

PASSION Method® Reset Worksheet

A gentle reminder

You're meant to thrive—not just survive. And you're already the diamond—you just need a little polish.

Use this worksheet when you feel overwhelmed, stuck, or scattered—or anytime you want a simple reset.

1) Right-now check-in (2–3 minutes)

Circle or underline what's true today:

- My energy feels: **low / medium / high**
- My mind feels: **foggy / busy / clear**
- My heart feels: **heavy / tender / hopeful**
- I'm craving: **rest / clarity / connection / courage / joy / structure**

One sentence truth:

- *The biggest thing on my mind right now is:*
 - *The main emotion I'm carrying is:*
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2) P — Prioritize What Matters (values + non-negotiables)

When life feels loud, come back to what matters most.

- *What matters most in this season? (pick 1–3)*
 - *What is one non-negotiable I need to protect this week? (Examples: sleep, prayer/quiet time, movement, family dinner, therapy/coaching, creative time)*
 - *What can wait?*
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3) A — Align with Your Identity (come back to YOU)

You are more than your roles.

- *When do I feel most like myself?*
- *What part of me has been ignored lately? (Examples: creativity, leadership, softness, play, learning, faith, friendship)*
- *If I trusted myself 5% more this week, I would:*

4) S — Schedule Flexibly (realistic rhythms)

We're not chasing perfect—we're building what works.

- *What are my 3 “need-to-do” tasks this week?*
 - 1.
 - 2.
 - 3.
 - *What is one “small win” I can schedule in 10–20 minutes?* (Examples: tidy one surface, 10-min walk, prep tomorrow's outfit, send one email)
 - *My best time of day (most energy) is:*
So I will schedule my hardest thing for:
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5) S — Spark Joy Daily (tiny joy, real joy)

Joy doesn't have to be big to be real.

- *Three small things that bring me joy:*
 - 1.
 - 2.
 - 3.
 - *Today, I will spark joy by:*
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6) I — Invest in Self-Care (guilt-free nourishment)

Self-care is not selfish—it's stewardship.

Choose one from each column:

- **Body:** water / stretch / walk / early bedtime / nourishing meal
- **Mind:** journal / read 2 pages / brain dump / one boundary
- **Spirit:** prayer / gratitude / worship / nature / quiet

My self-care plan for the next 24 hours:

- Body:
- Mind:
- Spirit:

7) O — Overcome Setbacks (plan for real life)

Setbacks don't mean you failed. They mean you're human.

- *What tends to knock me off track?* (Examples: lack of sleep, conflict, perfectionism, scrolling, overcommitting)
- *My "when life happens" plan is: If _____ happens, then I will do _____.*
- *One thought I'm releasing:*
- *One thought I'm choosing instead:*

8) N — Nurture Progress (small steps + celebration)

Progress is built in tiny, consistent choices.

My next steps

- **In the next 24 hours, I will:**
- **In the next 7 days, I will:**
- **In the next 30 days, I will:**

My micro-win celebration

- *One win I'm proud of (even if it's small):*
 - *How I will celebrate in a healthy way:* (Examples: a fancy coffee, a bath, a walk, a playlist dance break, a phone call with a friend)
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Closing: your permission slip

Read this out loud (yes, really):

- *I give myself permission to grow at my own pace.*
- *I can be grateful and still want more.*
- *Small steps count.*
- *I am already the diamond—I'm simply polishing.*

Want support?

If you'd like help turning this reset into a personalized plan, book a free 30-minute consultation.

- Email: maternalmovementinfo@gmail.com Subject line: **PASSION RESET**
- Website: maternalmovement.com

PS (BONUS)

Bring this completed worksheet to your free consult—and we'll turn it into a simple, personalized **7-day plan** you can actually follow.