



30-Day RESET Toolkit!



@PRESSPLAYPHYSIO
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Welcome!

Hey Lovely,

I am so happy we connected!

I know it can feel like your world is spinning a million miles a minute. You are bombarded with commitments, notifications, 'shoulds' and, it can feel like your losing the battle. Trust me, I've been right there.

I spent years of my life over-committing, people pleasing and in constant pursuit of 'success.' I worked myself straight into burnout, anxiety and exhaustion. Trying to be the best for everyone else and never checking in on what I wanted or needed.

So I invite you to take some time. Slow down and listen to yourself in order to uncover what it is that you truly want and need in order to show up fully for your life.

Trust that you have the answers. They are right there inside of you. You are naturally creative, resourceful and whole and if you can tap into that, you have the ability to create whatever it is you desire. So, grab a latte, your favourite journal and a have some fun!

Ready? Set. Let's RESET!
xo,

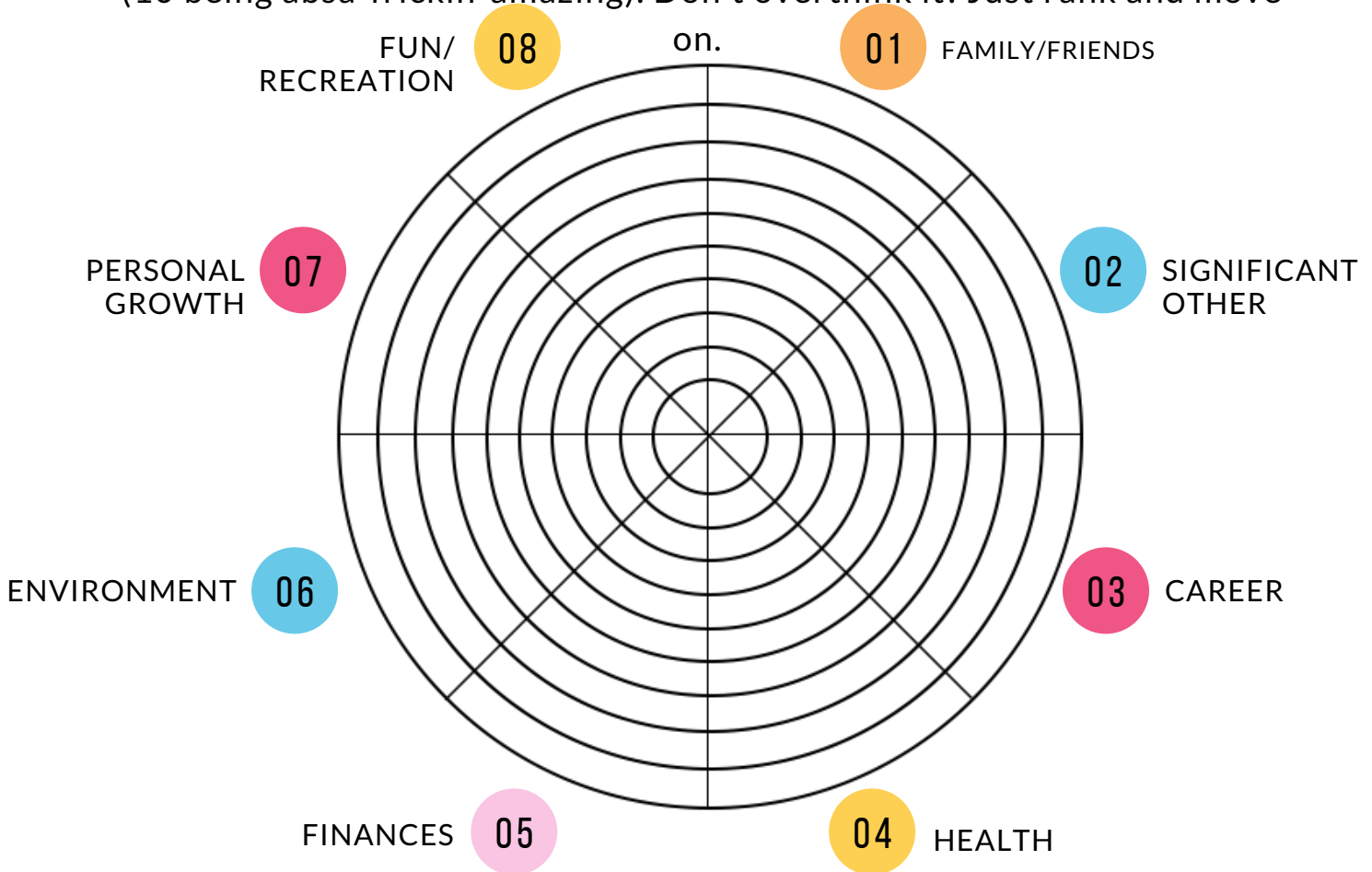
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Wheel of Life

