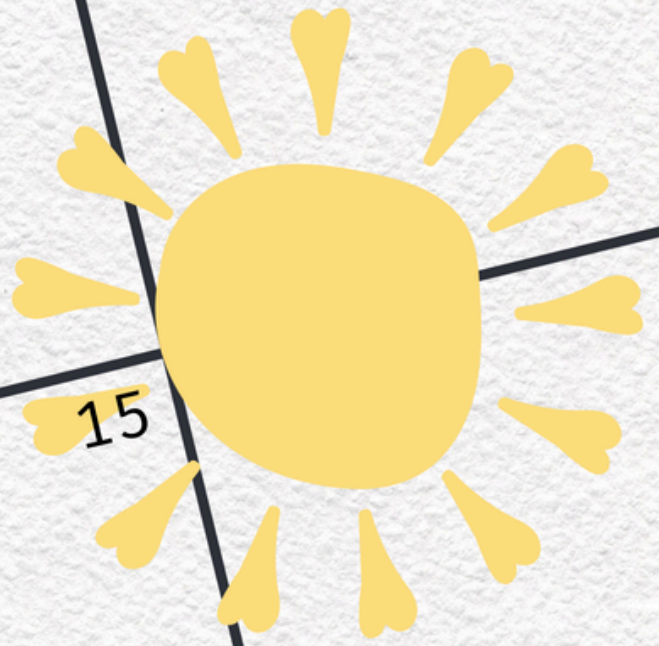




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THE SPRING RESET

*A 7-Area Life
Assessment
Workbook*



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The Spring Reset

A 7-Area Life Assessment Workbook

About This Workbook

Spring is a natural turning point: a season that invites you to step back, take stock, and decide what needs your attention next. This workbook walks you through seven core areas of life, one at a time.

In each section, you will assess where you stand right now, identify what is working and what is not, and commit to one concrete action you can take in the weeks ahead.

Work through each exercise at your own pace. Answer honestly, there are no right or wrong responses here.

The value of this workbook comes from what you put into it, so write in your own words and resist the urge to give polished answers. Your responses are for you alone.

Exercise 1 — Career and Purpose

Your career is more than your job title. It includes the work you do each day, the direction that work is heading, and whether it connects to something that matters to you. **When those elements fall out of alignment, even a good job can start to feel like a dead end.** This exercise asks you to evaluate not just what you do, but how it sits with you right now — and what one change would make the biggest difference.

Objective: Identify your current level of satisfaction with your career and purpose and define one action to move it forward.

Instructions: Start by rating your satisfaction, then use the table to break down what is working and what is not. Finish by committing to one specific action you can take within the next 30 days.

On a scale of 1 to 10, how satisfied are you with your career and sense of purpose right now?

Rate yourself from 1 (very dissatisfied) to 10 (fully aligned and energized).

Use the table below to sort out what is contributing to your satisfaction and what is dragging it down.

List specific aspects of your career and purpose in each column.

What Is Working	What Is Not Working

Looking at what you wrote above, what is one specific action you can take in the next 30 days to improve this area of your life?

Be specific — name the action, when you will start, and what the first step looks like.

Exercise 2 — Health and Energy

Your health is the foundation everything else is built on. This goes beyond whether you exercise or eat well — it includes your sleep quality, your energy levels throughout the day, and how your body feels when you move through your routine. **Small declines in this area tend to go unnoticed until they start affecting everything else.** This exercise helps you take an honest snapshot of where your physical health and energy stand right now.

Objective: Assess your current health and energy levels and choose one targeted action to improve them.

Instructions: Rate your overall satisfaction first, then use the checklist to flag specific areas of concern. Finish by writing down one action you are willing to commit to.

