

SOFT. SACRED. STRUCTURED.

CREATED TO HELP YOU SLOW DOWN, RECENTER, AND
BUILD A LIFE THAT FLOWS INSTEAD OF FIGHTS.

The Reset Rhythm

guided workbook

YOUR RESET ROADMAP

CLARITY

- Old Way vs. New Way
- Daily Checklist
- Reflection Prompts

CONSISTENCY

- Action Steps
- Weekly Planners
- Clarity Compass

CAPACITY

- Find Your Purpose
- Monthly Planner
- Closing Reflection

SACRED EXTRAS

- Reset Rhythm Playlist
- Daily Devotionals
- Bible Study

“Be still, and know that I am God.” — Psalm 46:10

This season is your invitation to slow
down, release the weight of
busyness, and realign with God’s
rhythm for your life.

As you step into these 28 days, let
this be your reset—a sacred pause to
find clarity, embrace consistency,
and expand your capacity to live
fully.

Hello!

Welcome to your reset season. This 30-day workbook is your sacred space to pause, reflect, and realign. You've been holding a lot—dreams, responsibilities, emotions, and expectations—and it's time to come back to yourself.



Inside, we'll focus on three core themes: • Clarity – getting honest about what matters and what doesn't. • Consistency – building simple habits and routines that support your season. • Capacity – clearing out what drains you so you have more energy for what lights you up. This isn't about doing more—it's about doing what matters. Over the next 30 days, you'll reflect, reset, and rebuild your rhythm with intention. Let's flow.

Neffeteria Williams

Sacredlywritten.com
info@sacredlywritten.com

About the Process

Step 1: Clarity – Quiet the noise, reflect on what matters, and invite God into your priorities.

Step 2: Consistency – Build small, sacred habits that anchor your days.

Step 3: Capacity – Release what drains you and create space for joy, purpose, and overflow.

YOUR THOUGHTS:

Clarity Compass

What distractions have been pulling you away from clarity?

What daily habit do you want to build this month?

Where do you feel most drained? What can you release to create capacity?

Old Way vs New Way

So much of our struggle comes from trying to keep up with a pace we were never meant to sustain. The old way thrives on hustle, perfection, and pouring from an empty cup. But the new way invites us to reset — to embrace flow over force, rest over rush, and alignment over exhaustion.

O L D

Hustle,
busyness,
scattered
focus,
pouring
out
without
filling up.

vs

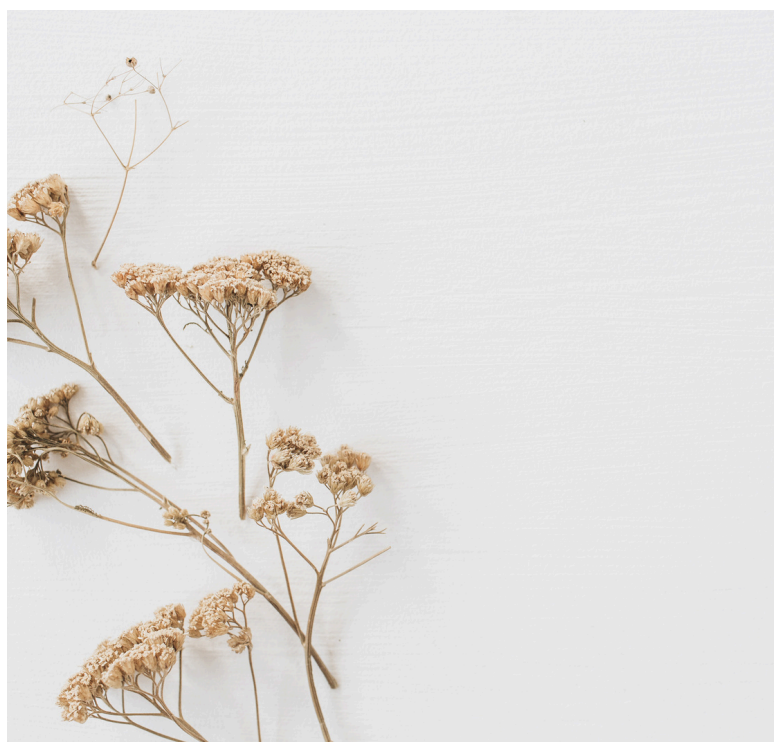
N E W

Flow,
balance,
intentional
rhythms,
leading
from
overflow
not
exhaustion.

