CourseMints

GUIDE

# Life Reset System

Your 30-Day Transformation Blueprint

SELF-PACED PDF COURSE

COURSEMINTS.COM

CourseMints

# Life Reset System

Your 30-Day Transformation Blueprint


## COPYRIGHT

© 2026 CourseMints. Published by Morvex Corporation Limited, Studio No. 28, 2 Old Brompton Road, London, England, SW7 3DQ. Registry Nr: 17034959. info@coursemints.com

All rights reserved. No part of this guide may be reproduced, stored or transmitted in any form without written permission from the publisher, except as allowed by the license below.

## YOUR LICENSE

This guide is licensed to the buyer for personal use. You may download it, read it on any of your devices and print as many copies as you need for yourself. Please do not resell, share, upload or redistribute it, in whole or in part.

## DISCLAIMER

This guide is for educational purposes only. Results depend on your effort and circumstances, and no particular outcome is guaranteed. If you are dealing with a medical, legal, financial or mental health concern, please consult a qualified professional.

INSIDE THIS GUIDE

# Contents


| | | |
|---|---|---|
| | How to Use This Guide | 4 |
| | Before You Begin: Why a Reset Works | 8 |
| WEEK 1 | **See Clearly** | 12 |
| WEEK 2 | **Clear What No Longer Serves You** | 23 |
| WEEK 3 | **Rebuild Your Foundations** | 32 |
| WEEK 4 | **Set Your Direction** | 39 |
| DAY 29 | **Measure the Change** | 47 |
| DAY 30 | **Write Your Next 90 Days** | 49 |
| | Conclusion: Life After the Reset | 51 |

# How to Use This Guide

Some seasons call for more than a tweak. You changed jobs or lost one. A relationship ended or began. You moved, or came through an illness, a loss or simply a long, grinding year. Or nothing dramatic happened at all: you looked at your calendar, your bank statement and your living room one evening and did not quite recognize the life in them.

A reset is a deliberate, time-limited project for exactly that moment. For 30 days you look at your whole life at once, clear out what you are carrying that no longer fits, and rebuild a few solid foundations before you aim at anything bigger. It is not a makeover and it is not a personality transplant. It is the practical work of taking stock, letting go and starting again on firmer ground.

## The 30 days at a glance

| Days | Phase | What you do | Time per day |
|---|---|---|---|
| 1 to 7 | **See** | Audit six areas of your life with scores and evidence, not impressions | 20 to 45 minutes |
| 8 to 14 | **Clear** | Stop, shrink, hand off, cancel and declutter: commitments, spaces, screens, money leaks | 30 to 90 minutes |
| 15 to 21 | **Rebuild** | Install the foundations everything else rests on: sleep, movement, food, money, home, people and a weekly plan | 20 to 45 minutes |
| 22 to 28 | **Direct** | Decide where your work, relationships and sense of self are heading next, and design your ordinary week | 30 to 45 minutes |
| 29 to 30 | **Lock in** | Re-score, measure the change and write your next 90 days | About 60 minutes |

The order matters. You see before you clear, so you remove the right things. You clear before you rebuild, so the new routines have room. You rebuild before you set direction, because ambitious plans built on four hours of sleep and an overdrawn account rarely survive the first

hard week.

## The six areas

Every audit, review and plan in this guide uses the same six areas:

1. **Career and work:** your job, business, studies or the unpaid work that fills your days, including caring for others.
2. **Relationships:** partner, family, friends, colleagues and community.
3. **Health and energy:** sleep, movement, food, medical care and how you feel across the day.
4. **Money:** income, spending, debt, savings and how money feels to you.
5. **Home and surroundings:** the places you live and work in, your possessions and your digital space.
6. **Identity and direction:** who you are now, what you stand for and where you are heading.

## What you need

- **The companion Life Reset System Planner.** It holds the Life Audit Wheel, the 30-day calendar, the logs and the weekly check-ins. Print it, or fill it in on a tablet.
- **A calendar** you actually look at.
- **A daily slot of 20 to 45 minutes**, plus about an hour on Days 7, 14, 21, 28, 29 and 30. Day 10 (clearing a space) goes best on a day off.
- **Optional: a reset partner.** A friend doing their own reset, or simply someone you tell what you are doing and check in with on Day 7, 14, 21 and 30.