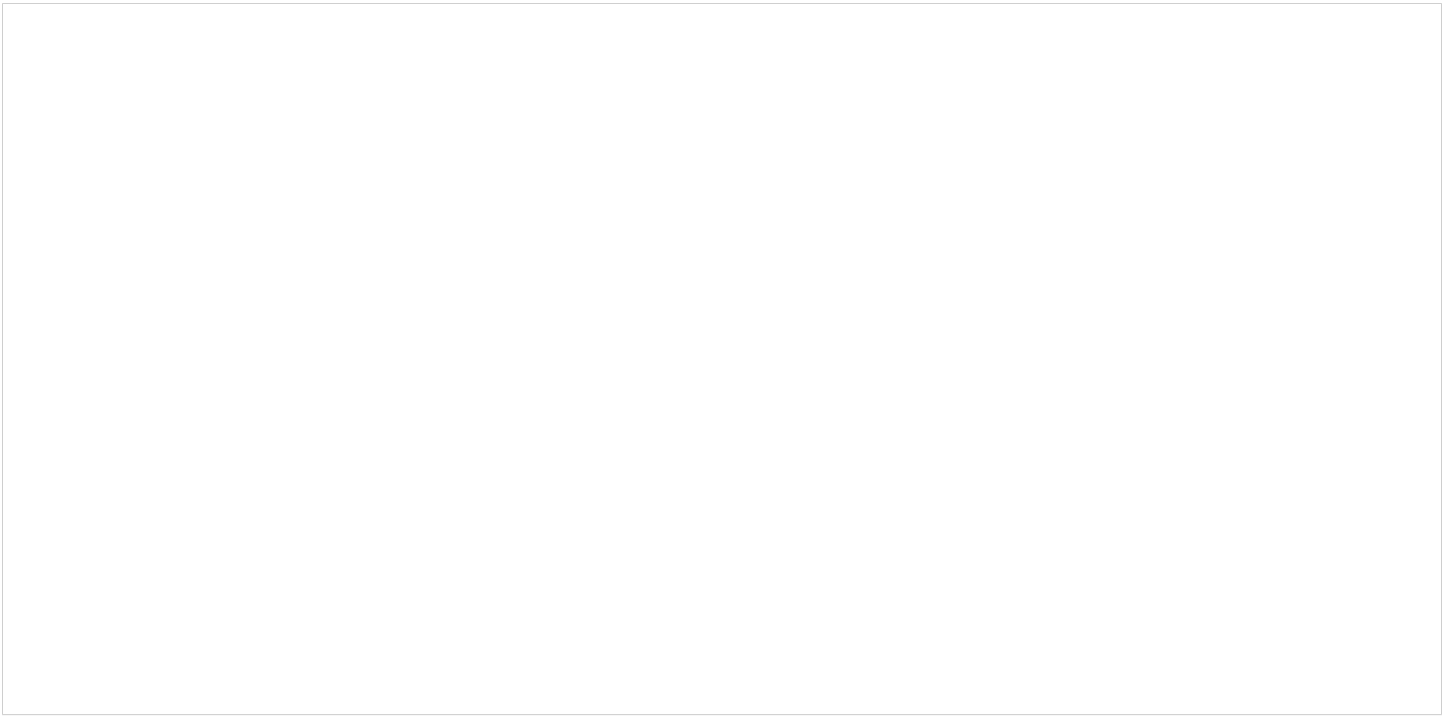
Rate yourself from 1 (exhausted and neglecting health) to 10 (strong, rested, and consistent).

Check any of the following that apply to you right now. Which of these are true for you today?

- I wake up feeling rested most mornings
- I move my body at least three times per week
- I eat in a way that supports my energy
- I drink enough water throughout the day
- I have a consistent sleep schedule
- I manage stress before it builds up
- I attend regular health checkups

Look at the items you left unchecked. Which gap is affecting you most? What is one action you can take in the next 30 days to address it?

Name the specific change, when you will begin, and how you will track it.



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Exercise 3 — Finances and Security

Financial health is not about how much you earn — it is about whether your money supports the life you are trying to build. That includes knowing where your money goes, whether you have a buffer for the unexpected, and how much stress your finances create daily. **Most financial friction comes not from income but from the absence of a clear plan.** This exercise asks you to look at your financial situation without judgment and decide where one adjustment would have the most impact.

Objective: Evaluate your current financial health and identify one action to strengthen your financial security.

Instructions: Rate your satisfaction, then use the table to map out your financial strengths and pressure points. Choose one area where a single change would reduce the most stress or create the most progress.

On a scale of 1 to 10, how satisfied are you with your finances and financial security right now?

Rate yourself from 1 (constant financial stress) to 10 (financially secure and on track).

Use this table to identify where you are strong and where you feel exposed.

List specific aspects of your financial life in each column.

