

THE MASTERPIECE RESET

AN ACCOUNTABILITY STARTER KIT

7 Days to Reset Your Focus, Reconnect With Yourself, and Take Intentional Action

Welcome

This reset is designed to help you pause, reflect, and take intentional action across the areas of life that matter most.

THE RULE OF THE RESET

Each day includes:

- 1 reflection
- 1 decision
- 1 action

Each day asks you to do one small thing. The goal is to follow-through on that small action.

HOW TO USE THIS RESET

- Complete one day at a time
- Don't skip ahead
- Spend about 10–15 minutes per day
- Do the action the same day you read it

Coach's Note: Consistency is built through repetition.

THE FOUR PILLARS FRAMEWORK

Everything in your life is connected. When one area is out of alignment, the others are affected.

This reset focuses on four core pillars:

MINDSET

How you think, speak to yourself, and see who you are becoming.

FITNESS

How you move your body and support your energy.

NUTRITION

How you fuel yourself and relate to food.

FINANCE

How you manage money, make decisions, and avoid or face reality.

You don't need to fix all four at once. You need to understand how they work together.

DAY 1 — ESTABLISH YOUR BASELINE

REFLECTION

- What feels most out of alignment right now?
- What do I keep restarting?
- Where do I feel scattered or inconsistent?

AWARENESS CHECK

Rate each pillar as it feels today, not how you want it to be.

Mindset: 1 2 3 4 5

Fitness: 1 2 3 4 5

Nutrition: 1 2 3 4 5

Finance: 1 2 3 4 5

(1 = very out of alignment, 5 = feeling steady)

ACTION

Write one sentence:

Right now, I feel most challenged by _____ because

DAY 2 — IDENTITY CHECK

REFLECTION

Most people focus on what they want to do or have. Lasting change comes from who you're becoming. Use today to shift your identity.

- Who am I being when I don't follow through?
- What stories or labels do I repeat about myself?

DECISION

Who do I want to be instead?

(Example: Not "I want to lose weight" — but "I'm becoming someone who takes care of my body.")

ACTION

Complete this sentence:

I am becoming the type of person who _____.

Place this somewhere visible today.
(phone lock screen, sticky note, notes app).

Over the next 7 days, this statement will guide your choices.

DAY 3 – REDEFINING CONSISTENCY

REFLECTION

Fitness is not about intensity. It is about proving to yourself that you follow through. Most people overcomplicate movement or wait until they can do it right. Today is about taking the smallest step.

- What do I believe movement has to look like?
- Where do I quit because I can't do "enough"?

DECISION

What is my bare minimum today?

(Not what you should do. What you can actually do right now.)

ACTION

Move your body for **10 minutes today**.

This can be:

- walking
- stretching
- treadmill
- gentle movement of any kind

Completed

Consistency starts with showing up. Discipline is built through action, not thought.

DAY 4 — AWARENESS WITHOUT RULES

REFLECTION

Nutrition is more awareness than restriction. Most people eat on autopilot, reacting to stress, boredom, or convenience. Today is about slowing down for one moment and making one intentional choice.

- Where do I eat on autopilot?
- What patterns keep repeating with food?

DECISION

What is one moment I can be intentional today?

ACTION

Choose one and do it today:

- Eat one meal without distractions
- Drink water before one meal
- Add one fiber-rich or protein-rich food

I completed my intentional choice today.

Awareness without action is just observation. One intentional choice builds the habit of paying attention.

DAY 4 CONTINUED: SIMPLE BALANCED MEALS

These meals show how to build a simple plate without overthinking food.

Breakfast Options

Each option includes protein, complex carbs, high-volume produce, and healthy fat.

- Scrambled eggs, spinach, roasted potatoes, olive oil
- Egg and vegetable scramble, whole grain toast, avocado
- Oatmeal with chia seeds, fruit, protein powder or nuts, nut butter
- Greek yogurt or dairy free yogurt, oats, berries, nuts or seeds
- Turkey sausage, peppers and onions, whole grain toast, avocado

Lunch and Dinner Options

- Brown rice, chicken or turkey, roasted vegetables, olive oil
- Rice, black beans, mixed vegetables, avocado
- Salmon or shrimp, rice, broccoli, olive oil
- Sheet pan chicken or chickpeas, potatoes, vegetables, olive oil
- Pasta, chicken or tofu, vegetables, olive oil
- Ground turkey and vegetable scramble, roasted potatoes, olive oil

Simple Seasoning Guide

Choose one flavor direction per meal.

