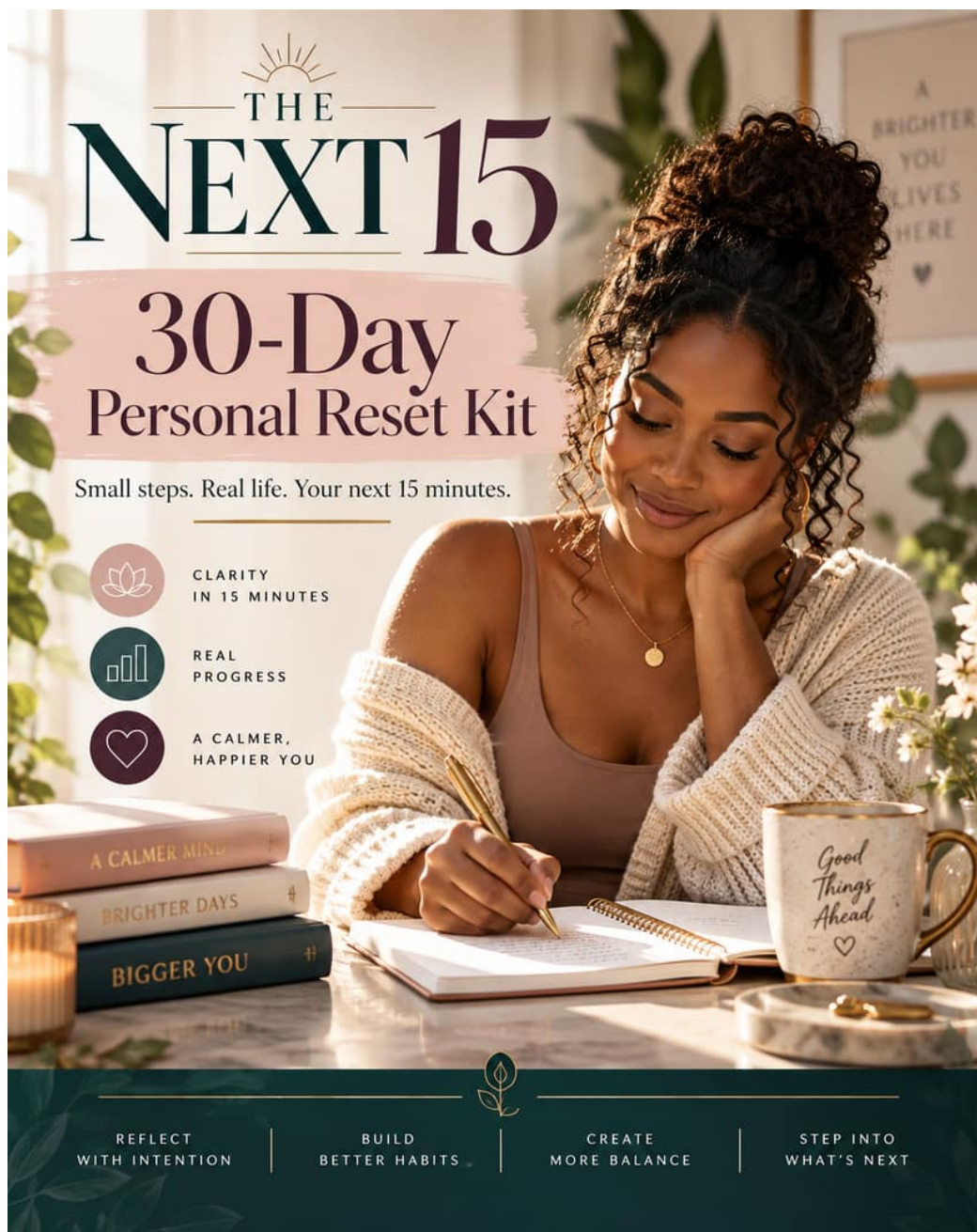


THE NEXT 15

The Next 15 — 30-Day Personal Reset Kit



Written by Larriesha Yamini | Published by Cre8sLife

30-Day Personal Reset Kit

Small steps. Real life. Your next 15 minutes.

Created for everyday people with full lives and imperfect schedules. Printable, inclusive, supportive and yours to use at your own pace.



HOW TO USE THE RESET

- Choose one day, read its focus and attempt the tiny 15-minute action.
- Use the guided reflection to notice what worked. Blank lines are yours; writing is optional.
- Check a day off when you have tried it. Resume anywhere; there are no required streaks.
- The optional online experience adds timed guidance, check-ins and progress tracking.

MY INTENTION

The part of life I want to make a little easier is:

Make the first move

TODAY'S FOCUS

Name what feels most urgent, then choose one action that fits in 15 minutes.



YOUR NEXT 15 MINUTES

Write down the next physical step. Do only that.

☐ I tried my small step today.

REFLECTION

What got easier after I began?

ONE THING I DID RIGHT: _____

Collect the mental tabs

TODAY'S FOCUS

Write every loose task or worry in one place without sorting.



YOUR NEXT 15 MINUTES

Circle one task that genuinely matters today.

☐ I tried my small step today.

REFLECTION

Which thoughts can wait?

ONE THING I DID RIGHT: _____

FREE PREVIEW ONLY · Full purchase contains all 30 illustrated days, plus 15 facilitator sessions in the professional edition.