Daily Checklist

The power of a reset is found in the small, steady choices you make each day. This checklist isn't about perfection — it's about creating space for God to meet you in the ordinary moments. As you commit to showing up for yourself daily, you'll begin to notice clarity, strength, and peace becoming part of your natural rhythm.

- ☐ Morning stillness (5–10 minutes)
- ☐ Affirmation of the day
- ☐ Journal reflection / devotional
- ☐ Listen to Reset Rhythm Playlist
- ☐ One consistent habit (write it in)
- ☐ Evening gratitude



Each morning, glance at your checklist and choose the practices that will anchor your day. You don't have to complete them all — consistency is about progress, not pressure. Use this space to track your reset habits, celebrate the little wins, and hold yourself accountable to the woman you're becoming.



Action Steps

1

Write out your top 3 priorities for this month.

2

Identify one habit to build and one to release.

3

Commit to showing up for yourself daily in this workbook.

Small steps taken with intention will always lead to big transformation. These action steps are designed to help you put clarity into practice, build consistency in your habits, and expand your capacity for what matters most. Don't rush through them — move at your own pace, and celebrate each moment of progress along the way. Remember, the goal is not perfection, but alignment.

Book Recommendations

The Reset Rhythm is about clarity, consistency, and capacity, I've included a mix of faith-based books, practical life/leadership books, and soul-care reads that would beautifully compliment your workbook + devotionals. Choose one to read during or after your reset.



CLARITY

QUIETING THE NOISE,
HEARING GOD, RE-
CENTERING

- The Ruthless Elimination of Hurry — John Mark Comer
- Whispers: How to Hear the Voice of God — Mark Batterson
- Sacred Rhythms: Arranging Our Lives for Spiritual Transformation — Ruth Haley Barton



CONSISTENCY

HABITS, SPIRITUAL
DISCIPLINES, DAILY
STRENGTH

- Atomic Habits — James Clear
- The Celebration of Discipline — Richard Foster
- Habits of the Household — Justin Whitmel Earley (written for families but so powerful for personal rhythms too)



CAPACITY

LIVING FULL, OVERFLOW,
PURPOSE

- The Best Yes — Lysa TerKeurst (learning to say “yes” to what matters)
- The Emotionally Healthy Woman — Geri Scazzero
- Draw the Circle: The 40 Day Prayer Challenge — Mark Batterson

For more book recommendations
check out sacredlywritten.com



Find your Purpose

PART ONE

What do I need to let go of to live fully?

PART TWO

What new rhythms can I create to make room for purpose?

Trust yourself.





Every moment is an
opportunity to change
your perspective.

Reset Rhythm Playlist

The Reset Rhythm: A Sacred Study Playlist



Music has the power to set the tone for your day and shift the atmosphere of your mind. This playlist was curated to guide you through clarity, consistency, and capacity as you journey through this reset. Let the songs anchor you in stillness, build your faith, and fill you with joy.



