



Start Fresh Today — Companion Worksheet

A one-page guide to start (and keep) your reset. Keep it simple. Keep it honest. Keep it yours.

1) Ten-Minute Discovery (Daily)

Practice: Phones down. Timer set for 10 minutes. Breathe. Then answer, in one sentence:

“When today did I feel most like *me* — and why?”

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Pro tip: Notice • Name • Nudge. (Notice what felt true. Name it without apology. Nudge tomorrow one notch closer.)

2) The 3-Line Claim (Own it, simply)

Write three short lines. Keep the words plain and real.

What I bring:	
Who it serves:	
How I'll show it this week:	

Make it visible: Copy these three lines on a sticky note and put it where you'll see it daily (monitor, mirror, fridge).

3) This Week's Big Action (Put it on the calendar)

Pick one meaningful, doable action. Schedule it so it lives in your week.

Big action (what I will do):	
Why now (why it matters):	
Smallest test (first tiny version):	
Success metric (how I'll know):	
Deadline (date & time):	
Support (who/what keeps me honest):	

Reminder: Schedule it, or it stays in the "someday" pile.

Weekly Tracker (keep score the kind way)

Check a box when you complete the practice. Imperfect practice counts.

Day	10-Minute Discovery	3-line Claim	Big Action Scheduled	Big Action Done
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Small steps, every day, on purpose. Know who you are, claim it, live it big. **Namaste.***