

Measure Your Life:

The 15-Minute Reset Worksheet

Name _____

Date _____

Grab a pencil and 15 minutes. Honest numbers beat good-looking ones. Then fill in one Check row each week for four weeks.

1 Measure Where are you, really? Circle one number for each area.

I · MEASURE BEFORE YOU CUT

AREA	1 = FALLING APART · 10 = DIALED IN	WHY THAT NUMBER?
Work / Trade Your job, your skills, where it's headed	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	_____
Money Basics Bills on time, a simple budget, saving for a goal	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	_____
Energy & Health Habits Sleep, food, moving your body: habits only	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	_____
People / Family Who you show up for, and who shows up for you	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	_____
Your Side Build The thing you're building on the side	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	_____

Biggest gap: _____ *The lowest number, or the one that bugs you most. Start there.*

2 Plan Your next three moves. Small and boring is fine. Date the first one now.

II · WRITE IT DOWN

1	_____	Date it now: / /
2	_____	By date: / /
3	_____	By date: / /

3 Check Same day every week, five minutes: what moved, what didn't, and why.

IV · CHECK IT EVERY WEEK

Week	What Moved	What Didn't	Why
Week 1 date _____			
Week 2 date _____			
Week 3 date _____			
Week 4 date _____			

4 Adjust Change the plan, not the goal. Then keep going.

V · NEVER COMPROMISE

What I'll change about the plan, not the goal: _____