

The Action Reset Planner

Turn a difficult week into one clear, realistic next step.

Use this when progress feels scattered, interrupted, or harder than expected.

01

Pause and name what is happening

Describe the situation without judging yourself. What changed, became difficult, or remained unfinished?

02

Choose the area that needs attention

Circle one: HABITS / PRODUCTIVITY / GOAL ACHIEVEMENT Then write why this area matters most now.

03

Define one useful result

What single, observable result would make the next seven days feel meaningfully better? Keep it small enough to complete.

04

Make the first action easy to begin

Complete this sentence: I will take the first step on _____ at _____ in/after _____.

MY RESTART RULE

If the plan is interrupted, I will restart by: _____
