

# — SPRING — **RESET**

WITH MEL ROBBINS

FREE 3-PART TRAINING

[MELROBBINS.COM/RESET](https://melrobbins.com/reset)

— SPRING —  
**RESET**  
WITH MEL ROBBINS

FREE 3-PART TRAINING

[MELROBBINS.COM/RESET](https://melrobbins.com/reset)

# HEY THERE!

I'm so excited that you're here to get a powerful reset. In this free 3-part training, I'm going to help inspire and empower you to launch this next chapter of your life.

This workbook contains exercises that will help you deepen your learning and apply everything you'll learn in the training videos in your own life.

To get the most from this 3-part training, here's what I recommend you do:

## 1 **PRINT THIS WORKBOOK**

Before you start watching, print out a copy of this workbook! If you don't have a printer, you can write your answers down in a notebook, but I know you'll get even more from this training by doing these exercises.

## 2 **WATCH THE VIDEOS**

You may be tempted to jump right into this workbook before you watch the videos. But, this workbook is designed to be a companion to the 3 free training videos! After you watch each video is the best time to go deep in your workbook.

## 3 **SHARE WHAT YOU'RE LEARNING IN THE COMMENTS**

My team and I are watching and love hearing about your insights and breakthroughs. You can find the comments section below the videos on the training page! Plus, what you share inspires the other people doing this reset with you.

## 4 **TAKE THIS TRAINING WITH A FRIEND**

Research shows that having a community increases your accountability and deepens your learning. Share the link [melrobbins.com/reset](https://melrobbins.com/reset) with your friends, family, team, and coworkers to take this experience one level deeper!

I'm so glad you're here. Now, flip the page for an exercise you can do right now before you watch Training #1.



**BEFORE YOU WATCH TRAINING 1, ANSWER  
THESE TWO QUESTIONS:**

Why did you sign up for this training? \_\_\_\_\_

---

---

---

List the areas of your life in which you feel like you need a reset:

---

---

---

“

**YOU ARE ONE  
DECISION AWAY  
FROM A COMPLETELY  
DIFFERENT LIFE.**

# TRAINING 1

In Training 1, I asked you a series of questions. After you watch the video (or while watching it), write down your answers:

How are you doing? For real?

---

---

---

---

Go deeper into this question with one of my favorite tools, The Fuel Gauge.

You are going to look at 4 key areas of your life:



**Health and Wellness**



**Work, Career, or Business**



**Relationships and Love**

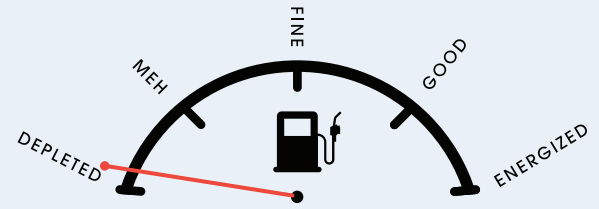


**Fun and Happiness**

## THE MEASUREMENT TOOL YOU'LL BE USING IS...

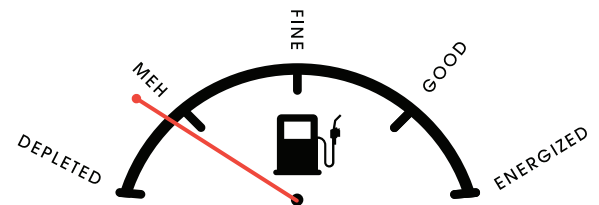
### EMPTY TANK:

You feel totally depleted in this area. You struggle with feeling hopeless in this area and could describe yourself as lost and confused. You have no clue how to move forward.



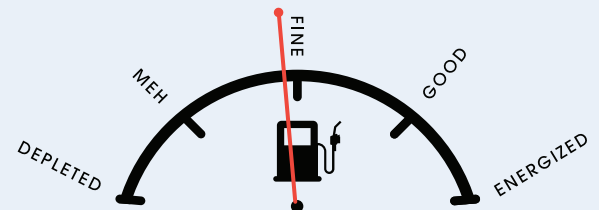
### QUARTER TANK:

In this area, you're feeling depleted. You feel low energy. However, unlike the "Empty Tank," you may know what you should do – you just can't manage to do anything about it. You have an idea of how to move forward and make progress, but you lack the motivation to actually make a change.



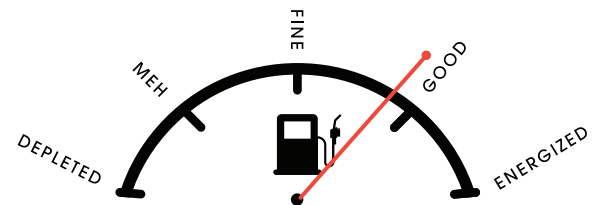
### HALF TANK:

This area doesn't bring much energy into your life, but you're in the process of changing that. You're full of desire but lack direction on how to improve this area of your life. You are in the early stages of learning how to make progress. You find yourself depleted when you hit setbacks, but you know that there is a better future waiting for you in this area.



