

The October Reset:

A Gentle Reflection Worksheet

Take a quiet moment to notice what still matters. Write a few words or sentences, skip what does not fit, and let your current capacity guide you. There is no rush.

PAUSE & REFLECT

01 What has changed in my life since January?

02 Which goals still reflect my values?

03 What has supported me this year?

04 What would make the remainder of the year meaningful to me?

KEEP / CHANGE / RELEASE

Notice what to carry forward, adjust, or set down. A few words are enough.

Keep

What is still supporting me?

Change

What needs an adjustment?

Release

What can I let go of?

ONE GENTLE NEXT STEP

What is one small step that fits my energy and what matters now?
