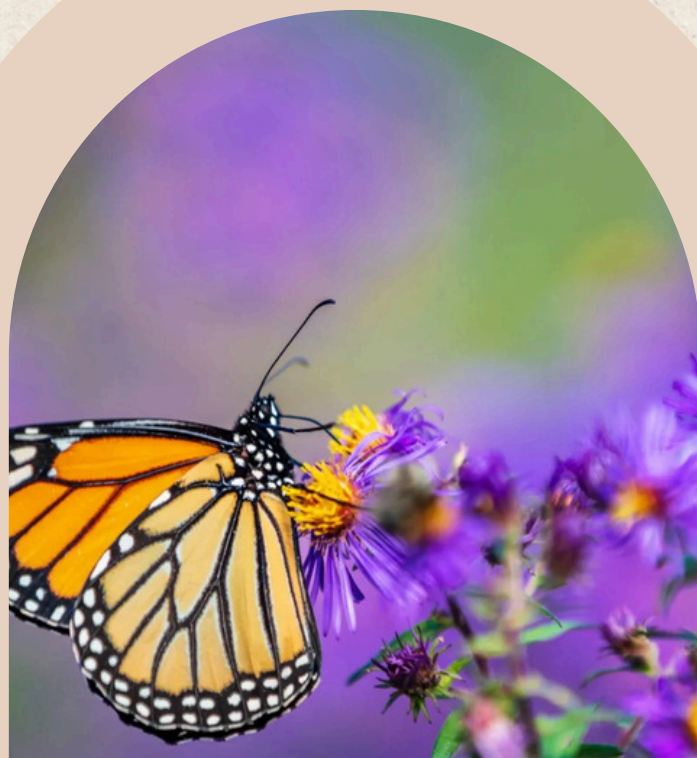


THE GROWTH COLLECTIVE
PRESENTS

THE RESET GUIDE

Reclaim Your Life One Small Reset at a Time



FROM SURVIVING TO
THRIVING

THRIVE. NOT JUST SURVIVE.

Ashley Pierce
Founder, The Growth Collective

WELCOME TO YOUR RESET

If you're reading this, there's a good chance you've been carrying more than anyone realizes.

Maybe you've been showing up for everyone else while quietly struggling yourself.

Maybe you've convinced yourself that survival is enough.
Maybe you're exhausted from holding everything together while wondering when things will finally get easier.

I've been there.

This guide was created to help you pause, reset, and take the first step toward thriving again.

Not overnight.

Not perfectly.

Just one small reset at a time.

As you move through these pages, give yourself permission to be honest. You don't need to have all the answers today. You only need to be willing to take the next step.

Let's begin.

You are not broken. You are becoming.

BEFORE YOU CAN MOVE FORWARD, YOU NEED TO UNDERSTAND WHERE YOU ARE
RIGHT NOW.

READ EACH STATEMENT BELOW AND CHECK THE ONES THAT FEEL TRUE FOR YOU.

- ☐ I FEEL OVERWHELMED MORE OFTEN THAN I FEEL AT PEACE.
- ☐ I AVOID LOOKING AT MY FINANCES BECAUSE IT CAUSES STRESS.
- ☐ I STAY IN SITUATIONS LONGER THAN I SHOULD BECAUSE CHANGE FEELS SCARY.
- ☐ I TELL PEOPLE I'M "FINE" EVEN WHEN I'M STRUGGLING.
- ☐ I FEEL GUILTY WHEN I REST.
- ☐ I OFTEN FEEL LIKE I'M BEHIND IN LIFE.
- ☐ I KNOW SOMETHING NEEDS TO CHANGE, BUT I DON'T KNOW WHERE TO START.
- ☐ I SPEND MORE TIME SURVIVING THAN ACTUALLY LIVING.

REFLECTION PROMPT

WHICH STATEMENT HIT YOU THE HARDEST AND WHY?

RESET YOUR ENVIRONMENT

So let's start small.
Not with your whole life.
With 15 minutes.

When life feels overwhelming, the easiest place to begin is your environment. A cluttered space can leave you feeling stuck, distracted, and drained. Creating even a small sense of order can help you regain momentum.