Press play and let the rhythm reset you

Clarity (Stillness + Centering)

1. Be Still – Hillsong Worship
2. Wait on You – Elevation Worship & Maverick City
3. Nothing Else – Cody Carnes
4. Peace Be Still – Hope Darst

Consistency (Faithfulness + Daily Strength)

1. Goodness of God – Bethel Music & Jenn Johnson
2. Yes and Amen – Housefires
3. Do It Again – Elevation Worship
4. Promises – Maverick City Music ft. Joe L Barnes & Naomi Raine

Capacity (Overflow + Joy + Empowerment)

1. Greater – MercyMe
2. Brave – Moriah Peters
3. Confidence – Sanctus Real
4. Fear Is Not My Future – Maverick City Music & Kirk Franklin
5. Joyful – Dante Bowe
6. Bless Me – Maverick City Music & Kirk Franklin
7. I Got That – Anthony Brown & Group TherAPy

Daily Devotionals + Bible Study



Every reset begins with the Word. September's devotionals theme is designed to help you slow down, reflect, and hear God's voice each day. Alongside them, our Bible Study digs deeper, reminding us that true transformation starts with a renewed mind.

Ready to take your reset deeper? Click the links or simply scan the QR codes to access your bonus resources. Stream the curated Reset Rhythm Playlist anytime you need to recenter, and dive into the daily devotionals + Bible study to anchor your journey in God's Word. These tools were created to move with you — from your quiet time to your commute — so you can carry clarity, consistency, and capacity into every part of your day.

DAILY DEVOTIONALS



BIBLE STUDY



Open the Word. Reset your heart. Renew your mind.

Week 1: Clarity

Clear Mind, Clear Path

DAY 1

FOCUS: WHERE AM I RIGHT NOW? REFLECTION
PROMPT: WHAT'S BEEN WEIGHING ON ME THE
MOST LATELY? SACRED PRACTICE: BRAIN DUMP
ALL OF IT. LET IT OUT WITHOUT JUDGMENT.

DAY 2

FOCUS: WHAT MATTERS MOST? REFLECTION
PROMPT: WHAT DO I WANT TO PRIORITIZE IN
THIS SEASON — SPIRITUALLY, PERSONALLY,
AND PROFESSIONALLY? SACRED PRACTICE:
CIRCLE YOUR TOP 3 PRIORITIES FOR THIS
MONTH.

DAY 3

FOCUS: GETTING HONEST REFLECTION PROMPT:
WHAT'S SOMETHING I'VE BEEN AVOIDING THAT
NEEDS MY ATTENTION? SACRED PRACTICE:
CHOOSE ONE STEP TOWARD FACING IT THIS
WEEK.

DAY 4

FOCUS: VISION CHECK REFLECTION PROMPT:
WHERE DO I WANT TO BE 30 DAYS FROM NOW
— EMOTIONALLY, PHYSICALLY, SPIRITUALLY?
SACRED PRACTICE: WRITE A LETTER TO YOUR
FUTURE SELF.

DAY 5

FOCUS: SPIRITUAL ALIGNMENT REFLECTION
PROMPT: WHERE IN MY LIFE HAVE I BEEN OUT
OF ALIGNMENT WITH WHAT GOD TOLD ME?
SACRED PRACTICE: WRITE A PRAYER ASKING
FOR REALIGNMENT.

DAY 6

FOCUS: LESS NOISE REFLECTION PROMPT:
WHAT DISTRACTIONS OR TIME-WASTERS NEED
TO GO? SACRED PRACTICE: DO A SOCIAL MEDIA
AUDIT OR SCREEN TIME DETOX.

DAY 7

FOCUS: REST + RECAP REFLECTION PROMPT:
WHAT DID I LEARN ABOUT MYSELF THIS WEEK?
SACRED PRACTICE: TAKE 20 MINUTES TO REST.
JOURNAL WHATEVER COMES UP.

Week 2: Consistency

Small Steps, Steady Strength

DAY 8

FOCUS: MORNING MATTERS
REFLECTION PROMPT: WHAT'S THE FIRST
THING I USUALLY GIVE MY ATTENTION TO IN
THE MORNING?
SACRED PRACTICE: CREATE A SIMPLE 3-STEP
MORNING RHYTHM (WORD, WATER, MOVEMENT).

