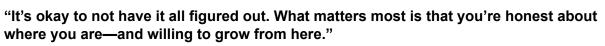
## **The Self-Reset Sheet**

Title: Where Am I Now?

Purpose:
Before you can move forward, it's important to pause and take an honest look at where you are This sheet is a personal check-in to help you reflect on your current season—emotionally, mentally, spiritually, and practically.
1. What's going well in my life right now?
(List at least 3 things, big or small, that you're grateful for or proud of.)  •
•
2. What feels unclear, stuck, or overwhelming?
(Name it. Don't judge it—just write it.) •
•
3. Where do I need the most support right now?
□ Emotional Health
<ul><li>☐ Mental Clarity</li><li>☐ Spiritual Growth</li></ul>
□ Purpose / Direction
□ Relationships
□ Finances
□ Career □ Other:
4. How would I describe this season of my life in 3 words?
1
2

**Encouragement:** 



— Alfred Esene