

The Next Chapter Reset

A seven-day plan for the life you actually have.

Choose one priority. Protect a small window. Review what really happened.

A printable workbook. Set aside 20 minutes to begin, then return for a short daily check-in. This is a planning exercise, not a promise of transformation.

01 / START WITH REALITY

What is here now?

You are not starting from nothing. Name what you already have and what this week requires.

What I need to keep working

Think about your job, home, relationships and recovery time.

What I already bring

List three skills, experiences or relationships that could support a next step.

What is getting my attention

Name the unfinished question or project that keeps returning.

Example: I can explain digital tools, but I have only two free evenings. My next step should fit that reality.

02 / CHOOSE ONE THING

One priority. This week.

Choose a useful outcome small enough to finish without needing an ideal week.

My one priority

Complete this sentence: By the end of this week, I want to have...

Why this deserves a place

Who does it help, and why does it matter now?

What finished looks like

Choose something observable: a draft, a conversation, an outline or one completed task.

What I am leaving for later

Park one competing idea so it does not become a second commitment.

Example: Draft the first page of a useful guide. Finished means a readable page, not a complete business.

03 / GIVE IT A PLACE

Seven days. Real space.

Use short windows you can protect. Rest or observation can be the right entry for a day.

DAY	MY SMALL ACTION	WHEN / WHERE	DONE?
01			
02			
03			
04			
05			
06			
07			

A smaller version still counts if it moves the real priority forward. Avoid filling every free hour.

When the week changes.

Decide how to adapt before a difficult day turns into a judgment about yourself.

The obstacle I can reasonably expect

For example: late work, low energy, an unclear next task or a competing commitment.

My smaller version

If the original action will not fit, what useful five- or ten-minute version could?

My restart cue

When and where will I return? Give the next action a concrete place.

The support I can ask for

Make one specific request; nobody needs to solve the whole project for you.

05 / REVIEW AND CHOOSE

Keep. Change. Let go.

At the end of seven days, use the record you have instead of the week you imagined.

What actually happened?

List completed actions and important constraints. Keep the description factual.

What is worth keeping?

Notice one action, cue or boundary that helped.

What needs to change?

Make the next plan smaller, clearer or better placed if needed.

My next useful step

Write one action and the date you will review it.

Continue with Robert

Videos and practical ideas: nicholsmindset.com | Reflections on work, identity and change: onwardhonestly.com