



# **Autumn Reset**

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## **Resetting your life for a new season**

This is all about sorting out your life for a new season. We are now into autumn and so I want to get projects finished, tidy my different areas of my life, example my bedroom and clear the clutter, but keep what I love and be ready to take on the new season to have other projects done with a clearer space.

### **So where to begin?.**

Start by going through your computer files for example, any emails accounts that need clearing and then look around you. Does it stress you out? Or does it make you happy?

**Are there areas in your home that could be better that will help you be ready for the new season, that can be stopping you from feeling fulfilled?**

I have gone through my word documents to go through what I need to complete and what I want to do next.

Breaking it down and taking your time makes it a lot easier to sort areas of my life out, rather than all at once.



## **Planning and scheduling**

- Keep a diary and a calendar. I use paper diary along with google calendar
- Use online platforms like OneNote and Notion
- Always have a Notebook on you with a few pens or even a pencil case or I used the reminders and notes apps on my phone
- Do a block schedule. I use a weekly one that really helps and it is a guide of what I need to work through the week
- Use Pinterest to create ideas and visions and update them as things and schedules can change and having ideas can change
- Use google docs. I have often created a schedule on there and where I keep my daily block schedule and can always look at it on my phone, the same with google sheets
- Separate into different categories. Mine that I use is Home/ Personal, Work and Play
- Write five things down each morning of what you wanna do a technique I learned listening to Mel Robbins and leave your phone off at night or put on the other side of the room.



## **Working on Different areas**

**What storage to do you have that you don't like anymore?**

Start with one at a time if you don't want to do it all at once and create better storage.


**Is there anything you could Upcycle? Or be recycled or give as a hand me down. Items you can donate to a Charity shop or thrift store?**

Perhaps you have too many copied files on your computer and make it a daily habit to sort through your computer files. What you don't need, as I use a laptop that can hold a certain amount of storage, I accommodate that and can be part of the reset to make it easier to find files that you are currently working on and ones you are not, but will work on once my other things I planned to write or sort through once others are done.

I have used up my storage on my google account so is part of my reset as I don't want an email account clogged up and have lower amount of emails, so I don't feel overwhelmed and never going to get anywhere with it.

Start unsubscribing this will make a massive difference.

So I am going to conquer my stuff which I have begun to film and will film it for my channel: Typical London Gal Carrie Holmes



## **Areas that you like in your life**

**What areas make me happy?**

**This can be family life, financial, where you live and relationships. What ever makes you look and feel satisfied and make you smile each day.**



## **Areas that you dislike in your life**

**What areas don't make you happy?**

**This can be about once again, family life, financial, where you live and relationships. What ever makes you look and feel satisfied and make you smile each day.**





## **Getting things finished**

I wrote a blog about this on my site [Everyone can build a castle](#), because there are many things I need to finish and mainly on my laptop and so made a list.

Do a brain dump, which I am sure you have heard of, it does really help. I use a main notebook for this, along with One Note and Notion.

I have now a new phone and so stored a few bits I want to get done aswell as mentioned above so I don't have to take my laptop top with me along with using Google Calendar.

Often I need to adjust my plans because of events that is happening around the world, like the passing of the Queen, which has happened in the week as I continue to write this printable as these are historical and feel I need to keep up to date with that, and spent today, Sunday the 11th September 2022, paying my respect. Being English I feel I needed to watch and pay my condolences to the Queen and this week I have a training course and so set time for that, and fit my Autumn Reset by using when I travel or need a break from writing, to have clear out and continue to finish projects but setting new deadlines to make sure they get done.



## **Things that you need to finish**

**Do you have things unfinished? Well jot them down and set deadlines it really does help and create a block schedule, and if you want to see mine, you can by visiting my blog everyone can build a castle for the week of what can be done each day of the week.**



## **Finding Balance**

You do need to take breaks when it comes to having a reset and wrote about this on my blog, everyone can build a castle, as you can run out of motivation.

I usually will have Saturday as my day off and this includes not writing, no social media, apart from Instagram I will do a post but then that is it.

I like to spend time taking my son out and concentrating on that and making sure he has my full attention.

I will have some time catching up on TV and time watching Youtube, but I won't post anything. I may plan for Sunday, but that is all.

