



21-Day Reset

Realign Rhythm Rise

Welcome to your 21-Day Journey.

Whether you left the conference feeling inspired, energized, uncertain, or simply curious about what's next, we're so glad you're here. This workbook is designed to help you bridge the gap between intention and action.

Over the next three weeks, you'll focus on one to three areas that matter most to you, taking small, consistent steps toward the life you want to create.

Remember, one of your focus areas should support your health and wellbeing—because when we care for ourselves, every other area of life benefits.

As you move through these 21 days, remember that the goal is not perfection.

You will have days when you feel motivated and days when life gets in the way. That's part of being human.

The practice isn't about never drifting; it's about noticing sooner and gently returning to what matters most.

Small choices, repeated consistently, have the power to create extraordinary change.

We're honored to be on this journey with you.

Getting Started

1. Pick 1-3 areas that you want to prioritize for the 21-Day Reset.
2. Record the information in this workbook.
3. Share your commitments with the entire Facebook group on the first day of the program.

Need an Example?

Sheri Goal #1

My Focus Area: Health

from the wheel of life



Overall Goal: Drink more water

Why it Matters:

- Reduce inflammation in my body
- Have more energy
- Support skin and gut health

Specific Commitment:

- Drink 14+ cups of water each day

measurable



How I Will Do It / Support I Need:

- Set a daily reminder of goal in my phone
- Fill water bottles and put in fridge in the morning bc I love cold water
- As soon as I finish my glass/bottle, get another one ready
- Have a water bottle always in my car

*action you
will take*



MY 21-DAY RHYTHM

Goal #1

My Focus Area:

Overall Goal:

Why it Matters:

Specific Commitment:

Support I Need:

MY 21-DAY RHYTHM

Goal #2

My Focus Area:

Overall Goal:

Why it Matters:

Specific Commitment:

Support I Need:

MY 21-DAY RHYTHM

Goal #3

My Focus Area:

Overall Goal:

Why it Matters:

Specific Commitment:

Support I Need:

21-DAY JOURNALING

JOURNALING IDEAS:

What is working?

Where am I getting stuck?

What other support would help?

How can I make this easy?

What am I grateful for?

21-DAY JOURNALING

YOUR THOUGHTS:

21-DAY JOURNALING

YOUR THOUGHTS:
