

The
Mental Wealth Co.

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The Weekly Reset Workbook

A twelve-week workbook for showing up for yourself, one week at a time.

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Hello,

Consider this workbook a season-long companion — twelve weeks of the same simple practice, done gently, in a row. What you're building isn't a plan. You're building the muscle of returning to yourself, week after week.

There are no gold stars for finishing every page. If you miss a week, start again. That's part of the practice.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

How to use these twelve weeks

Each week has one page. Same prompts, on purpose.

The prompts

- How am I feeling coming into this week?
- What went well last week?
- What felt heavy?
- What am I proud of?
- What do I want to invest in this week?
- One boundary I'll hold. One thing I'll say yes to. One thing I'll say no to.
- What do I want to remember at the end of this week?

At the end of twelve weeks, read through your pages together. That review is where the real insight lives.

Week 1

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 2

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 3

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 4

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 5

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 6

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 7

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 8

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 9

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 10

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 11

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Week 12

One page. Fifteen minutes. Honest, not impressive.

How am I feeling coming into this week?

What went well last week?

What felt heavy?

What am I proud of?

What do I want to invest in this week?

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

What I want to remember at the end of this week:

Twelve weeks in. What did I notice?

Read through every page before you answer these. The point is not to grade the season — the point is to see it clearly.

The shape of the season

In three sentences, how would I describe these twelve weeks?

What actually changed

Something that is different in me now that wasn't before.

What I want to keep

One habit, boundary, or shift worth carrying forward.

What I want to release

One story, expectation, or pattern that isn't serving me.

What I want next

A gentle intention for the next twelve weeks — no pressure.

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.