

The Present-Moment Reset

FREE RESOURCE • WORKSHEET 01

MINDFULNESS

Use your senses to interrupt autopilot and reconnect with right now.

NAME _____ DATE _____

1 Where am I, and what am I doing right now?

2 SEE: What three things do I notice?

3 HEAR / FEEL: What sounds or sensations do I notice?

4 What am I thinking or feeling, without judging it?

5 What intentional choice will I make next?

Pause • Notice • Choose

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Think About Your Thinking

FREE RESOURCE • WORKSHEET 02

METACOGNITION

Plan, monitor, and evaluate one meaningful task.

NAME _____ DATE _____

1 PLAN: What do I want to achieve?

2 What is my first step, and what might get in the way?

3 MONITOR: Am I on the right track? What am I noticing?

4 What could I do differently while working?

5 EVALUATE: What worked, and what will I change next time?

Plan • Monitor • Evaluate

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My New Neural Pathway

FREE RESOURCE • WORKSHEET 03

NEUROPLASTICITY

Choose a small new behavior and give your brain opportunities to practice.

NAME _____ DATE _____

1 What familiar thought or habit do I want to change?

2 What new thought or behavior will I practice instead?

3 What reminder or visual cue will I put where I can see it?

4 When and where will I repeat this new behavior?

5 What did I notice after practicing? What is my next repetition?

Notice • Repeat • Reinforce

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From Judger to Learner

FREE RESOURCE • WORKSHEET 04

GROWTH MINDSET

Replace an automatic judgment with curiosity and a next step.

NAME _____ DATE _____

1 What difficult situation am I facing?

2 What is my first judgment or fixed-mindset reaction?

3 What are the facts, separate from my assumptions?

4 What could I learn? What choices do I have?

5 What is one next step, and who could support me?

Question • Learn • Grow

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Evidence I Can Do This

FREE RESOURCE • WORKSHEET 05

SELF-EFFICACY

Build confidence by examining past successes and sources of support.

NAME _____ DATE _____

1 What goal feels challenging but meaningful to me?

2 MASTERY: When have I successfully done something similar?

3 EXAMPLE: Who has done this well, and what can I learn?

4 SUPPORT: Who could encourage or guide me?

5 What small win can I create this week?

Recall • Learn • Act

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My Circle of Influence

FREE RESOURCE • WORKSHEET 06

INTERNAL LOCUS OF CONTROL

Separate what you can influence from what you cannot control.

NAME _____ DATE _____

1 What situation is taking up my mental energy?

2 OUTSIDE MY CONTROL: What can't I decide or change?

3 WITHIN MY INFLUENCE: What actions and responses are mine?

4 Which action best aligns with my values?

5 What will I do in the next 24 hours?

Release • Own • Respond

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Values Over Discomfort

FREE RESOURCE • WORKSHEET 07

PSYCHOLOGICAL FLEXIBILITY

Move toward what matters even when difficult feelings are present.

NAME _____ DATE _____

1 What discomfort, fear, or uncertainty am I experiencing?

2 What am I tempted to avoid because of it?

3 What value matters most in this situation?

4 What meaningful action could I take while discomfort is here?

5 What would willingness look like today?

Feel • Value • Move

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The Pause Before the Choice

FREE RESOURCE • WORKSHEET 08

SELF-REGULATION

Create space between an urge and your response.

NAME _____ DATE _____

1 What situation or trigger tends to pull me off course?

2 What do I notice in my body, thoughts, and emotions?

3 PAUSE: Try three slow breaths. What changes, if anything?

4 What response supports my longer-term goal?

5 How will I prepare for this trigger next time?

Pause • Breathe • Choose

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The Big 4 Energy Audit

FREE RESOURCE • WORKSHEET 09

ENERGY MANAGEMENT

Check the habits that support your energy before managing your calendar.

NAME _____ DATE _____

1 SLEEP: What is helping or hurting my rest?

2 HEALTHY EATING: What food pattern affects my energy?

3 HEALTHY WEIGHT: What sustainable habit supports my well-being?

4 PHYSICAL ACTIVITY: How am I moving my body?

5 Which ONE small change will I practice this week?

Assess • Prioritize • Practice

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My Values-to-Action Map

FREE RESOURCE • WORKSHEET 10

SELF-AWARENESS & APPLICATION

Connect your values, beliefs, strengths, and daily choices.

NAME _____ DATE _____

1 What do I really want more of in my life?

2 What personal value or strength supports that goal?

3 What belief might be limiting my progress?

4 What new belief or question would help me move forward?

5 What specific small action will I take, and when?

Clarify • Align • Act

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