



RESET & RECLAIM JOURNAL

Your Safe Space to Reflect, Reset, and Rediscover
the Woman You Are Within

RONNETTA STOKES-WAGSTAFF
THE PROCRASTINATOR'S COACH

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WELCOME

Hi There!

Welcome to your Reset & Reclaim Journal, a transformative space created to help you reflect, reset your mindset, and rediscover your goals and purpose. This journal is your companion on a personalized growth journey, packed with empowering prompts and thought-provoking exercises to inspire action and forward momentum.

This journal is divided into daily, weekly, and monthly sections to provide a consistent structure while allowing flexibility to fit your unique path. You'll find space to cultivate gratitude, clarify your goals, and track your progress all in a supportive and uplifting framework. Let's begin your reset, one step at a time.

ABOUT ME

I'm Ronnetta, your life/procrastinator coach + founder of the Women's Self-Mastery Circle. I coach women to prioritize themselves without guilt—so they can live with clarity, confidence, and joy. My clients are empowered to step out of survival mode and into a life that feels as good as it looks.



Ronnetta Stokes Wingstaff

DAILY SECTION



Each day, ground yourself and set intentions through short, focused reflections. Use these prompts to start with clarity and end with gratitude.

MORNING PROMPTS

How am I feeling today, and what do I need to thrive?

What mindset will I choose to embody? (Examples: Confident, Calm, Resilient)

What are my top three priorities for the day?

MORNING PROMPTS

What's one way I can show kindness to myself today?

A positive affirmation for the day: Example Affirmation: "I am focused, capable, and worthy of success."

EVENING PROMPTS

What went well today?

What am I proud of achieving, no matter how small?

What challenged me, and how did I grow because of it?

EVENING PROMPTS

Three things I'm grateful for today:

How can I make tomorrow even better than today?

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WEEKLY SECTION



Dedicate time each week to check in on how you're progressing and realign as needed. This section helps you celebrate wins, uncover growth, and maintain clarity.

WEEKLY REVIEW PROMPTS

What were my biggest wins this week?

Where did I feel stuck, and how can I address or overcome these blocks moving forward?

What priorities did I accomplish, and what were left unfinished?

WEEKLY REVIEW PROMPTS

What habits or actions brought me closer to my goals?

What's one thing I want to focus on improving in the upcoming week?

VISION REALIGNMENT EXERCISE

- Reflect on your core goals. Which feel most aligned with your purpose, and which might need adjustment or refinement?
- Write an actionable step to bring one goal closer to reality this week.

Pro Tip: Break big goals into smaller steps to create steady momentum.

GRATITUDE PRACTICE

- List one person, experience, or moment from this week you're especially thankful for.
- Reflect on why this brought you joy or peace.

MONTHLY SECTION



This is your time for a monthly reset and refresh. At the end of every month, take a step back to celebrate, reset, and refresh your approach.

MONTHLY RESET PROMPTS

What milestones did I reach this month?

What lessons have I learned, and how will I apply them moving forward?

What's one limiting belief I'd like to release, and what will I replace it with?
Example Limiting Belief: "I'm not good enough." Replacement Belief: "I am constantly growing and improving."

MONTHLY RESET PROMPTS

Who or what inspired me the most this month?

How well did I take care of my mental and physical well-being? What's one area I can improve next month?

GOAL-SETTING FOR THE NEXT MONTH

- What are my top 3 priorities for the coming month?
- What's one new habit or practice I'd like to introduce?
- Choose one word to guide your month: (Examples: Growth, Momentum, Confidence)

