



Autumn RESET



The Making of the Autumn Reset

The making of the Autumn Reset was two years ago. I wanted a month where I would work on specific tasks and work on projects now the Summer Holidays are over.

The schools days are back. It means getting back to normality, planning meals, getting all the house tidied and ready for Autumn and making sure all school uniforms are all labelled, bags are packed and setting an alarm, if you haven't in the holidays.

if you've been on holiday and just got back then time to get back to work, whatever that will be and you have a book that is still to be finished, or a book you have been reading, emails unanswered and like me, been given my room and my sons a make over and doing a declutter

This Worksheet is to help you jot down on what you want to do for this years Autumn Reset.

Lets do this together.



What Is At The Top of Your List

Where to start

So you have written what you want to focus on.
What step do you want to take first?

Then the same for the on the items on your list.

Taking one step at a time, because I have found that if I do too much at once I get overwhelmed and avoid it like the plague.

Please use this space to focus on the each item at a time and then you will discover once you start you get into like a zone and end up doing more than you thought and it tricks the mind in wanting to give up before you've even started.

Log your progress

Logging what you have done is great way to feel good and you begin to see the results.

I find it motivating to keep on going .

Have a calendar or planner or a diary to tick off your progress and even scruffy notes can lead to results and make sure you write your outcomes.

Where will it lead you next set of goals?

Log where you are and what do you need to alter and do you need to change your plans and your doubts. Not avoid hurdles, but to work through them.

Log here if you wish:

Log your progress

Goals:

Goals:

The Outcomes:

The Outcomes:

Conclusion

Write down how you did in the end?

How do you feel personally?

What would you change for next time?

Thank You

I hope this Autumn Reset has been helpful and thank you in advance for joining me in finishing tasks that you couldn't finish and you enjoy the rest of the year.

The next Programme will be my Winter Wellness.

I see you then

Carrie X