Financial Strength	Financial Pressure Point

Based on what you listed, what is one financial action you can take in the next 30 days that would make the biggest difference?

Be specific — name the action, the dollar amount or behavior change involved, and your start date.

Exercise 4 — Relationships and Connection

The quality of your relationships shapes your daily experience more than most people realize. This includes your closest personal relationships, your friendships, your professional connections, and even the casual interactions that make up your day. **Neglected relationships do not stay neutral — they quietly deteriorate.** This exercise helps you assess the current state of your connections and identify where one intentional effort could strengthen what matters most.

Objective: Assess the health of your key relationships and commit to one action that deepens or repairs a connection.

Instructions: Rate your overall satisfaction first, then use the matrix to sort your relationships into four categories. Use what you find to choose one relationship-building action.

On a scale of 1 to 10, how satisfied are you with the quality of your relationships and sense of connection right now?

Rate yourself from 1 (isolated or strained) to 10 (deeply connected and supported).

Place the names or roles of key people in your life into the quadrant that best describes where that relationship stands right now.

Strong and Active	Strong but Neglected
Surface-Level	Strained or Distant

Look at the names in the bottom two quadrants. Is there one relationship you want to invest in over the next 30 days? What will you do?

Name the person, the action you will take, and when you will take the first step.

Exercise 5 — Personal Growth and Learning

Personal growth does not require a formal program or a dramatic overhaul. It happens when you consistently expose yourself to new ideas, challenge old assumptions, and build skills that matter to you. **The risk is not failure — it is stagnation disguised as comfort.** This exercise asks you to evaluate whether you are still growing, where you have stalled, and what one learning goal would re-engage your development.

Objective: Identify where your personal growth has stalled and choose one learning action to restart forward momentum.

Instructions: Rate your satisfaction with your growth and learning, then answer the questions below to pinpoint where you have room to stretch. Finish by naming one specific learning goal.

On a scale of 1 to 10, how satisfied are you with your personal growth and learning right now?

Rate yourself from 1 (completely stagnant) to 10 (actively growing and challenged).

Answer each question in a sentence or two to clarify where you stand.

Reflect honestly on each prompt.

Question	Your Answer
What is the last new skill you learned or started learning?	
When did you last read, listen to, or watch something that challenged your thinking?	
What topic or skill have you been meaning to explore but keep putting off?	
What is one area where you feel you have outgrown your current knowledge?	

Based on your answers, what is one learning goal you will pursue over the next 30 days?

Name the skill or topic, the resource you will use, and how often you will engage with it.

Exercise 6 — Fun and Recreation

Fun is not a luxury — it is a legitimate need that affects your creativity, resilience, and overall satisfaction with life. When life gets busy, recreation is usually the first thing to go, and the loss is so gradual that you may not notice until everything feels like an obligation. **If you cannot remember the last time you did something purely for enjoyment, that itself is the signal.**

Objective: Assess whether your life includes enough enjoyment and recreation and identify one action to restore or protect it.

Instructions: Rate your satisfaction first, then use the checklist to identify what you used to enjoy. Finish by choosing one recreational activity you will bring back or try for the first time.

