

GROWN WOMEN ENERGY

The
Grown
Women
Reset
Workbook

15 SIGNS IT MIGHT BE TIME
TO START OVER



A CLARITY GUIDE FOR WOMEN
READY FOR THEIR NEXT CHAPTER

Before You Continue

This checklist is for the woman who feels like something in her life is no longer working, but she can't fully explain why.

Maybe you are tired.

Maybe you are burned out.

Maybe your life looks fine on paper but doesn't feel right anymore.

Maybe you are thinking about starting over, moving, changing careers, or redesigning your life.

This is not about running away from your life.

This is about deciding whether it's time to redesign your life on purpose.

Use this checklist to reflect honestly on where you are and what you may want your next chapter to look like.

15 Signs It Might Be Time To Start Over

- 1. I feel tired in a way that sleep does not fix.
- 2. I feel like I am living the same year over and over again.
- 3. I have outgrown parts of my life but don't know what comes next.
- 4. I want a different lifestyle but don't know where to start.
- 5. I feel like I am surviving, not living.
- 6. I think about moving or starting over often.
- 7. My environment no longer feels peaceful or aligned.
- 8. I want more time, more peace, or more freedom.
- 9. I did everything I was supposed to do but I'm not happy.
- 10. I want a slower, more intentional life.
- 11. I feel disconnected from the life I built.
- 12. I want to redesign my life before it's too late.
- 13. I am more afraid of staying the same than starting over.
- 14. I want a life that fits who I am now.
- 15. I know something needs to change.

If several of these statements felt true for you, the next step is to figure out which areas of your life may need to change the most.

Use the next page to score the different areas of your life and see where change may be needed.

What Your Scores Might Be Telling You

LIFE AREA	NEED CHANGE
CAREER	
MONEY	
WHERE I LIVE	
SOCIAL LIFE	
PEACE/STRESS LEVEL	
HEALTH	
FREEDOM/TIME	
PURPOSE	
RELATIONSHIPS	
OVERALL HAPPINESS	
TOTAL SCORE:	
<i>Check the statements that apply to you and add up your total. The next page will explain what your number may mean.</i>	

What Your Scores Mean

Score Meaning Table

SCORE RANGE	MEANING
12-15	You may be ready for a major life reset, a new environment, or a new direction. Something in your life may no longer fit who you are now.
8-11	You may be feeling stuck, burned out, or dissatisfied in several areas of your life. This may be a time to seriously evaluate what needs to change.
4-7	Some parts of your life may no longer feel aligned. You may need intentional changes in your lifestyle, boundaries, environment, or priorities.
0-3	You may not need a major life reset. A few areas of your life may need attention, but small adjustments may be enough.

If your answers suggest that something in your life may need to change, the next page will help you think about when it may be time to consider changing your environment, your lifestyle, or your direction.

When To Consider Changing Your Environment

Sometimes the problem is not you — it may be your environment.

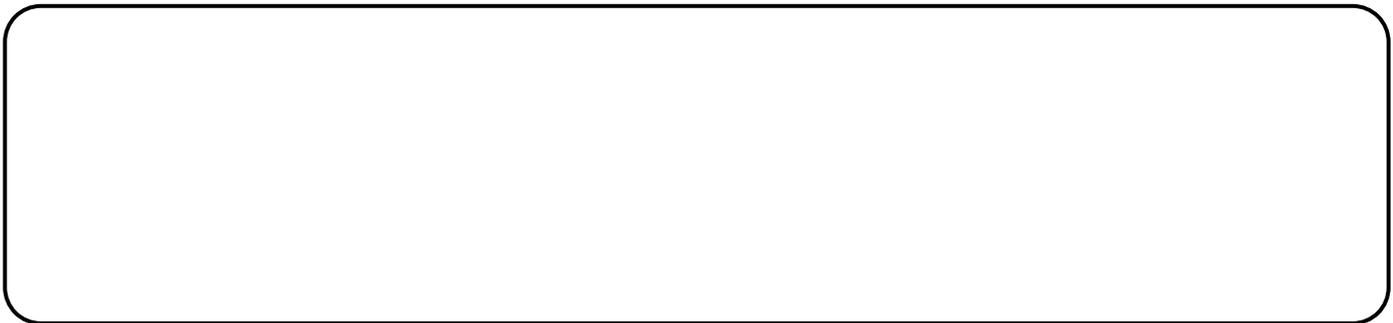
If many of the areas you checked are connected to stress, cost of living, lack of time, lack of peace, or feeling stuck, it may be worth considering whether your current environment supports the life you want.

Changing your environment does not always mean running away from your problems. Sometimes it means moving toward a life that fits who you are now.

The goal is not to escape your life.

The goal is to design a life that works for you.

Notes



Reflection Questions

What did you notice when you looked at the areas you marked as needing change?

Which area of your life affects your happiness the most right now?

Are most of the areas that need change connected to your job, your location, your finances, your relationships, or your time?

Are your lowest scores connected to your job, your location, your finances, your relationships, or your time?

