

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