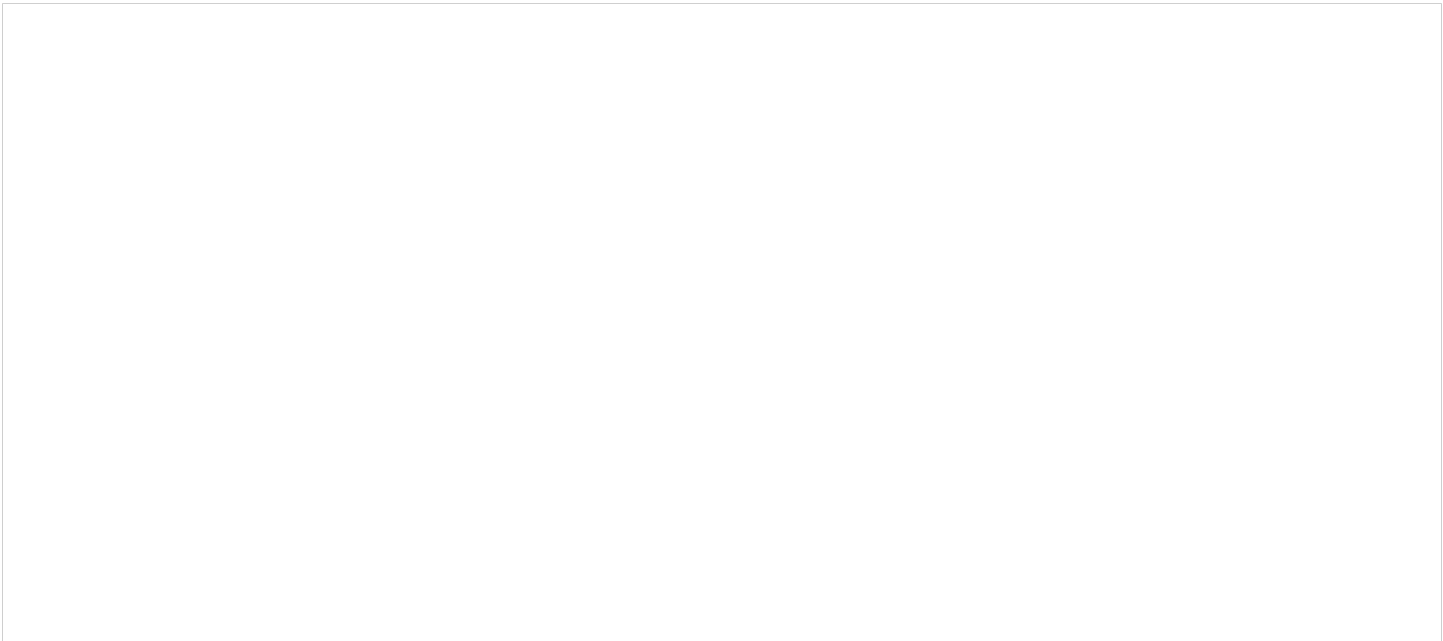
Rate yourself from 1 (all obligation, no enjoyment) to 10 (regularly doing things I love).

Check any activities below that you used to enjoy but have let slip away, or that you have been wanting to try. Which of these resonate with you?

- A hobby I used to love but stopped doing
- Spending unstructured time outdoors
- Creative activities like writing, drawing, or music
- Playing sports or physical games
- Traveling or exploring new places
- Cooking or trying new restaurants
- Social activities with friends or family
- Reading for pure pleasure

Pick one item you checked. What will you do in the next 30 days to bring it back into your life — or try it for the first time?

Name the activity, schedule your first session, and note anything you need to make it happen.



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Exercise 7 — Environment and Daily Surroundings

Your environment shapes your behavior more than willpower does. The spaces where you live, work, and spend your time send constant signals — some supportive, some draining. A cluttered workspace quietly erodes focus. A home that feels chaotic makes it harder to rest.

You do not need a renovation — you need to notice what your surroundings are telling you. This exercise asks you to evaluate your key environments and decide where one change would improve your daily experience.

Objective: Identify which of your daily environments is creating the most friction and commit to one change that improves it.

Instructions: Rate your satisfaction first, then use the table to evaluate your three primary environments. Choose the one that needs the most attention and define your action step.

On a scale of 1 to 10, how satisfied are you with your physical environment and daily surroundings right now?

Rate yourself from 1 (my spaces drain me) to 10 (my spaces support and energize me).

Evaluate each environment using the table below. For each space, note what supports you and what creates friction.

Assess each of your primary daily spaces.

Environment	What Supports Me	What Creates Friction
Home		
Workspace		
Vehicle or Commute		

Which environment scored worst? What is one specific change you can make in the next 30 days to reduce the friction in that space?

Name the space, the change, and the first step you will take to make it happen.

You're Done — What Comes Next

You have just assessed seven areas of your life and identified one action step in each. That is not a small thing — most people never stop long enough to take this kind of honest inventory. Your responses are yours to keep and revisit as the season unfolds.

Confirm your completion:

- I have rated all seven areas honestly
- I have identified what is working and what is not in each area
- I have written down one specific action for each area
- I have chosen start dates or first steps for my actions
- I know which area needs my attention first

Next Step

Pick the one area where your action step would create the most immediate relief or momentum. Start there this week. Once it is underway, return to this workbook and begin the next one.