SELF-CELEBRATION

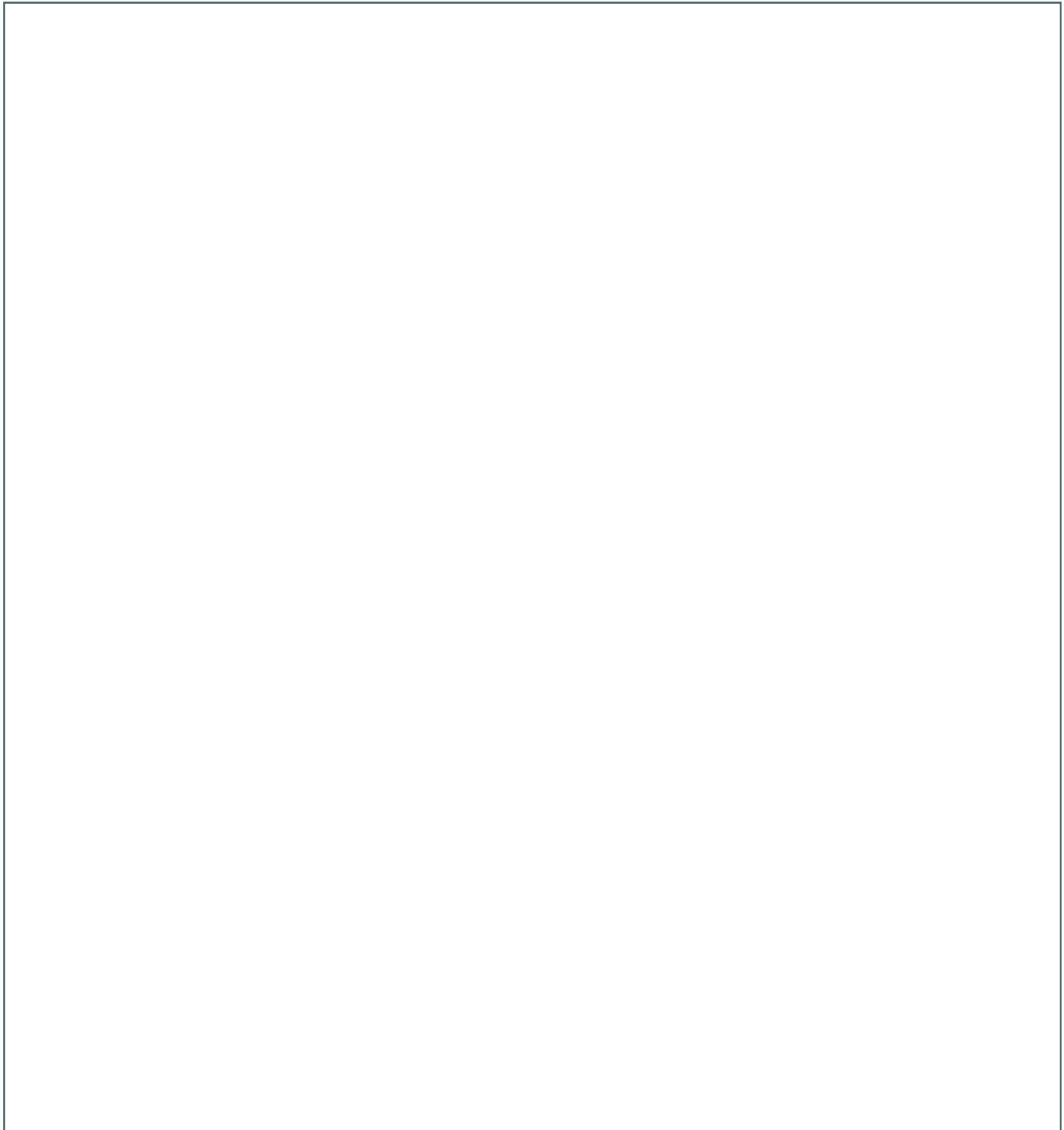
Write yourself a letter celebrating everything you accomplished, no matter how big or small. End with a promise to yourself about how you're going to keep moving forward.

THE COMPASS OF PURPOSE

What are the key values that drive you? Write them down and explore how they align with your current goals. Are any adjustments needed to stay true to your core?

THE VISION BOARD IN WORDS

Write a vivid, detailed description of your ideal future. Where are you? What are you doing? Who are you with? Use this to recharge your motivation whenever you feel unbalanced.

A large, empty rectangular box with a thin black border, intended for writing a detailed description of one's ideal future. The box occupies the central portion of the page, below the introductory text and above the footer.

A LETTER TO MY FUTURE SELF

Write a letter to the version of you one year from now. Include your dreams, aspirations, and words of encouragement for future challenges.

WANNA LEARN MORE?

Your Rest Has Now Begun. Now Let's Make It a Lifestyle.

This Reset & Reclaim Journal is just the start. Inside the **Women's Self-Mastery Circle (WSMC)**, you'll learn:

- How to set boundaries that stick (without guilt).
- How to prioritize your time and energy without feeling selfish.
- How to surround yourself with women who remind you that your peace is non-negotiable.



Plus, you'll get access to:

Monthly workbooks + digital planner

Weekly group coaching calls

Daily check-ins + accountability

The PIVOT mini course

A 90-day affirmation library

Your next “yes” should be to yourself. Join the Circle today and make the shift from drained to empowered.

[JOIN THE WOMEN'S SELF-MASTERY CIRCLE](#)