



Your Q3 Fresh Start

A simple reset to finish the year with clarity and calm.

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You started this year with intentions. Maybe a list, maybe a word, maybe just a quiet hope that this year would feel different.

And then life happened.

If you're reading this in the middle of a busy season wondering where the first half of the year went — you're not behind. You're exactly where a lot of women are right now.

This isn't about catching up. It's about coming back to yourself so you can finish the year feeling clear, calm, and in control.



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Let's start with one honest question

- Survival Mode — just getting through the day
- Maintenance Mode — keeping things steady but not growing
- Growth Mode — I have capacity to expand



There's no wrong answer. This is just where you are today — and that's where we start.



Let It Go

Before you plan what's next, give yourself permission to be honest. No guilt. No judgment. Just you and the truth.



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What drained you in the first half of this year?

(Think about your time, your energy, your mental load. What felt heavy?)



What actually worked?

(Even small things count. What felt easy, natural, or good?)



Here's what most people skip — they jump straight into planning without releasing what's been weighing them down. That's why nothing sticks.

You just did the thing most people won't do. That matters.

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Your Q3 Fresh Start

You've checked in. You've reflected. Now it's time to focus.

Not on everything. Just on what matters most right now — in this season, with the capacity you actually have.

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Pick 1-3 priorities for the next 90 days.

Ask yourself: If I only did these things consistently this quarter, I would feel proud.

Priority 1:

Priority 2:

Priority 3:



Now the most important part — when will these happen?

A priority without a plan is just a wish.

Priority 1: happens:

Priority 2 happens:

Priority 3 happens:

This is your anchor. Come back to this page every week.

Not to measure how much you did — but to remember what matters.

Your Next Step

You just did something most people never do.

You slowed down. You got honest. You got clear.

And that feeling you have right now — lighter, more focused, more in control — that's what's possible every single week.

The hardest part of consistency isn't starting. It's knowing how to come back when life gets busy and you've fallen off.

That's exactly what the 30-Minute Reset was built for.





The 30-Minute Reset is a simple weekly system that helps you:

- Check your capacity before you overcommit
- Clear the mental clutter that keeps you stuck
- Identify what actually matters this week
- Get back on track without guilt or starting over



No perfect morning routine required. No hours of planning. Just 30 minutes — and you're reset.

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Ready to stop starting over for good?

→ Get the 30-Minute Reset at [your link here]

Calm Creates Clarity.

Three steps. Any day. Any season of life.



Thank You