The Wheel of Life is a beautiful way to get a quick snapshot of where things are for you right now. Sometimes we don't realize how much one aspect of our lives can effect all others! Rank each category from 1-10 (10 being absa-frickin-amazing). Don't overthink it! Just rank and move



*Significant other is the person who is most significant in your life. Could be a partner, a parent, a best friend or sibling.

**Health is not only your physical health but mental and spiritual health as well.

***Environment is the space you spend your time in- your home and your work environments- how does your space feel?

Wheel of Life

Now I would invite you to reflect on what's going well and what could be better in each category.

01 FAMILY/FRIENDS	02 SIGNIFICANT OTHER
03 CAREER	04 HEALTH
05 FINANCES	06 ENVIRONMENT
07 PERSONAL GROWTH	08 FUN/RECREATION

What is ONE change you could make that could have the most impact on your life right now?

TIME MANAGEMENT 101

Where we spend our time is what we are giving value to. So are you spending your time on the right things? I want you to get clear over the next week or so on how you are currently spending your time (no judgment, it's way better if you are completely honest for this baseline!). Between self-care, family, your relationships, and building out a sustainable business you have lots on the go, so we need to have you be a ninja with your time! Pick a 72-hour window during the next week and record the following (and be honest!)

DAY 1

Quality of sleep /10

Morning - wake up time: -----

Morning activities: -----

Morning thoughts: -----

Energy level at noon /10

Afternoon activities: -----

Afternoon thoughts: -----

Energy level at 5pm /10

Evening activities: -----

Evening thoughts: -----

Energy level going to bed /10

How much time was spent on your phone today? -----

(check your phone insights for accuracy!)

Are you going to bed feeling accomplished? -----

What's one word to describe the day? -----

DAY 2

Quality of sleep /10

Morning - wake up time: -----

Morning activities: -----

Morning thoughts: -----

Energy level at noon /10

Afternoon activities: -----

Afternoon thoughts: -----

Energy level at 5pm /10

Evening activities: -----

Evening thoughts: -----

Energy level going to bed /10

How much time was spent on your phone today? -----

(check your phone insights for accuracy!)

Are you going to bed feeling accomplished? -----

What's one word to describe the day? -----

DAY 3

Quality of sleep /10

Morning - wake up time: -----

Morning activities: -----

Morning thoughts: -----

Energy level at noon /10

Afternoon activities: -----

Afternoon thoughts: -----

Energy level at 5pm /10

Evening activities: -----

Evening thoughts: -----

Energy level going to bed /10

How much time was spent on your phone today? -----

(check your phone insights for accuracy!)

Are you going to bed feeling accomplished? -----

What's one word to describe the day? -----



REFLECTION

Having looked at all of your duties and how you are spending your time, how do you feel about it?

Does anything surprise you?

Actions express priorities. Does your schedule reflect this?

Are you truly making your priorities a priority?