15-Minute Reset Challenge

- ☐ Nightstand
- ☐ Desk
- ☐ Purse/Bag
- ☐ Kitchen Counter
- ☐ Bathroom Counter
- ☐ Closet
- ☐ Car
- ☐ Other: _____

Reflection

How did you feel before the reset? _____

How do you feel now? _____

What's one thing you can keep organized this week? _____

RESET YOUR MIND

SOMETIMES THE BIGGEST THING KEEPING US STUCK ISN'T OUR CIRCUMSTANCES.
IT'S THE STORY WE'RE TELLING OURSELVES ABOUT THEM.

SURVIVAL MODE CAN SOUND LIKE:

- "I'M FINE."
- "I'LL DEAL WITH IT LATER."
- "THINGS WILL NEVER GET BETTER."
- "THIS IS JUST HOW MY LIFE IS."

THE PROBLEM ISN'T THAT THESE THOUGHTS SHOW UP.
THE PROBLEM IS WHEN WE START BELIEVING THEM.

MINDSET RESET

WHICH THOUGHT SHOWS UP MOST OFTEN FOR YOU?

- ☐ I'M NOT GOOD ENOUGH.
- ☐ I'M TOO FAR BEHIND.
- ☐ NOBODY UNDERSTANDS ME.
- ☐ THINGS WILL NEVER CHANGE.
- ☐ I ALWAYS FAIL.
- ☐ OTHER: _____

REFRAME IT

OLD THOUGHT: _____

NEW THOUGHT: _____

JOURNAL PROMPT

WHAT WOULD CHANGE IN YOUR LIFE IF YOU STOPPED BELIEVING THAT THOUGHT?

THRIVE REMINDER

YOU ARE NOT YOUR THOUGHTS.

YOU ARE NOT YOUR FEARS.

YOU ARE NOT YOUR WORST DAY.

YOU HAVE THE POWER TO CHOOSE A NEW STORY.

Sometimes your body knows you're overwhelmed before your mind does. When we're stuck in survival mode, basic needs are often the first things we ignore.

Take a moment to check in with yourself honestly.

Body Check-In

- ☐ I have been getting enough sleep.
- ☐ I have been drinking enough water.
- ☐ I have moved my body this week.
- ☐ I have eaten nourishing meals.
- ☐ I have taken time to rest without guilt.

Reflection

What is my body trying to tell me that I've been ignoring?

One Small Reset

What's one thing you can do this week to better support your body?

Thrive Reminder

Your body is not a machine.
It's a messenger.
Listen to it.

RESET YOUR DIRECTION

Sometimes we don't need a completely new life.

Sometimes we simply need a clearer direction.

When you've been in survival mode for a long time, it's easy to lose sight of what you actually want.

Take a moment to reconnect with yourself.

Reflection

What do I want more of in my life?

What do I want less of in my life?

What is one goal I want to focus on over the next 30 days?

What is one step I can take this week?

Thrive Reminder
Clarity comes from action.
You don't have to know every step.
You only need to take the next one. ✨

YOUR THRIVE ANCHORS

When life feels uncertain, anchors help keep us grounded.

These are the habits, routines, and practices that bring you back to yourself.

Select three that help you feel your best.

- ☐ Prayer
- ☐ Journaling
- ☐ Reading
- ☐ Exercise
- ☐ Walking
- ☐ Meditation
- ☐ Music
- ☐ Time Outdoors
- ☐ Family Time
- ☐ Creative Projects
- ☐ Other: _____

Reflection

My three Thrive Anchors are:

1).

2).

3).

Thrive Reminder

Small habits create strong foundations.

Return to your anchors whenever life feels heavy.

MY THRIVE PLAN

This week I will:

1.

2).

3).

The habit I am committed to building:

The person I can ask for support:

My commitment to myself:

Signature: _____

Date: _____

REMEMBER

You don't have to change everything today.

You don't have to have all the answers.

You don't have to move at anyone else's pace.

You only need to take the next step.

Small resets create big transformations.

Thrive. Don't just survive.

— Ashley Pierce

Founder, The Growth Collective

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