DAY 9

FOCUS: DAILY HABITS
REFLECTION PROMPT: WHICH HABIT DO I
WANT TO BUILD INTO MY LIFE THIS MONTH?
SACRED PRACTICE: TRACK IT TODAY. (WRITE
IT DOWN AND CHECK IT OFF.)

DAY 10

FOCUS: TIME STEWARDSHIP
REFLECTION PROMPT: WHERE AM I WASTING
THE MOST TIME?
SACRED PRACTICE: BLOCK OUT 30 MINUTES
FOR FOCUSED WORK OR DEVOTION.

DAY 11

FOCUS: FAITH IN ACTION
REFLECTION PROMPT: HOW CAN I LIVE OUT MY
FAITH IN A SMALL BUT CONSISTENT WAY
TODAY?
SACRED PRACTICE: DO ONE INTENTIONAL ACT
OF KINDNESS.

DAY 12

FOCUS: STAYING THE COURSE
REFLECTION PROMPT: WHAT USUALLY MAKES
ME QUIT OR LOSE MOMENTUM?
SACRED PRACTICE: WRITE DOWN ONE
AFFIRMATION TO SPEAK OVER YOURSELF WHEN
THAT HAPPENS.

DAY 13

FOCUS: SYSTEMS THAT SUPPORT ME
REFLECTION PROMPT: WHAT ROUTINES OR
TOOLS HELP ME STAY CONSISTENT?
SACRED PRACTICE: CHOOSE ONE SYSTEM
(PLANNER, TIMER, CHECKLIST) AND USE IT
TODAY.

DAY 14

FOCUS: REST + RECAP
REFLECTION PROMPT: HOW DID CONSISTENCY
SHIFT MY WEEK?
SACRED PRACTICE: TAKE A SABBATH MOMENT
— JOURNAL AND THANK GOD FOR STEADY
STRENGTH.

Week 3: Capacity

Make Room

DAY 15

FOCUS: ENERGY AUDIT
REFLECTION PROMPT: WHAT DRAINS ME THE MOST?
SACRED PRACTICE: WRITE DOWN 3 THINGS YOU CAN RELEASE THIS WEEK.

DAY 16

FOCUS: LIFE-GIVING SPACES
REFLECTION PROMPT: WHAT FILLS ME WITH JOY AND ENERGY?
SACRED PRACTICE: SCHEDULE ONE THING THAT GIVES YOU LIFE TODAY.

DAY 17

FOCUS: BOUNDARIES
REFLECTION PROMPT: WHERE DO I NEED TO SAY NO SO I CAN SAY YES TO WHAT MATTERS?
SACRED PRACTICE: WRITE A "NO" RESPONSE YOU CAN PRACTICE USING.

DAY 18

FOCUS: REPLENISHMENT
REFLECTION PROMPT: HOW DO I BEST REFILL SPIRITUALLY, EMOTIONALLY, AND PHYSICALLY?
SACRED PRACTICE: TAKE 30 MINUTES FOR A REPLENISHING ACTIVITY TODAY.

DAY 19

FOCUS: SUPPORT SYSTEMS
REFLECTION PROMPT: WHO ARE THE PEOPLE THAT POUR INTO ME? WHO DO I NEED TO LEAN ON THIS WEEK?
SACRED PRACTICE: REACH OUT TO ONE PERSON WHO SUPPORTS YOUR GROWTH.

DAY 20

FOCUS: COURAGE TO RELEASE
REFLECTION PROMPT: WHAT AM I STILL HOLDING ONTO THAT GOD IS ASKING ME TO LET GO OF?
SACRED PRACTICE: WRITE IT DOWN, PRAY OVER IT, AND RELEASE IT.

DAY 21

FOCUS: REST + RECAP
REFLECTION PROMPT: HOW DID MAKING ROOM AFFECT MY ENERGY AND PEACE THIS WEEK?
SACRED PRACTICE: JOURNAL YOUR OBSERVATIONS AND PRACTICE GRATITUDE.