So set a date or plan a day in the week to have some time to yourself and can be part of the Reset. Perhaps you never take a break and so it is time make the time.

Have your kids to help whilst you relax, like have them tidying their room and have a clear out. Have them do their homework on set days. My son for example, is always done on the Sunday mainly in the mornings.

This is where prioritizing comes in and so take time out to just to by chilling and actually put your feet up.



## **Tips on resetting**

- So go through your Calendar and set dates to do a Reset and a time
- Create a relaxing environment like playing chill out music or listen to a motivation reset video or Podcast and light a candle making sure it is on a shelf where there are no curtains or away from electrical devices
- Start one new habit a day and change your room around if you can and give your home a make over
- Delegate, if you have a partner or spouse, to help, and then get your kids involved too





## **Things you can recycle**

- Jars, great to store treats and craft supplies or use them to make your own jam and preserve foods
- Boxes, I used a amazon box to make my son a Advent Calendar and kids love playing with boxes
- Bottles, great for keeping water and refill it and if not using it to drink but to water your plants and flowers
- Paper, for arts and crafts and make journals
- Clothes. If they are in good condition there are recycle bins around so why not use them
- Newspapers We used these when I had a cat for his cats tray and also great for crafting and I would make scrap-books, cutting things out to remember memorable occasions
- Pots. Great to use to plant a flower or a pen holder or as a rubbish bin for your desk
- Plastic bags because they can be kept and reused



## **Delegation**

When it comes to resetting is if you have a family, and have children then why not get them involved, as it is a great start for their independence.

Do a chart of who will do what, and kids come with clutter and so a good practice for the whole family.

When it comes to skills begin with them making their bed and how to wash them, so they can do it themselves along with tidying up and one practice I have my son doing as I no longer want to be clearing up after him now, is to clear up his own mess.

Do rewards, but for specific things, like if my son has completed his homework, because sometimes he can be reluctant and usually my mum will help, and it is mainly his dad who will get him to do some reading.

I will once Henry is more responsible as he is getting to that stage teach him how to wash up and help make his dinner. He needs to be able to stand on his own two feet and be independent and be able to look after himself. Divide the tasks and why not have the whole family involved, so you aren't doing it all on your own.



## **Delegation who going to do what?**

**Name:**

**Tasks:**



## **Rewards**

It is good as you reset is to give yourself and others that have helped a reward, and this can be going to a theme park or eat out, but anything that recognises what changes you have made and means something.

When I write a blog, completed some training will reward myself to watch a Youtube video. Or I will go for a coffee and eat out.

Definitely do it if you have kids, because it keep their momentum to tidy up and clear out what they don't want anymore and new things they want.

Again do that if you children want something new, make sure they have earned it. This is not being mean, it is making them see that if they do something good, it means they have value in wanting something different to play with. I want my son to take care with the things he has and if he becomes disruption or keeps moaning, which I think we can all identify with, he won't because he behaviour is wrong and makes him see good behaviour leads to having good things.





## **My Family Rewards**

**So on this page write down what you rewards will be for your family:**



## **My Personal Rewards**

**Use this page to plan Personal Rewards:**



## **Reset habits**

Checking on Pinterest there are loads of useful tips on habits and so it is worth checking these out. But here is my list:

- Walking everyday
- Pay a compliment to someone
- Let your skin breath and have no make up days
- Meet a friend for a coffee or lunch
- Create wardrobe or closet that is functional
- Write everyday or journal
- Learn a new skill
- Create a project or make progress on a project
- Donate items you no longer need
- Create a reset each week





## **Goals I want to set**

**Goals are so important as they help you to follow your dreams and to really get as much out of your life as possible.**



## **My Challenges Will be?**

**What challenges do you want to do? Write these below and how long you want the challenge to be, example I set a month, so 30 days, 12 days, 12 weeks, and be real to yourself, to set the bar too high, but build them up gradually and move**





## **The outcome?**

**Write down on what you want the outcome to be. It can be that you want to be fitter than before, inspire you to have others joining you and that you want to feel happier with yourself.**

## **The End**

**I hope this printable helps you, and even if you don't do it Autumn you can do also anytime of the year, just think about**



**Now it is time for a coffee or a tea and sit and watch some TV and series you want to catch up on.**