WRITE DOWN ALL THE THINGS YOU DO IN A WEEK AND PUT THEM INTO THE MOST APPROPRIATE CATEGORY

<p>HOME (EX. LAUNDRY, GROCERIES)</p>	<p>WORK (EX. CLIENT CARE, CHARTING, COMMUTING)</p>
<p>SELF-CARE (EX. SHOWERING, YOGA, WORKOUTS)</p>	<p>RELATIONSHIPS (EX. CALLING A FRIEND, DATE NIGHT)</p>

Now that everything is written out. I want you to circle the tasks or activities that are a priority to you. Maybe circle them with a different color pen so that it sticks out. What is most important to you?

Creating Space

Fill out the calendar below and put in your priority items FIRST. Schedule them in and be realistic with how long they take to complete. Always add buffer time! Be intentional with what gets put in the calendar today and see how it feels to a) have a plan for doing what you value and b) a plan for eliminating the distractions.

	MORNING	AFTERNOON	EVENING
MON			
TUES			
WED			
THURS			
FRI			
SAT			
SUN			

Not every day will flow perfectly or smoothly (especially with kiddos), so what will you do when it happens? And what will you tell yourself- create a plan to rescue the day and a mantra to go along with it.



Creating Space

“YOU SPEND YOUR TIME LIKE YOU SPEND MONEY. EITHER YOU CAN WASTE IT OR INVEST IT”

-JOEL OSTEEN

Subtle changes can have a massive impact. Let's explore how some needle-moving ways that you can create more time, space, and potentially energy each and every day so that you can cultivate more of what you love.

- Looking at your calendar audit versus your ideal day- what are some distinct differences?
- What do you wish to spend more time on? What do you want to make a priority?
- What is currently draining you? What is currently distracting you?
- Can some of these things be delegated/ eliminated/ duplicated? Or if it must stay, how can you make it more delightful?

Goal-Setting

Goals give our lives a sense of meaning a fulfillment. It can be so easy to look outside of ourselves for what we want but the ninja secret is to look inward, understand YOUR why and create visions that are meaningful for YOU!



PAST

Lessons that have have learned.

PRESENT

Where you are now.

FUTURE

Where you want to go!

What is it I truly desire for my life?

Why do I want it?

How will I make it happen? What is ONE action I can start with?

30-Day Prompts

One of my favourite ways to slow down and reconnect with myself is through journal writing. It is such an effective tool to help calm our moneky minds. Over the next month, I invite you to sit down with your journal and answer the following prompts. You may just be surprised by the magique that comes through!

START DATE:

END DATE:

- | | |
|---------------------------------------|-------------------------------------|
| 01. What's coming up for me is... | 16. When I value myself I... |
| 02. If I couldn't fail I would,,, | 17. My inner voice is telling me... |
| 03. What energizes me is... | 18. I am proud of myself for... |
| 04. The lesson I am learning is... | 19. The impact I want to have is... |
| 05. I am at my best when I... | 20. What I need to celebrate is... |
| 06. What I love about myself is... | 21. I need to remind myself that... |
| 07. Life is fun and easy when... | 22. When I am in my power I... |
| 08. What I need to hear is... | 23. Play to me looks like... |
| 09. My priority right now is... | 24. My higher self is saying... |
| 10. When I choose joy I,,, | 25. I forgive myself for... |
| 11. If I listen to my body it says... | 26. I am so grateful for... |
| 12. Rest to me looks like... | 27. What's true for me right now... |
| 13. I need help with... | 28. Deep in my heart I know... |
| 14. I choose joy by... | 29. I will make more time for... |
| 15. My favourite memory is... | 30. My future vision looks like,,, |

READY FOR THE

Next Level?

Thank you so much for investing this time into YOURSELF!

If you want to continue to do the work while meeting other incredible women, sign up for my email list to join my FREE monthly community calls! Registration for the calls will be sent right to your inbox!

OR

Are ready to go all in on yourself? Book a call with me and let's see if working 1-1 or in a small group can help fastrack you to become the woman you know you are!

VISIT MY WEBSITE AND BOOK WITH ME!



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