



WEEKLY  
*mindset*  
RESET AND AUDIT





# WELCOME

*Only 93% of New Years Resolutions are met.*

*So what are the 7% people doing right?*

*They regularly revisit and reflect on their goals.*

*I'm here to help you break the cycle of setting the same goals over and over. You can start to check off those goals and build confidence in the process!*

*With this guide, you'll be reflecting on your goals on a weekly basis. You'll evaluate what's going well, what needs improvement, and pin point actions you're going to take to make those improvements.*

*Let's get started!*

*ashley varner*



# My Weekly Reset

*spiritual*

Strengths

Weaknesses

How I'm going to improve:

*family*

Strengths

Weaknesses

How I'm going to improve:

*home*

Strengths

Weaknesses

How I'm going to improve:

*career*

Strengths

Weaknesses

How I'm going to improve:

# My Weekly Reset

Strengths

Weaknesses

How I'm going to improve:

Strengths

Weaknesses

How I'm going to improve:

Strengths

Weaknesses

How I'm going to improve:

Strengths

Weaknesses

How I'm going to improve:

Obstacle: \_\_\_\_\_

Plan A

Plan B

Plan C



Want to learn more? Check out The Mindset Reset





# Thank you *for reading*

*Goals are important! But reflecting on those goals is what takes you to the next level!*

*I hope this download gave you the tools to begin to experience God-defined success! If you want to continue this work check out my programs and coaching!*



*Check out The Mindset  
Reset here!*

