

FREE REFLECTION WORKBOOK

The Soft Reset: 7 Days to Come Back to Yourself

Seven gentle check-ins to make space for what you feel, what you need, and one next step at a time.

A Dear Brown Girl™ resource. Print these pages or write your answers in a journal.

BEGIN HERE

There is no perfect way to reset.

Spend 5–10 minutes with one page each day. Skip a day if you need to; come back when you can.

A GENTLE RHYTHM

Read the focus. Answer one or all of the prompts. Choose a small action that fits your real life.

Before you start, ask yourself: What would feeling a little more like myself look like this week?

KEEP THIS CLOSE

You can grow without rushing. Your honest answer is enough for today.

DAY 1 / 7

Pause

Notice where you are, without judging yourself.

01. What has been asking the most of me lately?

02. Where in my day could I make room for one quiet moment?

03. What feeling do I want to acknowledge today?

ONE GENTLE ACTION

Pause for three slow breaths before your next task.

AN AFFIRMATION FOR TODAY

I am allowed to pause and listen to myself.

DAY 2 / 7

Name the need

Let a need be a need, even before you solve it.

01. What do I keep telling myself I should be able to handle?

02. What would make today a little easier?

03. Who or what could support me with that need?

ONE GENTLE ACTION

Name one need aloud or write it down.

AN AFFIRMATION FOR TODAY

My needs are worthy of my attention.

DAY 3 / 7

Notice the pattern

Get curious about what repeats.

01. When do I feel most stretched or disconnected?

02. What do I tend to say to myself in those moments?

03. What would a kinder response sound like?

ONE GENTLE ACTION

Replace one harsh thought with an honest, gentler one.

AN AFFIRMATION FOR TODAY

I can notice a pattern without blaming myself.

DAY 4 / 7

Make space

Choose one thing that deserves a little less of you.

01. What am I doing out of obligation rather than choice?

02. Where would a small boundary create breathing room?

03. What might I say if I trusted my own limits?

ONE GENTLE ACTION

Practice saying “Let me get back to you” before agreeing.

AN AFFIRMATION FOR TODAY

Making space for myself is a valid choice.

DAY 5 / 7

Reconnect

Remember what feels nourishing to you.

01. When have I felt most like myself recently?

02. What simple pleasure have I been putting off?

03. What would I like more of in my ordinary days?

ONE GENTLE ACTION

Give 10 minutes to something that belongs only to you.

AN AFFIRMATION FOR TODAY

Joy has a place in my everyday life.

DAY 6 / 7

Choose a next step

Keep your next step small enough to carry.

01. What matters most to me right now?

02. What one action is within reach this week?

03. What support or reminder would help me follow through?

ONE GENTLE ACTION

Put your one small action on your calendar.

AN AFFIRMATION FOR TODAY

I can move forward one honest step at a time.

DAY 7 / 7

Evolve

Look back and honor what you learned.

01. What did I notice about myself this week?

02. What would I like to continue, change, or release?

03. What do I want to tell myself as I enter next week?

ONE GENTLE ACTION

Write yourself a three-sentence note of encouragement.

AN AFFIRMATION FOR TODAY

I am allowed to become more of myself.

TAKE IT WITH YOU

Your Soft Reset Plan

Write down what you want to remember. Keep it simple and revisit it whenever life gets loud.

I want more of — What supports the life I am making?

I am releasing — What can I stop carrying alone?

My next small step — What is possible this week?

A LETTER TO YOURSELF

Dear Brown Girl, you do not have to have it all figured out. One honest step is enough.