

A FREE GIFT FROM KICKIN' IT W/ KESHIA

THE RESET STARTER



5 minutes to start choosing yourself again

One honest look. One small move. That's how a reset begins.

IT'S TIME TO RESET.

THE RESET STARTER

5 minutes to start choosing yourself again

Hey sister. Before you do one more thing for everybody else, do this for *you*. It takes about five minutes, no journal, no perfect morning, no overhaul. Just an honest look and one small move. This is how a reset begins.

FIRST, GET THIS STRAIGHT

A reset is not starting over. **Starting over** burns it all down and acts like the last 20, 30, 40 years didn't count. **A reset** keeps your foundation, your wisdom, your faith, your people, and just clears out what stopped working. You don't have to blow up your life to change it.

| *Starting over erases your story. A reset writes the next chapter.*

STEP 1 · THE 3-QUESTION CHECK-IN

Answer these out loud or in your head, fast, honest, first thing that comes up:

1. **Where in my life am I running on empty right now?**
2. **What's one thing I keep saying yes to that I secretly resent?**
3. **What's the one thing I keep saying I'll do "someday", and haven't?**

STEP 2 · YOUR ONE SMALL MOVE TODAY

Now think about the thing you've been putting off for **years**, the dream, the appointment, the conversation, the project, the version of your life you keep saying you'll get to "someday." You know exactly what it is. It came to mind before you finished reading this sentence.

Today, take **one small step** toward it. Not the whole thing, just step one. Make the call. Send the email. Write the first sentence. Pull up the website. Say it out loud to one person. Five minutes of movement after years of waiting is how a reset actually begins.

| *One small move beats another year of someday.*

Here's the truth: *noticing what's draining you is the easy part. Actually changing it, and making it stick, isn't something most of us can do alone, in our own heads. That's not weakness. That's why community and a coach exist.*

READY FOR MORE THAN A VENT SESSION?

If this 5 minutes opened something up, the **PIVOT** 7-Day Reset Guide takes you deeper, and **The Grown Woman Reset**, my 5-week program for women 40+, is where it actually becomes your life.

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[Reserve My Spot]

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