If you could improve one area of your life in the next year, which would it be?

Do your scores reflect the life you actually want, or the life you feel stuck in?

What would need to change for your scores to increase?

Are you trying to fix your life, or redesign your life?

Stay, Leave, or Reinvent?

Stay and Adjust

- My location is fine, but my job is the problem.
- My job is fine, but my lifestyle needs to change.
- I need better boundaries and more control of my time.
- I need to reduce stress, not move.
- I need a lifestyle redesign, not a life relocation.

Reinvent My Life

- I may need a career change.
- I want a different lifestyle.
- I want more freedom and control over my time.
- I want to redesign how I live, work, and spend my time.
- I want a new chapter, but not necessarily a new country.

Consider Leaving My Environment

- My environment does not feel peaceful or supportive.
- The cost of living is too high for the life I want.
- I feel stuck where I live.
- I want a slower, simpler lifestyle.
- I am seriously thinking about moving or relocating.
- I want to live somewhere that feels better for me.

Which direction feels most aligned with your next chapter?

Your answers may be pointing toward the type of change your life is asking for. Turn the page to see what your choices might be telling you.

What Your Answers Might Be Telling You

Stay and Adjust

If you checked mostly “Stay and Adjust,” your life may not need a complete reset — it may need adjustments.

Your location may not be the problem. Your job, schedule, boundaries, finances, or daily lifestyle may need to change instead.

Sometimes we don’t need a new life. We need to redesign how we are living our current one.

Reinvent My Life

If you checked mostly “Reinvent My Life,” you may be entering a new chapter.

This often means career changes, lifestyle changes, new priorities, new routines, and new goals.

This is not about running away from your life — it is about building a life that fits who you are now, not who you were 10 or 20 years ago.

Consider Leaving My Environment

If you checked mostly “Consider Leaving My Environment,” your environment may be affecting your happiness, stress, finances, time, or overall quality of life.

Sometimes the problem is not you — it is where you are living, working, or spending your time.

Changing your environment does not always mean leaving the country. It may mean changing cities, jobs, communities, or lifestyles.

But sometimes, a bigger move is exactly what someone needs.

The goal of this workbook is not to tell you what to do.

The goal is to help you see your life clearly so you can decide what to do next.

You are not stuck.

You are at a decision point.

If I Could Redesign My Life

Use this page to imagine what your life could look like if you redesigned it intentionally.
Do not think about what is realistic right now.
Think about what kind of life would feel peaceful, meaningful, and aligned for you.

Life Area	My Vision
I would live in:	
My daily life would look like:	
I would work:	
I would spend more time:	
I would spend less time:	
I would be surrounded by:	
I would feel:	
I would stop:	
I would start:	

My Next Thirty Days

This page is not about changing your entire life in 30 days.

It is about starting small and moving intentionally.

Use this page to write down a few actions you can take in the next month to start moving toward the life you described on the previous page.

Action Step	My Plan
One thing I will research:	
One thing I will change:	
One thing I will stop doing:	
One place I want to learn more about:	
One financial step I will take:	
One fear I need to face:	
One thing I will do just for myself:	

The Next Step

You do not have to change your entire life in one decision.
You do not have to have everything figured out right now.

What matters is that you are starting to think intentionally about your life, your time, your environment, and what actually makes you happy.

Use what you wrote in this workbook as a starting point.
Revisit these pages in a few months.
Pay attention to what keeps coming up for you.

Sometimes the biggest life changes start with small decisions, small research, and small steps.

You are not behind.
You are not stuck.

You are at a point where you can start designing your life more intentionally.

—◆—
You don't need a new life overnight.
You need a new direction.
—◆—

Before You Close This Workbook

If you made it this far, I hope you are proud of yourself.

You took time to sit down and really think about your life, your environment, your happiness, and your future. Most people stay so busy surviving and handling responsibilities that they never stop long enough to ask themselves if the life they built still fits them.

Many of us were taught to be strong, to push through, to handle everything, and to be there for everyone else. But grown women eventually realize that being strong should not mean being unhappy, exhausted, or stuck.

This workbook was not about having all the answers today.

It was about helping you start paying attention to your own life and what you may need next.

You do not have to change everything overnight.

But you do owe yourself honesty about the life you want and the life you are living.

And that is usually where a new chapter begins.

◆
Choose yourself this time.
◆

Don't Stop Here

If this workbook made you think differently about your life, your environment, or your future, then you are exactly who **Grown Women Energy** is for.

Grown Women Energy is a space for Black women who are starting over, thinking about changing their environment, redesigning their lives, and choosing peace more intentionally.

On the Grown Women Energy YouTube channel, we talk about starting over, relocation, cost of living in different places, and how to design a life that actually fits you.

Your Next Steps:

1. Revisit this workbook in a few months
2. Subscribe to Grown Women Energy on YouTube
3. Join the email list for new resources and guides
4. Start designing your life more intentionally

This workbook was just the beginning.

You are not stuck.

You are at a decision point.

Start designing a life that fits you.