Savory:

Garlic powder, onion powder, smoked paprika, Italian seasoning, black pepper, everything bagel seasoning

Spicy:

Chili powder, cayenne, crushed red pepper, Cajun seasoning, curry powder

Sweet:

Cinnamon, nutmeg, vanilla extract, pumpkin spice

Fresh and Bright:

Lemon or lime juice, vinegar, olive oil, avocado oil, sesame oil

Enjoying your food makes consistency easier.

Your intentional choice today can be:

Choosing one meal from this page

- Building one plate using protein, complex carbs, vegetables, and fat
- Eating one meal without distractions

I used this page to make one intentional choice today.

Awareness builds consistency. Consistency builds trust with yourself.

DAY 5 — CLARITY OVER AVOIDANCE

REFLECTION

Most people avoid their finances because looking feels overwhelming. Avoidance does not make the problem smaller. It makes it heavier. Today, looking is the action. Clarity comes from facing what is real.

- What do I avoid looking at financially?
- What story do I tell myself about money?

DECISION

What is the smallest step toward clarity?

ACTION

Choose one:

- Check account balances
- Review subscriptions
- Look at last week's spending

I faced my finances today.

You can't change what you won't look at. Clarity is the first step toward control.

DAY 6 — SEEING THE CONNECTIONS

REFLECTION

The four pillars do not exist in isolation. They affect each other. When you are stressed, you skip workouts, eat poorly, and make reactive financial decisions. Today is about seeing how your struggles are connected and fixing one thing that makes everything else easier.

- How does my mindset affect my habits?
- How does my energy affect my finances?
- Where do these struggles overlap?

DECISION

What actually needs to change first?

ACTION

Remove one barrier today.

(A barrier is anything that makes follow-through harder. Removing it makes the next step easier.)

Examples:

- Set out workout clothes
- Prep one food item
- Automate one bill
- Cancel one subscription
- Set a reminder in your phone

I removed one barrier today.

Small system changes create big behavior changes. This is how you build momentum.

DAY 7 — CHOOSING WHAT COMES NEXT

REFLECTION

You've spent six days building awareness and taking small actions. Now it's time to decide what happens next. Most people stop here. Don't let this be where the work ends. Real change requires commitment beyond the starting point.

- What happens if I don't stay consistent?
- What would progress look like if it were realistic?

DECISION

What am I committing to for the next 30 days?

ACTION

Complete the Accountability Starter Sheet on the next page. This is where awareness becomes a plan.

Consistency is not about motivation. It is about commitment.

ACCOUNTABILITY STARTER SHEET

Use this sheet to turn the last seven days into a thirty-day commitment. Fill out each section honestly.

FOCUS PILLAR:

(Which pillar needs your attention first? Choose one from Day 1.)

IDENTITY STATEMENT:

I am becoming the type of person who

ONE 30-DAY HABIT:

(What is one small, specific action you will repeat?)

Example: Walk ten minutes daily. Eat protein at breakfast. Check account balances weekly.

FREQUENCY:

(How often will you practice this habit)

_____ times per week

HOW I'LL MEASURE PROGRESS:

IF I MISS A DAY, I WILL:

(How will you get back on track?)

Example: Do it the next day. Reflect on what happened. Ask for support.

I've completed my Accountability Starter Sheet and I'm committed to the next thirty days.

READY TO GO DEEPER?

This reset is designed to create clarity. Consistency is built through structure, repetition, and accountability.

If this brought clarity, the full Makings of a Masterpiece system gives you the structure to sustain it. Need accountability? I work 1:1 with women ready to build sustainable habits.

STAY CONNECTED

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You don't need to do everything at once. You just need to keep showing up.