over the next 30 days, it would be:

Why?

What's one action I can take this week?

YOUR RESET DECLARATION

I don't have to do everything at once.
I can begin where I am.
I choose responsibility over avoidance.
I trust myself to take the next step.
One reset at a time.

Signature: _____

Date: _____