



# Autumn RESET STARTER KIT

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4 PRINTABLE WORKSHEETS  
FOR YOUR PERFECT AUTUMN RESET



[www.mygoldenjournal.com](http://www.mygoldenjournal.com)



# Welcome

## TO YOUR AUTUMN RESET

Autumn is the perfect season to slow down,  
reconnect with yourself and create cozy daily rituals.

This Starter Kit is designed to help you begin your  
reset - one step at a time.

### WHAT'S INSIDE?

- My Autumn Reset
- How I Want to Feel
- My Perfect Autumn
- My Autumn Bucket List





# MY Autumn Reset

THIS AUTUMN I WANT TO FEEL:

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I WANT MORE OF:

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I WANT LESS OF:

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I'M READY TO LET GO OF:

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I WANT TO MAKE TIME FOR:

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THREE THINGS I WANT TO CHANGE:

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MY WORDS FOR THIS SEASON:

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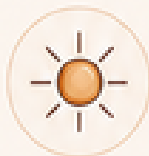
# HOW I WANT TO

# Feel

CIRCLE THE EMOTIONS THAT  
RESONATE WITH YOU



CALM



FOCUSED



CONFIDENT



PRESENT



CREATIVE



GRATEFUL



PEACEFUL



HAPPY



FOCUSED



RESTED



LOVED



MY OWN WORDS

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I WANT TO FEEL MORE OF:

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I WANT TO FEEL LESS OF:

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NOTES:



MY

# Perfect Autumn

WHAT WOULD MAKE THIS AUTUMN FEEL SPECIAL?



# MY AUTUMN

## Bucket List

ALL THE THINGS I WANT TO DO, EXPERIENCE  
AND MAKE MEMORIES OF THIS SEASON.

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# YOUR *Next Step*

LOVE THIS FREE STARTER KIT?

Continue your cozy autumn  
journey with the complete

## AUTUMN RESET GUIDE

featuring 20+ beautifully designed  
worksheets to help you reflect, reset, set  
meaningful goals and create an autumn  
that feels truly yours.

[CLICK HERE TO GET THE  
FULL WORKBOOK →](#)



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