

THE

R.E.S.E.T.

Method

*Rebuild your life with structure,
accountability, and clarity.*

A 4-WEEK GUIDED WORKBOOK

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WELCOME

This is where things change.

This workbook is designed to help you stop starting over and begin building a life that actually holds. The R.E.S.E.T. Method is not about perfection — it's about awareness, structure, and consistent action.

Over the next 4 weeks, you will:

- Identify what's keeping you stuck
- Create a clear and realistic plan
- Build habits that support your growth
- Stay accountable to your progress

*Commit to the process.
Your life will follow.*

HOW TO USE THIS WORKBOOK

- Complete each section weekly
- Be honest — this only works if you are
- Progress > perfection
- Show up, even when it's hard

The R.E.S.E.T. Framework

R	Reflect	<i>Awareness</i>
E	Evaluate	<i>Truth</i>
S	Strategize	<i>Plan</i>
E	Execute	<i>Action</i>
T	Transform	<i>Consistency</i>

Reflect

Awareness + Patterns

This week is about getting honest about where you actually are. Before you can move forward, you have to see clearly. Identify the triggers, cycles, and habits running your life on autopilot.

LIFE AUDIT

Rate each area honestly (1 = struggling, 10 = thriving)

Mental 

Emotional 

Physical 

Financial 

Relationships 

Discipline 

REFLECTION PROMPTS

What patterns keep repeating in my life?

Where do I feel the most stuck?

What am I avoiding?

What am I tired of experiencing?

TRIGGER AWARENESS

What situations, people, or emotions throw me off track?

WEEK 1 OUTCOME

Clarity on what's keeping you stuck.

By the end of this week you will have an honest picture of where you really are — and the patterns you've been avoiding.

Evaluate

Truth + Ownership

Awareness without ownership is just observation. This week you take responsibility for what's working, what isn't, and what has to go.

HABIT BREAKDOWN

Helpful habits (what's moving you forward)

Unhelpful habits (what's keeping you stuck)

ENVIRONMENT CHECK

Who supports my growth?

What drains me?

What needs to change immediately?

MINDSET RESET

What thoughts are holding me back?

What do I need to start believing instead?

WEEK 2 OUTCOME

An honest understanding of what needs to change.

You'll walk away knowing exactly which habits, people, and beliefs are due for a reset.

Strategize

Plan + Structure

Now we build the plan. Goals don't change lives — structure does. This week you design the daily and weekly structure that supports the version of you you're becoming.

MY TOP 3 PRIORITIES

1.

2.

3.

STRUCTURE PLAN

Morning routine

Daily non-negotiables

Evening reset

Set the right kind of goal.

Setting goals is important — but setting the *right kind* of goals is what creates real change. The SMART method turns ideas into clear, actionable steps.

S **Specific**
What exactly do I want to accomplish?

M **Measurable**
How will I track my progress?

A **Achievable**
Is this realistic based on where I am?

R **Relevant**
Why does this goal matter to me?

T **Time-Bound**
When will I complete this goal?

CREATE YOUR SMART GOAL

My goal by the end of 4 weeks:

Specific

Measurable

Achievable

Relevant

Time-Bound

ACTION STEPS — BREAK IT DOWN

1.

2.

3.

4.

The 24 / 48 Hour Goal Plan

Take action now. Build momentum fast.

Small actions taken within the next 24–48 hours create momentum and build confidence. Don't wait for the perfect moment.

STEP 1 — MY GOAL

What is one thing I will complete in the next 24–48 hours?

STEP 2 — BREAK IT DOWN

1.

2.

3.

STEP 3 — WHEN WILL I DO IT?

☐ Within 24 hours

☐ Within 48 hours

Date

Time

e

STEP 4 — POTENTIAL BARRIERS

What could get in the way?

How I will handle it:

STEP 5 — ACCOUNTABILITY

Who will I tell or check in with?

How will I track completion?

- ☐ Check it off
- ☐ Journal it
- ☐ Text someone
- ☐ Other

STEP 6 — COMPLETION CHECK

- ☐ Yes — I completed my goal
- ☐ No — here's my restart plan

COMMITMENT

I commit to taking action within the next 24–48 hours.

Signature _____

Date _____

Execute → Transform

Action + Consistency

Plans don't transform you — execution does. This week is about showing up daily, tracking your behavior, and bouncing back faster when you fall off.

MY NON-NEGOTIABLE HABITS

Small actions. Done daily. No excuses.

A non-negotiable habit is a small daily action you commit to no matter how you feel. This is not about perfection — it's about **consistency**.

CHOOSE YOUR 3–5 HABITS (keep them simple and realistic)

1.

2.

3.

4.

5.

CAN I COMMIT TO THIS?

- ☐ Can I do this on a bad day?
- ☐ Is this simple and realistic?
- ☐ Will this improve my life?
- ☐ Can I stay consistent with this daily?

If you checked 'no' to any → simplify it.

MY WHY

Why are these habits important to me?

DAILY TRACKER

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

RESET REFLECTION

Where did I fall off?

What caused it?

What will I do differently next time?

WEEKLY CHECK-IN

This week I am a



My win

My struggle

My commitment

THE COMMITMENT

I am no longer waiting for change.

I am creating it.

I commit to showing up for myself with structure, discipline, and consistency. I will not quit on the woman I'm becoming.

Signature _____

Date _____

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