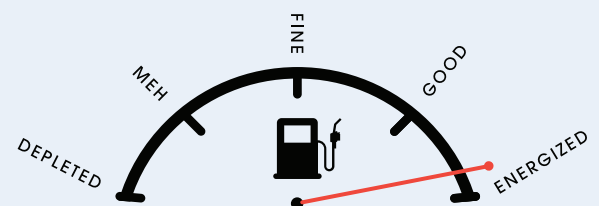
### THREE-QUARTERS TANK:

This area adds energy to your life and makes your life better. You know that you can still make improvements, but you're happy with the progress that you are making. It isn't always perfect, but you feel very satisfied in this area.



### FULL TANK:

Your life in this area totally energizes you. You feel fulfilled. This area of your life is all that you hoped it would be and more. You are excited to wake up and face this part of your day because you know it will fill you with energy and excitement.

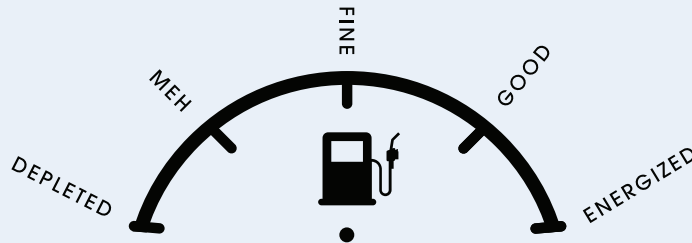


1

# HEALTH AND WELLNESS

How full is your tank in this area of your life?

*(Draw a line or circle to represent how full your tank is)*



In the area of health and wellness, how are you doing?

---

---

---

---

In the area of health and wellness, what do you want your life to look like?

---

---

---

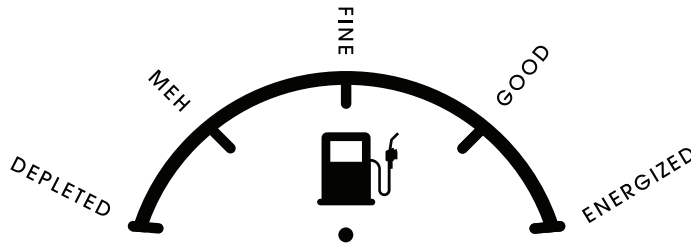
---

2

# WORK, CAREER, OR BUSINESS

How full is your tank in this area of your life?

*(Draw a line or circle to represent how full your tank is)*



In the area of work, career, and business, how are you doing?

---

---

---

---

In the area of work, career, and business, what do you want your life to look like?

---

---

---

---

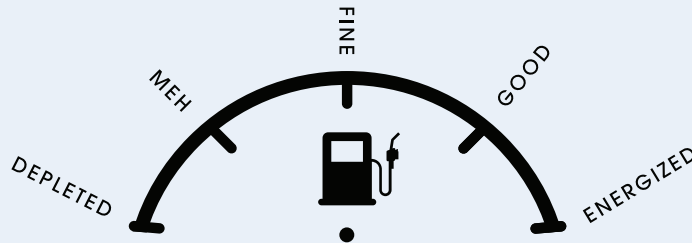


3

# RELATIONSHIPS AND LOVE

How full is your tank in this area of your life?

*(Draw a line or circle to represent how full your tank is)*



In the area of relationships and love, how are you doing?

---

---

---

---

In the area of relationships and love, what do you want your life to look like?

---

---

---

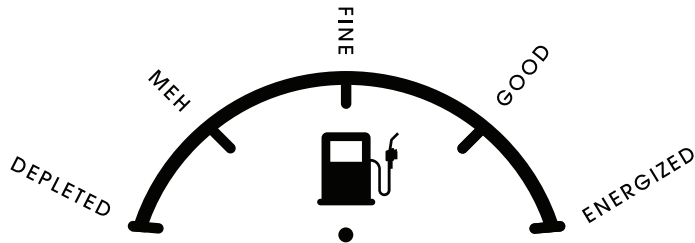
---

4

# FUN AND HAPPINESS

How full is your tank in this area of your life?

*(Draw a line or circle to represent how full your tank is)*



How full is your tank in this area of your life?

---

---

---

---

In the area of fun and happiness, how are you doing?

---

---

---

---

What do you want your life to look like?

How do you want to FEEL as you're living your life every day?

---

---

---

---

---

---

---

---

And if you're having trouble answering these questions, answer this: What DON'T you want your life to look like?

