

Rhythm Reset Worksheet

Design a life you love, one rhythm at a time.

Your days are made up of rhythms — small patterns that shape your life without you even realizing it. Some rhythms give life and energy, while others drain it. This worksheet is designed to help you pause, reflect, and choose the rhythms that create space for the life you want to design.

Step 1: Notice Your Current Rhythms

What habits, routines, or patterns are shaping your days right now? Write a few down below:

Step 2: Name the Missing Rhythms

Where do you feel off-balance or stretched too thin? What rhythms are missing that would make your life feel lighter or more grounded?

Step 3: Dream New Rhythms

If you could design your days, what simple, meaningful patterns would you add? Think small, realistic steps — moments that add joy, rest, or connection.

Step 4: Choose One Rhythm to Begin

Don't try to change everything. Start with just one rhythm this week. Small, intentional shifts are where real change happens.