

Monthly Emotional Reset Checklist

Pause and Reflect

- ☐ What drained my energy this month?
- ☐ What am I still overthinking?
- ☐ What do I need to acknowledge before moving forward?

Release Through Writing

- ☐ Write a 'Release & Renew' journal entry
- ☐ Let emotions flow without editing or judging
- ☐ Say aloud: 'I release what no longer belongs to me'

Forgiveness

- ☐ Forgive myself for what I didn't know then
- ☐ Release resentment toward others
- ☐ Say a prayer or affirmation for emotional freedom

Declutter Your Mind

- ☐ Practice 4-4-6 breathing for 2 minutes
- ☐ Sit in stillness with hand on heart
- ☐ Ground yourself by noticing your breath and body

Set Gentle Intentions

- ☐ Choose 1-2 emotional intentions for the new month
- ☐ Write them down and place somewhere visible
- ☐ Repeat them daily with presence

Create a Monthly Ritual

- ☐ Choose a simple ritual (journaling, walk, prayer)
- ☐ Schedule it into your calendar
- ☐ Keep it consistent and sacred

Use Tools for Emotional Release

- ☐ Use a journal or worksheet to track emotions
- ☐ Pull an affirmation card or write your own
- ☐ Reflect on your progress at month's end

