



LIFE RESET COURSE



COURSE OVERVIEW:

Life Reset is more than a course—it's your opportunity to assess where you stand, identify what's holding you back, and take actionable steps toward a brighter future. Over 8 weeks, you'll pinpoint imbalances, realign with your goals, and identify what drains your potential. You'll tackle procrastination head-on, detox from toxic relationships, and craft a clear 3-month vision for success. As you let go of what no longer serves you, you'll build habits that ensure you stay on track and thrive. This course is designed to inspire, empower, and guide you to a life of clarity, balance, and fulfilment. Let's hit the reset button together—your best life is waiting!

WHO WILL BENEFIT FROM THIS COURSE:

The 8-week **Life Reset** course is designed for the following individuals:

- If you are at a crossroad in your career, feeling stuck, or seeing clarity.
- For burnout survivors that feel drained and overwhelmed
- For those juggling multiple responsibilities and struggling to find a balance
- For personal growth enthusiasts on a self-improve journey or looking to overcome procrastination.

WEEKLY EXPECTATIONS:

Week 1: The Wheel of Life

The Wheel of Life gives a wonderful visual representation of how balanced your life is. It will help you to focus on what is working and what needs improvement. From there, we can set up an action plan.



Week 2: Take Stock & Take Action

Take stock of your current situation – FAST – and identify actions to pull yourself out! Get insight into what is getting in the way and take action to move forward.

Week 3: Identifying Your Energy Zappers

What are you putting up with at home and / or at the office (or main occupation) that might be limiting you right now? What is draining your energy and leaving you exhausted?

Week 4: Stop Procrastinating

Break free from the procrastination cycle to stay focused and motivated, even when tasks feel overwhelmed. Do you have a task you keep putting off? Find out if it needs doing or identify 3 things to get it done.

Week 5: Detox Your Toxic Relationship

WHO we spend our time with has a significant impact on our lives – some relationships uplift and inspire us and others are downright draining. This is about brining awareness to, and being intentional with, whom we spend our time.

Week 6: 3 Month Vision Worksheet

Identify balanced and meaningful short-term goals looking at your life across different key life-areas. Get clear on how you want your life to be.

Week 7: Letting Go

Are you bearing grudges, holding onto the past, or resisting change? People often hang onto things which cloud their minds and drain them of energy – preventing them from moving forward.

Week 8: Daily Success Habits

By making small changes to your daily routine (success habits) you can make big changes to your life and career. Identify new daily habits that will help with the Life Reset and energise your lifestyle.

COURSE OUTCOME:

By the end of the 8-week course, you will:

- Identify the importance of the different aspects of your life
 - How to take action fast
 - Know how to deal with people that take your energy
 - Stop putting off doing things! Get going!
 - Identify toxic relationships and know what you need
 - Have a clear picture what your future life will look like
 - Learn to let things go and everything will still be OK
 - Know how to create new success habits for your future
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