

Reflect
&
RESET

with
Kathryn Price

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WELCOME

Hello!

For more than three decades my intentional personal development journey has led me to a life I never imagined possible. What I learned throughout that time, and am still learning today, is what I'm passionate about sharing.

When we take the time to connect with our thoughts and feelings, we are taken on a path of self-discovery. When we slow down and feel it all, we experience what it is like to truly live.

Reflect & Reset allows us to check-in with ourselves, our life, and/or our business, on a regular basis. When we use these practices we become more aware of what is and is not working, and then we have an opportunity to do things differently.

Let's go!

Kathryn x

ABOUT ME

Most of all, I'm passionate about helping you achieve your dreams. From high school dropout to successful entrepreneur, and now, author, speaker, and mentor, I've achieved more than I could ever have dreamed of. And that is what I want for you.



GRATITUDE

in the space below create a list, mindmap, or use imagery to record EVERYTHING you are grateful for from the last 90 days.



*nothing
but
Gratitude!*

THANK YOU

What would you like to thank yourself for having faced, accomplished, or navigated in the last quarter?



APPRECIATING YOURSELF

In our daily lives there are twists and turns we don't expect, and somehow, we get through. Acknowledge and thank yourself for all that you do.

STOP. START. CONTINUE.



01 What is currently not working in your life and/or business that you would like to **STOP** doing?

02 What is working really well that you'd definitely like to **CONTINUE** doing?

03 What is something new you'd like to try this next quarter that you can **START** doing?

VISION

What is your vision for the next three months?

This is your high-level overall vision—think helicopter view rather than detail.



A large, empty rectangular box with a thin black border, intended for writing the vision for the next three months.

GOALS

From your vision and your stop start continue chart, establish three goals to work on in the next three months.

1	
2	
3	

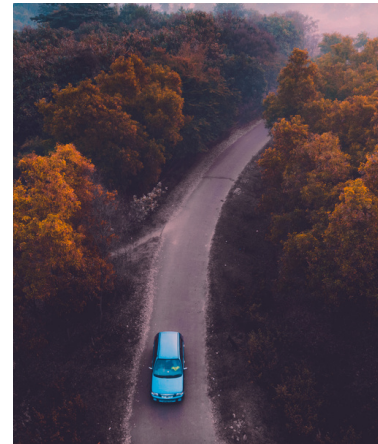


AFFIRMATIONS

Write three affirmations that align with your vision and your goals for the next quarter. Remember, affirmations are written in the present tense, as if you already have whatever it is you want. Place these somewhere you'll see them often and repeat them to yourself daily as a reminder and to etch them into your subconscious mind.

VISUALISATION

Whatever your goal, visualisation will play a big part in the manifestation of it. If you are able to regularly visualise yourself being, doing, or having what you desire, you will attract it to you.





WANT TO LEARN MORE?

To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

SCHEDULE A FREE CALL