



WELLNESS

— ADVICE HUB —

GROW. BALANCE. THRIVE.

Reflect, Reset & Rise

COMPANION WORKBOOK & PRINTABLE TOOLS

Designed to support your 12-week transformation journey

By: Ahlem Saadane



wellnessadvicehub.com



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Disclaimer

This workbook is intended for personal development, reflection, and educational purposes only.

It is not intended to replace professional advice, diagnosis, or treatment related to mental health, medical conditions, or financial decisions.

While the tools and practices provided are designed to support personal growth and self-awareness, results may vary based on individual circumstances and consistency of use.

By using this workbook, you acknowledge that you are responsible for your own decisions, actions, and outcomes.

If you are experiencing significant emotional or psychological distress, please seek support from a qualified professional.



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Welcome to Your Companion Workbook

This workbook was created to walk beside you — not ahead of you.

It is not here to rush you, fix you, or overwhelm you with tasks.

It is here to give you space...

To reflect, to release, and to realign.

As you move through your 12-week journey, these pages become your place to pause — to check in with yourself honestly and gently.

You may not have all the answers yet.

You don't need to.

What matters is that you show up.

Again and again.

✨ How to Use This Workbook

- Use it alongside your weekly journey in Reflect, Reset & Rise
- Return to the pages whenever you feel stuck or disconnected
- Write freely — not perfectly
- Repeat the exercises as often as you need

This is not about doing everything.

It's about doing what truly supports you.



🌸 A Gentle Reminder

Growth doesn't happen in one perfect moment.

It happens in small, honest ones — like this.

So take your time.

Breathe.

And begin where you are.

— Ahlem Saadane

01





Template 1

WEEKLY REFLECTION GRID

Review your highlights, lessons, and emotions.

Week: _____

Focus of the Week: _____

Area	Reflection
 Biggest Win	_____ _____
 Biggest Lesson	_____ _____
 Emotional State	_____ _____
 Energy Level (1-10)	_____ _____

What worked well this week?

.....
.....

What needs improvement next week?

.....
.....



Template 2

INNER DIALOGUE SHEET (MENTOR VS SABOTEUR)

Mentor/Saboteur space for mindset journaling.

Situation / Trigger:

.....
.....

Inner Saboteur says:

.....
.....

Evidence (Is this 100% true?):

.....
.....

Inner Mentor responds:

.....
.....

Aligned Action I will take:

.....
.....

03

Template 3

HABIT MOMENTUM TRACKER (30 DAYS)

30-day tracker for new keystone habits.

Habit Focus: _____

Day	Completed ✓	Notes
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	
8	<input type="checkbox"/>	
9	<input type="checkbox"/>	

Day	Completed ✓	Notes
10	<input type="checkbox"/>	
11	<input type="checkbox"/>	
12	<input type="checkbox"/>	
13	<input type="checkbox"/>	
14	<input type="checkbox"/>	
15	<input type="checkbox"/>	
16	<input type="checkbox"/>	
17	<input type="checkbox"/>	
18	<input type="checkbox"/>	
19	<input type="checkbox"/>	
20	<input type="checkbox"/>	
21	<input type="checkbox"/>	
22	<input type="checkbox"/>	
23	<input type="checkbox"/>	
24	<input type="checkbox"/>	
25	<input type="checkbox"/>	

Day	Completed ✓	Notes
26	<input type="checkbox"/>	
27	<input type="checkbox"/>	
28	<input type="checkbox"/>	
29	<input type="checkbox"/>	
30	<input type="checkbox"/>	

04

Template 4

END-OF-WEEK RESET RITUAL

Space to close each week with gratitude.

This week, I am proud of:

.....
.....

What challenged me most was:

.....
.....

What I choose to release:

.....
.....

What I carry forward into next week:

.....
.....

My intention for the next week is:

.....
.....

05






Template 5

VISION ALIGNMENT MAP

Define what “finishing strong” means to you.

My Vision for the Next 90 Days:

.....
.....

Area	Alignment
 Focus	<hr/> <hr/>
 Energy	<hr/> <hr/>
 Mindset	<hr/> <hr/>
 Relationships	<hr/> <hr/>
 Well-being	<hr/> <hr/>

One bold step I will take:

.....
.....



Template 6

NEXT-YEAR CLARITY PLANNER

Transition worksheet for the year ahead.

My Word for the Year: _____

Top 3 Priorities:

- 1.
- 2.
- 3.

What I am leaving behind:

.....

.....

What I am stepping into:

.....

.....

My Commitment Statement:

.....

.....



About the Author

Ahlem Saadane is the creator of Reflect, Reset & Rise, a guided system designed to help individuals reconnect with themselves, build emotional awareness, and move forward with clarity and intention.


Her work focuses on the space between who you are and who you are becoming — helping you navigate that journey with honesty, self-compassion, and structure.


Through reflective practices, mindset tools, and gentle guidance, she creates experiences that are not about pressure or perfection, but about real, sustainable growth.

This workbook, along with her platform, was created to support those who are ready to pause, reset, and begin again — in a way that feels aligned and intentional.

Stay Connected

If this journey resonates with you, you're warmly invited to stay connected:

 wellnessadvicehub.com

 contact@wellnessadvicehub.com

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

Final Note

You don't have to have everything figured out.

You just have to keep showing up — one honest step at a time.

— Ahlem Saadane

 *Before You Go*

You've reached the end of this journey...
but not the end of your growth.
Take a moment to pause here.

Not to rush forward — but to acknowledge how far you've
come.

There were moments you showed up when it wasn't easy.
Moments you chose awareness over avoidance.
Moments that may have felt small... but were not.
They mattered.

**YOU DON'T NEED TO BECOME SOMEONE
NEW OVERNIGHT.
YOU'VE ALREADY BEGUN BECOMING
SOMEONE MORE ALIGNED, MORE
AWARE, AND MORE INTENTIONAL.
AND THAT IS ENOUGH.**

As you step into your next chapter, carry this with you:

- ✦ You can reset at any time
- ✦ You can choose again
- ✦ You can begin again — as many times as you need

This is not the end.

It's a continuation — on your terms.

— Ahlem Saadane 