



# The Re-engagement Reset.

*This reset is designed to help you pause, reconnect, and realign.*

<u>Life Areas</u>	Experiences I want to have?	Growth I want to see?	Contribution I want to make?
<ul style="list-style-type: none"> <li>• Rest</li> <li>• Quality of Life</li> <li>• Health/Fitness</li> <li>• Environment/Home</li> <li>• Love Relationships</li> <li>• Family Life</li> <li>• Friendships</li> <li>• Social life</li> <li>• Creative Life</li> <li>• Personal Growth/Learning</li> <li>• Adventures</li> <li>• Travel Culture</li> <li>• Work/Career</li> <li>• Financial Life</li> <li>• Contribution/service</li> <li>• Spirituality/Meaning</li> <li>• Life vision/Purpose</li> </ul>			

*As you look back over what you've written, notice what's repeating, what feels energizing, and what matters most right now.*