MINDS
ABOVE
MATTERS
INSPIRATION & COACHING
GWENDOLYN SHORES

# COACH GWEN'S WEEKLY RESET

## 7 Small Steps to Put Yourself Back on Your Priority List

Your personal guide to a more intentional, balanced, and productive week.

*Love Coach Gwen* ♥

# MY 7 SMALL CHANGES

- [ ] **1. GET YOUR THOUGHTS OUT OF YOUR HEAD**
  Write down what's on your mind. Give yourself room to think clearly.

- [ ] **2. LET GO OF ONE UNNECESSARY TASK**
  You don't have to do everything. Decide what can wait.

- [ ] **3. CHOOSE ONE IMPORTANT PRIORITY**
  Identify the one thing that matters most this week.

- [ ] **4. PLAN ONE MEAL**
  Make one simple decision that helps you prepare for your week.

- [ ] **5. SCHEDULE SOME MOVEMENT**
  Give your body at least 10 minutes of movement.

- [ ] **6. MAKE TIME TO REST**
  Rest is not wasted time. Give yourself permission to recharge.

- [ ] **7. CONNECT WITH SOMEONE**
  Reach out to someone who matters. A simple conversation can make a difference.

# MY WEEKLY RESET WORKSHEET

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1. What is ONE thing I want to accomplish this week?

2. What do I need to let go of?

3. What meal will I plan?

4. When will I move my body?

5. When will I make time to rest?

6. Who will I reach out to?

7. What am I proud of myself for doing?

## MY WEEKLY AFFIRMATION

I will stop waiting for the perfect time to take care of myself.
I will start with one small step.

You don't have to change your whole life in one day.
Start with one small decision.

*Love Coach Gwen* 💜