

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
- ☐ Mental Clarity
- ☐ Spiritual Growth
- ☐ Purpose / Direction
- ☐ Relationships
- ☐ Finances
- ☐ Career
- ☐ Other: _____

4. How would I describe this season of my life in 3 words?

1. _____
2. _____
3. _____

Encouragement:

“It’s okay to not have it all figured out. What matters most is that you’re honest about where you are—and willing to grow from here.”

— Alfred Esene