PRINTABLE CHECKLIST

The 30-Day Mindset Reset Checklist

Thirty days of paying attention on purpose — from baseline to review.

◆ PRINT IT · CHECK IT OFF · BREATHE ◆

Set your baseline

You can't see change without a starting point.

- [ ] **Rate eight areas of life from 1 to 10.** Mind, body, work, relationships, finances, growth, environment, purpose.
- [ ] **Write a word for the month.** One word you want the reset to be about.
- [ ] **Name the values you want to lead with.** Two or three.
- [ ] **Choose three to five daily disciplines.** Small and specific.

Build the daily rhythm

Morning intention, evening review.

- [ ] **Write a morning intention.** One or two sentences.
- [ ] **Do an evening review.** What went well, what didn't, what you'd do differently.
- [ ] **Check off your disciplines each day.** Done or not done.
- [ ] **Rate your clarity or calm once a day.** A quick 1–10.

NOTES

Notice the patterns

Your first week of entries is now worth reading.

- [ ] **Reread week one.** What keeps coming up?
- [ ] **Separate what you control from what you don't.** A two-column list.
- [ ] **Adjust a discipline if it isn't working.** Smaller is fine.
- [ ] **Set one goal for the week.**

The middle stretch

When novelty wears off — keep going anyway.

- [ ] **Expect motivation to dip.** That's normal in the middle of anything.
- [ ] **Don't miss twice in a row.** Missing one day is normal; two in a row is how a habit quietly slips.
- [ ] **Plan for the hardest part of your day.**
- [ ] **Write down one thing that has already shifted.** However small.

NOTES

Toward Day 30

Finish deliberately.

- [ ] **Keep the rhythm going.**
- [ ] **Write what you are building toward.** A few sentences.
- [ ] **Note which disciplines felt natural.** Those are the ones to keep.

The review

Compare honestly, then decide what continues.

- [ ] **Re-rate the same eight areas.** Compare with Day 0.
- [ ] **Look at your clarity trend over the month.**
- [ ] **Choose what to keep.** One or two disciplines.
- [ ] **Plan your next reset.** Many people repeat one each season.

> **If you take one thing from this checklist:** rate your life before Day 1. Without a baseline, a month of real change can feel like nothing happened. With one, you can see it.

> **Please note:** This is a reflection and habit-tracking guide, not medical or mental health advice. If you are struggling, please reach out to a qualified professional.

NOTES

WHEN PAPER STOPS BEING ENOUGH

This checklist can't draw your wheel.

Paper is fine for a week. It is harder to compare eight ratings from Day 1 to Day 30, see a clarity trend, and keep thirty days of journal entries together.

The MDRN Mindset Reset Planner

A life audit with a Day 1 baseline, a Stoic journal with prompts, a 30-day discipline grid and a clarity trend line. Private, on your device.

mdrn-milestone-website.vercel.app/planners/mindset-reset.html

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