---

---

---

---

---

---

---

---

**I'M PROUD OF YOU FOR FILLING THESE EXERCISES OUT. IN TRAINING #2,  
YOU'RE GOING TO LEARN HOW TO RAISE YOUR ENERGY AND START TAKING  
ACTION IN A NEW DIRECTION.**



# TRAINING #2

Part of hitting the reset is identifying and stopping what isn't working — and deciding which behaviors to continue forward.

Think about the little things you do everyday now. If you keep doing those same small little things every single day, what will your life look like....

In the area of health and wellness: \_\_\_\_\_

---

---

---

In the area of work, career, and business: \_\_\_\_\_

---

---

---

In the area of relationships and love: \_\_\_\_\_

---

---

---

In the area of fun and happiness: \_\_\_\_\_

---

---

---

In which areas do you have good small habits and the little things you do everyday serve you?

---

---

---

Which areas do you need to change the little things you do every day?

---

---

---

“

**TINY DECISIONS  
CREATE A RIPPLE  
EFFECT, POSITIVE  
OR NEGATIVE, IN  
YOUR LIFE.**

Just 30 minutes a day on your dreams  
in one year is the equivalent of 5 work weeks on  
something that matters

If you had 5 weeks to focus entirely on yourself and things that matter to you, how  
would you spend that time?

---

---

---

Now, it's time to identify **two** actions you will take.

## 1. HEALTH AND WELLNESS

How do you want to feel in this area?

---

---

Think about a person who feels that way when it comes to their health.

What small actions and habits do they do every single day?

*(examples: Goes for a walk. Exercises. Meditates. Eats a healthy diet. Drinks a smoothie every day. Hikes. Cooks. Wakes up early. Practices deep breathing.)*

- ---
- ---
- ---
- ---
- ---

Which of these tiny actions would you like to add into your life?

---

---

## 2. WORK, CAREER, AND BUSINESS

How do you want to feel in this area?

---

---



Think about a person who feels that way when it comes to their work.

What small actions and habits do they do every single day?

*(example: Works on what matters. Has good morning routine. Spends 30 minutes a day on a side business. Applies to jobs. Works on their resume. Speaks up at work. Learns new skills. Works on a business plan. Doesn't procrastinate.)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Which of these tiny actions would you like to add into your life?

---

---

---

### 3. RELATIONSHIPS AND LOVE

How do you want to feel in this area?

---

---

---

Think about a person who feels that way when it comes to their relationships.

What small actions and habits do they do every single day?

*(example: Reaches out to people. Goes on dates. Is kind to themselves. Cheers people on. Shows up for others. Celebrates their partner. Plans things. Sends video messages.)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Which of these tiny actions would you like to add into your life?

---

---

---

## 4. FUN AND HAPPINESS

How do you want to feel in this area?

---

---

---

Think about a person who feels that way when it comes to their happiness.

What small actions and habits do they do every single day?

*(example: Laughs every day. Dances. Tries new things. Hangs out with friends. Does random acts of kindness. Plays sports or games. Volunteers. Has artistic hobbies. Journals. Savors little moments.)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Which of these tiny actions would you like to add into your life?

---

---

---

# YOU DID IT!

**I'M SO PROUD OF YOU FOR COMPLETING THE EXERCISES FOR TRAINING #2.**

Share in the comments what you're learning, and I'll see you  
back soon for Training #3!



**WELCOME TO TRAINING #3!**

In this video, you learned about the 3 important elements of behavior change.

# FIRST: ACTION

**COMPLETE THIS EXERCISE:**

Think of a time you were really happy  
What did your life look like?  
What small actions did you take?

Let's talk about right now.  
What does your week look like?  
What small actions do you take each day?

Great. Now you have a road map forward. You already know what to do.

Circle the small actions that you once took that you'd like to take again.

As you learned in the video, your feelings are what keep you from taking these actions.  
That's why you need.....

# SECOND: YOU NEED SIMPLE SYSTEMS

THIS IS HOW YOU “MAKE IT EASIER.”

What is one small action you would like to take?

---

---

---

---

How could you “make it easier?”

---

---

---

---

“

**START BEFORE YOU’RE READY.  
DON’T PREPARE, BEGIN.**

# THIRD: YOU NEED SUPPORT.

Who in your life is a positive influence to help you make changes?

*Note: these can be people you know in person, or from books, videos, and courses:*

---

---

---

---

What supportive communities do you know of that can help you reset and launch your new chapter?

---

---

---

---

I'd love to be part of your support team. Hopefully you've felt that in this training series – and I'm always here for you online.









# — SPRING — **RESET**

WITH MEL ROBBINS

[WWW.MELROBBINS.COM](http://WWW.MELROBBINS.COM)



[@melrobbins](https://www.instagram.com/melrobbins)



[@melrobbins](https://twitter.com/melrobbins)



[facebook.com/melrobbins](https://facebook.com/melrobbins)



[youtube.com/melrobbins](https://youtube.com/melrobbins)