

THE SEPTEMBER RESET

A simple GardenShrink worksheet for creating your new normal before January.

Beginnings matter. Before the calendar fills and a routine forms by default, take a few minutes to decide what you actually want this season to look like. Don't try to reinvent everything. One or two meaningful changes are enough.

1. LOOK BACK

What worked? What routines, choices, or boundaries helped? **What repeatedly created stress, conflict, rushing, or exhaustion?**

2. REMEMBER WHAT MATTERS

Why change? What matters enough to protect or make room for? Which core values do you want your actual calendar and routines to reflect - not just your intentions?

3. SET THE SUPPORTS

What **boundary, routine, structure, or support** needs to be in place from the beginning? What will make the change easier to follow when life gets busy?

Think like a gardener: spacing creates room, boundaries protect, and stakes go in before the plant desperately needs them.

4. DEFINE NORMAL

By January, what do you want to be able to say: 'That's just what I do now' or 'That's just what we do now'? Describe the new normal in simple, observable terms.

MY SEPTEMBER RESET

Choose **one or two** changes worth practicing now. Keep them specific and realistic.

Change #1	
First support / boundary I will put in place:	
Change #2 (optional)	
First support / boundary I will put in place:	

**Don't wait until January to change a routine you're establishing right now.
Beginnings matter. Use this one.**