

THE 30-DAY RESET CHALLENGE™

A guided challenge designed to help you create momentum through small, intentional actions.

Created by Dondada The Resetter™

"You don't need a new life overnight. You need 30 days of keeping promises to yourself."

CHOOSE YOUR FOCUS

For the next 30 days, I am focusing on:

- Mindset
- Health
- Business
- Relationships
- Spiritual Growth
- Organization
- Confidence
- Other: _____

Why does this matter to me?

MY NON-NEGOTIABLE

The one action I commit to daily is:

The smallest version of this action is:

WEEKLY TRACKER

Week 1 ■■■■■■
Week 2 ■■■■■■
Week 3 ■■■■■■
Week 4 ■■■■■■

OBSTACLES

What might get in my way?

How will I respond when motivation fades?

REFLECTION

What have I learned about myself?

What progress am I proud of?

What surprised me?

RESET DECLARATION

I no longer wait for the perfect time.
I honor my commitments, even in small ways.
I understand that consistency builds confidence.
I trust myself to continue.

Signature: _____

Date: _____