

THE RESET

You've Been Avoiding

7 DAY RESET TO GET YOU BACK ON TRACK

NO EXCUSES • NO MORE DELAY • JUST YOU

Read This Carefully

You already know what to do.
You're just not doing it.

You don't have a motivation problem.
You have a follow-through problem.



THE TRUTH MOST PEOPLE AVOID

You cannot change what you refuse to acknowledge.

BE HONEST WITH YOURSELF

- Have I been avoiding my body?
- Have I been avoiding photos?
- Have I been avoiding how I feel?

1 TAKE THE PHOTO TODAY

Not tomorrow.
Not "when I feel ready."
TODAY.



- No filters
- No angles
- No hiding

This is the version of you that your habits created.

2 BE HONEST WITH YOURSELF

How do I actually feel about myself right now?

3 IF NOTHING CHANGES...

Where will I be in 12 months?

- Same weight?
- Worse?
- More frustrated?
- Still stuck?

Write it down. Be real.

4 YOUR RESET STARTS NOW

You are NOT doing everything. You are doing ONE thing properly.

MY ONE NON-NEGOTIABLE THIS WEEK (choose ONE)

- No sugary drinks
- No fast food
- No late-night snacking
- 5-10 min movement daily

OR MY HABIT: _____

DAILY RULE

Move your body every day.
Even if it's 5 minutes.

*Progress over perfection.
Every day counts.*

THIS WEEK'S MINDSET

I CHOOSE DISCIPLINE OVER COMFORT.
That's how I change.

7 DAY SHOW UP TRACKER

Tick each day you show up for yourself.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHEN YOU DON'T FEEL LIKE IT...

Read this:

It's okay to have hard days.
What matters is that you don't give up.
You're building something worth it.

FINAL LINE - DON'T SKIP THIS
If you don't choose yourself now...
YOU WILL BE HERE AGAIN IN 12 MONTHS.

NEXT STEP
This is just the reset.
The full 8 Week Mindset Reset is where real change happens.
Join the 8 Week Mindset Reset.

*You are capable.
You just have to decide.*
START TODAY. FUTURE YOU IS WATCHING.

KEEP GOING. THIS IS WHERE CHANGE HAPPENS.



Deeper Thinking

GO BEYOND THE SURFACE.

1 WHAT GOT ME HERE?

Be honest. What habits, choices or patterns have led me to this point?



2 WHAT AM I AVOIDING?

What am I trying not to feel, face or fix?
What's easier to avoid than change?



3 WHO DO I WANT TO BECOME?

Describe the version of you that has the body, confidence and life you want.



What habits would she have?



FUTURE YOU IS WATCHING

Make her proud. Not someday. Today.

4 WHAT WILL I NOT DO ANYMORE?

List the habits, excuses or behaviours I'm leaving behind.

X HABITS

X EXCUSES

X BEHAVIOURS

5 HOW WILL I HANDLE THE HARD DAYS?

When it's tough, this is what I'll do instead of giving up:

- _____
- _____
- _____



REPLAY YOUR LAST CHAPTER

What has been the story of your last 6-12 months?

REAL TALK

- I don't need a perfect plan.
- I need to be consistent.
- I won't feel like it. I will do it anyway.
- Small daily choices create big change.
- This is my responsibility.



MY WHY - GET REAL



Why is this important to me?
What will change in my life when I commit?

REMEMBER THIS

Discomfort is temporary.
Regret lasts much longer.



Choose your hard.

MY COMMITMENT DECLARATION

I choose me.

I choose discipline over motivation.
I choose progress over perfection.
I will show up for the next 7 days.

No excuses. Just me.



I AM COMMITTED TO:

- SHOWING UP DAILY
- FOLLOWING MY HABIT
- BEING HONEST
- NOT GIVING UP

SIGNATURE:

DATE:



YOU'VE GOT THIS.

Now go prove it to yourself.