Week 4: Flow

Living in Alignment

DAY 22

FOCUS: SACRED FLOW
REFLECTION PROMPT: WHAT DOES FLOW (NOT
FORCE) LOOK LIKE IN MY DAILY LIFE?
SACRED PRACTICE: IDENTIFY ONE TASK YOU
CAN APPROACH WITH EASE TODAY.

DAY 23

FOCUS: PURPOSE IN MOTION
REFLECTION PROMPT: WHERE IS GOD CALLING
ME TO SHOW UP MORE BOLDLY?
SACRED PRACTICE: TAKE ONE SMALL STEP
TOWARD IT TODAY.

DAY 24

FOCUS: JOY AS STRENGTH
REFLECTION PROMPT: WHAT BRINGS ME JOY
THAT I'VE BEEN NEGLECTING?
SACRED PRACTICE: DO ONE JOYFUL THING ON
PURPOSE TODAY.

DAY 25

FOCUS: WHOLE SELF
REFLECTION PROMPT: WHICH PART OF ME
(MIND, BODY, SPIRIT) NEEDS THE MOST
ATTENTION RIGHT NOW?
SACRED PRACTICE: GIVE THAT PART OF
YOURSELF 30 MINUTES OF CARE.

DAY 26

FOCUS: OBEDIENCE OVER OUTCOME
REFLECTION PROMPT: WHERE IS GOD ASKING
ME TO OBEY EVEN WHEN I CAN'T SEE THE
RESULT?
SACRED PRACTICE: WRITE A PRAYER OF
SURRENDER.

DAY 27

FOCUS: OVERFLOW
REFLECTION PROMPT: WHO CAN I POUR INTO
THIS WEEK FROM A PLACE OF OVERFLOW?
SACRED PRACTICE: ENCOURAGE ONE PERSON
WITH A TEXT, CALL, OR NOTE.

DAY 28

FOCUS: RESET COMPLETE
REFLECTION PROMPT: WHAT HAS SHIFTED IN
ME DURING THESE 28 DAYS?
SACRED PRACTICE: WRITE A DECLARATION
FOR HOW YOU'LL CARRY THIS RHYTHM
FORWARD.

Weekly Flow Planner

MONDAY



TUESDAY



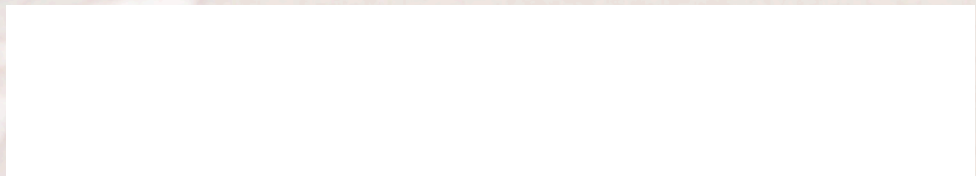
WEDNESDAY



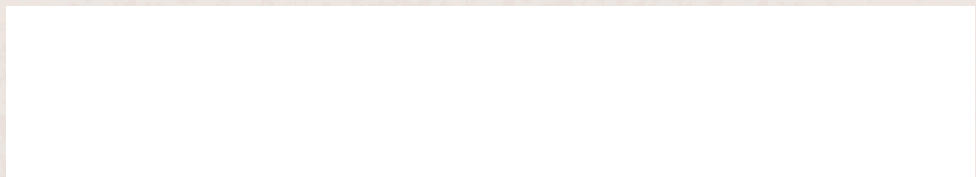
THURSDAY




FRIDAY



SATURDAY



SUNDAY



Monthly Reset Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Notes:

Congratulations!

You've completed The Reset Rhythm.

This is not an ending, but the beginning of walking in clarity, consistency, and capacity. Keep your notes close and revisit them often.



Join us:

The Sacred Circle for
continued community.

