

Weathering the Storm

A Guided Reset

A step-by-step way to slow things down
and decide what comes next

You don't have to figure everything out today.

Just slow things down.

Look at what's real.

Start there.

We're just going to slow this down and work through it, step by step, together.

You don't need to figure everything out right now.

Just stay with each step as you go.

What's going on right now?

Write down the main issue you're dealing with.

Breaking it down

Looking a little closer

Sometimes it feels like everything is the problem.

But when you slow it down, there's usually a main issue...

and smaller moments that feed into it.

Instead of trying to fix everything,
start by identifying what's actually happening underneath.

Pause & Reflect 🖋️

What is the main issue?

What are the smaller issues or moments that are feeding into it?

Values

You don't need to choose from a list.
Just write what feels true for you.

Most of us don't walk around naming our values—we just live them.

When things feel off, this is a way to get clear on what matters... and what doesn't.

Think about three areas:

- You — how you see yourself
- Effort / Work — how you show up
- Communication — how you speak to others and to yourself

My Values

me

Effort / Work

Communication

Pause & Reflect 

Goals

Start with what you want—not what you think you should do.

What do I want?

Why do I want it?

Turning it into action

How will I move toward it?

To Be (how I show up)

To Do (what I will do)

To Own (what this gives me)

Supports

Even with a clear direction, there will be moments where things feel off again.

That's part of the process.

What helps you stay on track?

This can be a person, a routine, or something you come back to when your thinking gets off.

If things don't go as planned, you don't stop.
You start again.

Pause & Reflect 

What's Next

You don't need to figure everything out.

Just decide what your next step is.

What is one action you will take next?

When will you take your next step?

You can come back and reset at any time.



You slowed things down.

You looked at what's real.

You chose a direction.

That matters.

Start where you are.

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