

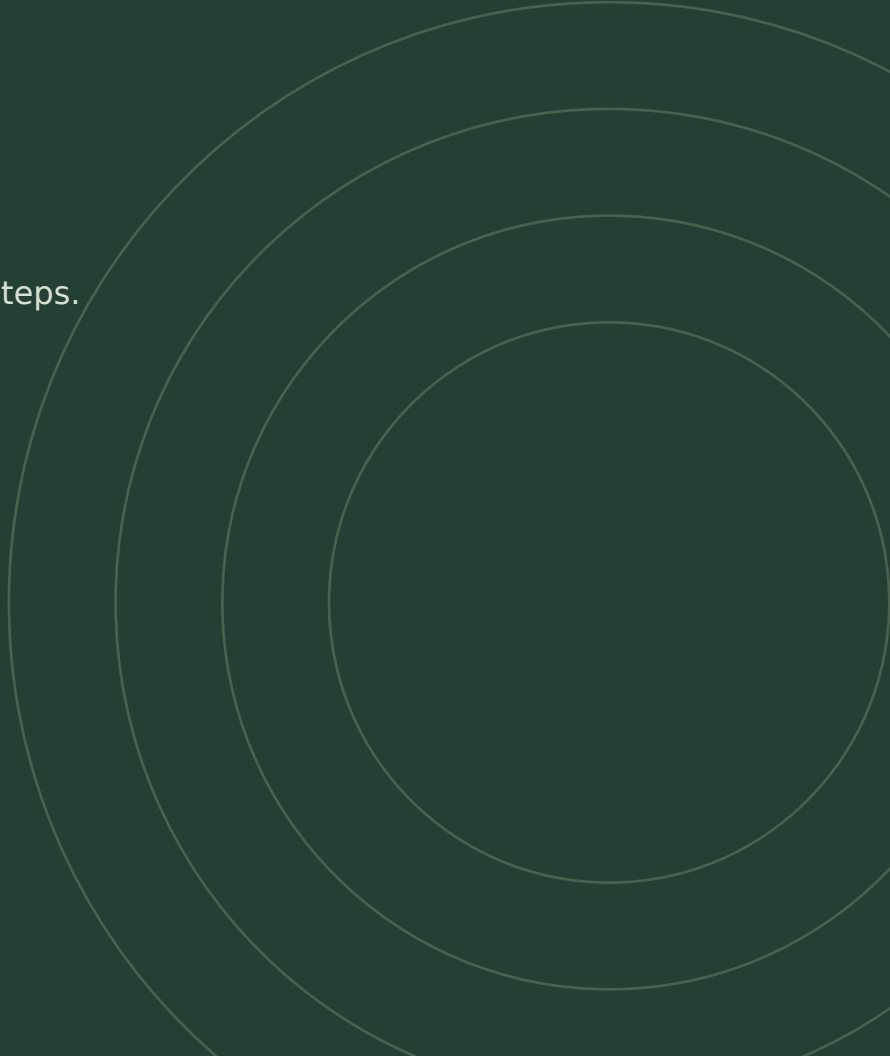
A LITTLE SPACE TO BEGIN

It's never too late.

Your 7-Day Fresh Start

A guided workbook for reflection,
self-kindness and small practical steps.

SEVEN DAYS / ABOUT FIVE MINUTES A DAY



BEFORE YOU BEGIN

A fresh start can be small.

You do not need to change your whole life this week. Give yourself a little space to notice what matters and choose your next step.

Make this yours

Use one page a day, or take longer. Write a sentence, use bullet points or leave a question blank. There is no streak to protect.

Spend about five minutes

Start with the three prompts. Choose the small action. Come back to the evening question if it is useful; the action itself can take a little longer.

Use paper or a screen

Print the printable version, or type into the fillable PDF. Open the fillable version in a PDF reader that supports forms, save a copy, and check that your answers remain after reopening.

Keep your reflections private

Save your completed copy somewhere you trust. You decide whether to share any part of it.

Keep the promise realistic

This workbook offers reflection prompts and practical choices. It is not therapy or a treatment, and it does not promise a particular outcome.

DAY 1 OF 7

Start where you are

Name what is here, rather than what you think should be here.

You can begin again without having everything figured out.

01 What feels most present for me today?

Name the feeling, situation or thought in plain language.

02 What would make today a little more manageable?

Choose something realistic, not an ideal version of the day.

03 What is one thing I can influence?

Think about your next choice, rather than someone else's response.

ONE SMALL ACTION

Choose one small task you can finish in ten minutes or less.

EVENING CHECK-IN

What did I notice after taking my small step?