




Fall Reset Reflection Worksheet

A simple tool to help you pause, reflect, and reset for the season ahead

This season is the perfect time to step back, get clear on your priorities, and create space for what matters most. Use the prompts below to guide your reset:

1. What Matters Most Right Now?

What do you most want to focus on this fall – personally, professionally, or for your overall well-being?

 *Write your thoughts here:*

2. My Top 3 Priorities for This Season

List the three areas that feel most important to you right now.


- 1.

- 2.

- 3.

3. Habits & Routines to Refresh

What daily or weekly habits could help you feel more centered and supported this season?

 *Examples: bedtime routine, meal prep, morning quiet time, exercise, mindfulness, breathwork.*

4. Anticipating Challenges

What potential obstacles might get in the way of your reset (stress, time, motivation)?
What can you put in place to support yourself when those arise?

5. Support & Accountability

Who or what can support you in following through? (A friend, a group, or professional guidance?)

🌟 **Tip:** Keep this worksheet somewhere visible and revisit it weekly. A reset isn't about perfection — it's about small, consistent steps that help you feel grounded and aligned.