## Five rules for the 30 days

1. **One step a day.** If you miss a day, do today's step and pick up the missed one only if it is quick. Never do more than two steps in one day.
2. **No big irreversible decisions until Day 30.** Quitting a job, ending a relationship, moving city or making a large purchase all go on your "After Day 30" list (in the planner). The reset exists to give you clarity. Make the big calls once you have it. The only exception is your safety.
3. **Write it down.** A thought in your head is a mood. The same thought on paper is information you can work with.
4. **Small and finished beats big and planned.** One cleared drawer beats a perfect plan for the whole house.
5. **A bad day is not a reset button.** Missed steps, a late night, an argument: note it, then do the next step.

⚠ CAUTION

### When a reset is not the right tool

A planning project is not the answer to a crisis. If you have felt low or hopeless most days for two weeks or more, are having thoughts of harming yourself, are newly bereaved, or feel unsafe with someone you live with, start with support instead: your doctor, a therapist or a crisis line (in the US call or text 988; in the UK call Samaritans on 116 123; elsewhere, your local emergency number). The reset will still be here when you are ready, and it will work better then.

TIP

### About the examples

The people in the example boxes are fictional composites, written to show the steps in action. Their numbers are illustrations, not results you should expect. Your reset will look different, and it should.

**KEY TAKEAWAYS**

- A reset is a 30-day project in five phases: See, Clear, Rebuild, Direct and Lock in.
- The order matters: audit first, clear second, rebuild third, set direction last.
- One step a day, written down, with no big irreversible decisions until Day 30.
- If you are in crisis, get support first. The reset can wait.

# Before You Begin: Why a Reset Works

Most people try to change their lives the way they try to fix a messy room in a hurry: they add something. A new app, a new goal, a new routine stacked on top of everything they already do. It rarely lasts, because nothing was taken away to make room and nothing underneath was steady. A reset works differently, and the reasons are worth understanding before Day 1, because they explain why each phase is there.

## Fresh starts give you a real, if temporary, boost

In 2014, Hengchen Dai, Katherine Milkman and Jason Riis published research on what they called the fresh start effect. People were more likely to search online for “diet”, visit the gym and commit to goals right after temporal landmarks: the start of a week, a month or a new year, or a birthday. Landmarks seem to create a mental line between the old self and the new one, which makes past failures feel less relevant and new goals feel more possible.

A reset uses that effect on purpose. You pick a start date, give the 30 days a name and treat Day 1 as a landmark. But the boost from a fresh start fades. That is why this guide spends most of its time on systems that keep working after the enthusiasm wears off.

## Disruption opens a window for change

Habits are triggered by context: the same place, the same time, the same people, the same cues. When your context changes, old habits lose their triggers and there is a short window in which new behavior is easier to start. Researchers call this the habit discontinuity hypothesis. In one field study, Bas Verplanken and Deborah Roy found that people who had recently moved house were more responsive to an intervention encouraging sustainable everyday behavior than people who had not moved.

CourseMints

PLANNER

# Life Reset System Planner

Audit Wheel, 30-Day Calendar, Trackers and Weekly Check-ins

COMPANION TO LIFE RESET SYSTEM

INSIDE THIS PLANNER

# Contents


| | | |
|---|---|---|
| | How to Use This Planner | 4 |
| PART 1 | **The Audit** | **5** |
| PART 2 | **The 30 Days** | **11** |
| PART 3 | **Lock In** | **17** |

## Scoring Table

**Satisfaction anchors:** 1 to 3, a constant source of strain; 4 to 6, works with a steady list of complaints; 7 to 8, mostly good; 9 to 10, could hardly be better. **Importance:** how much the area matters to you over the next 12 months. **Gap** = importance minus satisfaction.

| Area | Satisfaction | Importance | Gap | Evidence: one or two facts behind my score |
|---|---|---|---|---|
| Career and work | | | | |
| Relationships | | | | |
| Health and energy | | | | |
| Money | | | | |
| Home and surroundings | | | | |
| Identity and direction | | | | |

**Day 7 adjustments** (any score you changed, and why):

**My three reset priorities, as Day 30 statements:**

1. **The biggest gap.** By Day 30, _____
2. **The keystone.** By Day 30, _____
3. **The quick win.** By Day 30, _____