



SEPTEMBER RESET

There have been SO many changes to have in place ready for September that you may be feeling a bit off track - you're not alone! Hopefully term is now well under way, with new children settling and you can now turn your attention to business with a fresh head

Use this sheet to do your own honest reset for the new term.

How are you REALLY?



What's your energy like at the moment?



What's been heavy lately?



What have you loved about this Summer?

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What do you need LESS of?

Business, life, social media - write down what has been draining you

A large, empty, rounded rectangle with a black border and a light pink shadow, intended for writing answers to the question above.



What do you want to KEEP doing?

What satisfies you?

A large, empty rounded rectangle with a black border, intended for writing a response to the question 'What do you want to KEEP doing?'. It has a subtle drop shadow.

What is going to be your MAIN focus this term?

This may be a new habit, a mindset shift, or something you are determined to get on top of

A large, empty rounded rectangle with a black border, intended for writing a response to the question 'What is going to be your MAIN focus this term?'. It has a subtle drop shadow.

What small action could you do this week to help you start strong?

Pick ONE small but mighty way you are going to step back into the business this week

A large, empty rounded rectangle with a black border, intended for writing a response to the question 'What small action could you do this week to help you start strong?'. It has a subtle drop shadow.

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