

# Founders' Monthly Reset Ritual

*A Reflection Tool for Clarity, Calm & Conscious Growth*

Growth doesn't come from doing more — it comes from pausing, integrating, and choosing again.

 Time Needed

20–30 minutes

 Frequency

Once a month

 Purpose

Clarity, calm & conscious growth

# Arrive

Before you dive into reflection, give yourself a full two minutes to simply arrive. This is not a thinking exercise — it is a returning-to-yourself exercise. Close your eyes, take three slow, deliberate breaths, and allow the noise of the day to settle.

Then gently ask yourself: "How am I really arriving into this reflection?"

 Calm Tired Overwhelmed Proud Anxious Hopeful Disconnected

📝 One word for this month: \_\_\_\_\_

# Review the Month

Look back with honesty and without self-judgement. This is not about grading your performance — it is about seeing clearly so you can move forward wisely. Every month holds wins, losses, and lessons. All of them matter.



## What Moved Forward

List 3 wins — big or small. Momentum matters, and acknowledging it builds more of it.

1.

-----

-----

2.

-----

-----

3.

-----

-----



## What Drained Me

Where did your time, energy, or emotions leak this month? Be specific and compassionate.

-----

-----

-----

-----



## What Didn't Go as Planned

"This didn't work because

-----

-----"

**What I learned from it:**

-----

-----



STEP 3

# Emotional Check-In

Your emotions are data, not distractions. This step is about building the self-awareness that helps you lead more intentionally. Notice patterns without judgement — simply observe what has been happening beneath the surface this month.

This month, I felt most:

- ☐ Confident
- ☐ Stressed
- ☐ Doubtful
- ☐ Focused
- ☐ Frustrated
- ☐ Energised
- ☐ Disconnected
- ☐ Grounded

 **Trigger Moments**

What situations repeatedly activated you this month?

-----  
-----  
-----  
-----

 **How I Usually Reacted**

-----  
-----  
-----  
-----

 **How I Want to Respond Next Time**

-----  
-----  
-----  
-----

# Business Alignment Reset

Not all busyness is progress. This step invites you to honestly assess where your attention actually went — and whether it aligned with what truly moves your business forward. Clarity here is one of the most valuable things you can create.

## ✓ What Truly Deserved My Attention

Activities that actually created value — for your clients, your business, or your growth:

-----  
 -----  
 -----

## 🎯 What Distracted Me From What Matters

- ☒ Too many ideas
- ☒ People pleasing
- ☒ Fire-fighting
- ☒ Lack of boundaries
- ☒ Overthinking
- ☒ Avoiding hard decisions

### 📝 One decision I've been postponing:

-----

**If I decided it this month, the relief would be:**

-----

## STEP 5

### Let Go

To move forward, you must first release what is holding you in place.  
This is not weakness — this is wisdom.

Letting go is one of the most powerful acts a founder can practise. Each month, something has outlived its usefulness. Choose what to release with intention, not by accident.



**Guilt**



**Unrealistic Expectations**



**Comparison**



**Old Goals**



**Unhelpful Habits**



**Fear of Judgment**



**Specifically, I am letting go of:**

-----

# Reset Intentions

Now, look ahead with fresh eyes. You have reviewed the past, honoured your emotions, and released what no longer serves you. From this clear, grounded place — what truly matters in the coming month? Less is more here. Focus is the most valuable resource you own.

## Priority One

-----  
-----  
-----  
-----

## Priority Two

-----  
-----  
-----  
-----

## Priority Three

-----  
-----  
-----  
-----

 **The ONE focus that will move my business forward most:**

-----

How I want to feel while building this month:

☒

**Calm**

☒

**Focused**

☒

**Confident**

☒

**Courageous**

☒

**Consistent**

☒

**Light**

# Founder Commitment

This final step is your anchor. A commitment made consciously — written down and signed — carries weight. It becomes the north star you return to when the month gets noisy. Keep it simple, honest, and genuinely yours.

"This month, I commit to leading my business with \_\_\_\_\_ instead of \_\_\_\_\_."

## My Non-Negotiable Boundary

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## One Supportive Habit I Will Protect

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Closing Ritual

Place your hand on your chest and read this silently:

"I am building something meaningful. Progress is happening, even when it feels slow. I choose clarity over chaos, and intention over impulse."

**Date:**

\_\_\_\_\_  
\_\_\_\_\_

**Founder Signature:**

\_\_\_\_\_  
\_\_\_\_\_

