

THE WHOLE- PERSON RESET

A Body, Soul & Spirit Check-In

Five honest pages to help you notice what is really driving the pattern -
and choose a next step you can live.

STOP GUESSING. START NOTICING.

No shame. No perfection. Just truth, wisdom and one honest next step.

BEGIN HERE

BEFORE YOU TRY HARDER

Sometimes the goal looks physical: lose weight, get stronger, eat better, become consistent. But the pattern may be carrying stress, exhaustion, fear, grief, shame, loneliness or a belief you have never stopped long enough to question.

This reset is not a test. It is a pause long enough to tell the truth. Move through each section without trying to sound impressive. The answer that makes you uncomfortable may be the answer that helps you move forward.

HOW TO USE THIS RESET

1. Set aside 15 quiet minutes.
2. Answer what is true today - not what you wish were true.
3. Circle one pattern that needs attention.
4. Choose one small action you can repeat for seven days.

You cannot change what you refuse to notice.

☐ I will answer honestly, without punishing myself for the answer.

☐ I will choose progress I can practice instead of promises I cannot sustain.

PART ONE

LISTEN TO YOUR BODY

1

What is my body asking for today?

Consider sleep, food, hydration, movement, recovery, pain, tension and medical care.

2

What signals have I been ignoring?

Name the signal without diagnosing or judging it.

3

What physical habit helps me feel most steady?

Choose something basic enough to repeat on a difficult day.

MY SEVEN-DAY BODY STEP: _____

PART TWO

TELL THE TRUTH ABOUT YOUR SOUL

1

What feeling keeps showing up around this goal?

Examples: fear, pressure, anger, embarrassment, loneliness, resentment or hopelessness.

2

What have I been saying to myself?

Write the actual sentence. Then ask whether it is true, useful and aligned with who you are becoming.

3

What do I do when I feel overwhelmed?

Notice the pattern: avoid, overeat, isolate, quit, overwork, scroll, control or ask for help.

THE TRUTH I NEED TO PRACTICE: _____

PART THREE

RETURN TO SPIRITUAL ALIGNMENT

1

Where have I been striving instead of listening?

Notice where pressure, comparison or fear has become louder than wisdom.

2

What truth is God inviting me to live?

Write the truth plainly. Scripture is not decoration; it becomes direction when it is practiced.

3

What would obedience look like in one ordinary choice?

Keep it specific: a boundary, a conversation, a meal, a bedtime, a workout or a request for help.

MY ONE OBEDIENT NEXT STEP: _____

PART FOUR

MAP THE PATTERN

Choose one recent moment when you acted against your goal. Walk through it without blame. You are looking for the sequence, because the sequence shows you where change can begin.

1 SITUATION

What happened?

2 FEELING

What did I feel in my body or emotions?

3 THOUGHT

What did I tell myself?

4 ACTION

What did I do next?

5 RESULT

What did that choice produce?

PART FIVE

CHOOSE THE NEXT HONEST STEP

Lasting change is rarely built by one dramatic promise. It is built by telling the truth, choosing the right support and repeating the next wise action until it becomes part of your life.

FOR THE NEXT SEVEN DAYS, I WILL:

- ☐ Practice one body-supporting habit.
- ☐ Replace one destructive thought with truth.
- ☐ Ask for the level of support I actually need.

YOUR NEXT STEP DOES NOT HAVE TO BE PERFECT. IT HAS TO BE HONEST.

If this reset showed you that you need more than information, Results Unlimited offers clear pathways for fitness, nutrition, personal training and whole-person coaching.

START THE CONVERSATION AT [RUGYM.COM](https://rugym.com)