



# Reflect, Reset & Rise

COMPANION WORKBOOK & PRINTABLE TOOLS

Designed to support your 12-week transformation journey

By: Ahlem Saadane



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# Reflection & Tracker Templates

## WEEKLY REFLECTION GRID

Review your highlights, lessons, and emotions.

## INNER DIALOGUE SHEET

Mentor/Saboteur space for mindset journaling.

## HABIT MOMENTUM TRACKER

30 -day tracker for new keystone habits.

## END-OF-WEEK RESET RITUAL

Space to close each week with gratitude.

## VISION ALIGNMENT MAP

Define what “finishing strong” means to you.

## NEXT-YEAR CLARITY PLANNER

Transition worksheet for the year ahead.

# 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

## 📅 Template 1: Weekly Reflection Grid

**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)

**Situation / Trigger:**

.....  
.....

**Inner Saboteur says:**

.....  
.....

**Evidence (Is this 100% true?):**

.....  
.....

**Inner Mentor responds:**

.....  
.....

**Aligned Action I will take:**

.....  
.....

## 🌱 Template 3: Habit Momentum Tracker (30 Days)

**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"/>	
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"/>	
26	<input type="checkbox"/>	
27	<input type="checkbox"/>	
28	<input type="checkbox"/>	
29	<input type="checkbox"/>	
30	<input type="checkbox"/>	



## 🗨️ Template 4: End-of-Week Reset Ritual

**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:**

.....  
.....

## 🔥 Template 5: Vision Alignment Map

### My Vision for the Next 90 Days:

.....

.....

Area	Alignment
🎯 Focus	-----
⚡ Energy	-----
<input type="checkbox"/> Mindset	-----
<input type="checkbox"/> Relationships	-----
🌿 Well-being	-----

### One bold step I will take:

.....

.....





## Template 6: Next-Year Clarity Planner

**My Word for the Year:** \_\_\_\_\_

**Top 3 Priorities:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I am leaving behind:**

.....

.....

**What I am stepping into:**

.....

.....

**My Commitment Statement:**

.....

.....

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## 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](https://wellnessadvicehub.com)

[contact@wellnessadvicehub.com](mailto: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