RESET: A 21-Day Leading Well Journey

This 21-day RESET journey is a faith-integrated journaling experience designed to help you begin to lead from wholeness—spiritually grounded, emotionally centered, relationally connected, and purposefully embodied. Each movement builds upon the previous one, guiding you toward a life and leadership sustained by grace, wisdom, and peace.

RESET frames the five movements:

- R — Remember Your Purpose (Ephesians 2:10)
- E — Examine Your Life (Psalm 139:23–24)
- S — Select What Serves God's Purpose for You (1 Thessalonians 5:21)
- E — Establish Life-Giving Practices (Proverbs 16:3)
- T — Tend To Your Whole Self (Galatians 6:9)

You may start at any time, but the first of the year is an excellent opportunity to reset. Enter the year gently, not through grind. Don't stress if you miss a day. There may be some days in which you reflect on the same prompt from the day before. Make this journey guide work for you. Use it as a tool to RESET.

What You Will Need to Get Started

You've downloaded this journey guide that contains a series of reflective prompts. Get a physical or electronic journal into which to write your responses to the prompt.

Stay prayerful as you walk through the RESET process. Ask the Holy Spirit to guide you. As you RESET, celebrate the signs of growth that you begin to experience.

Movement 1: REMEMBER Your Purpose

Anchor Verse: Ephesians 2:10 (NLT) For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Return to your "why" before changing your what.

Before setting a new goal, formulating new habits, or plans, remember who you are and why you are here. Purpose grounds us when life feels fragmented and reorients us toward what truly matters. This movement invites you to begin the year by remembering your God-given purpose—the deeper why beneath your roles, responsibilities, and goals.

Day 1: Begin in Truth

Prompt: When you strip away roles and expectations, what feels most true about who you are in this season?

Day 2: Stay Rooted in Calling

Prompt: What sense of calling or purpose has quietly guided my life, even during challenging or uncertain moments?

Day 3: Be Intentional

Prompt: Where have you been living out of obligation rather than intention? What do you need to do to reset intentionality?

Day 4: Reflect Spirit-Empowered Purpose

Prompt: What would it look like to lead and live from meaning rather than momentum?

Movement 2: EXAMINE Your Life

Anchor Verse: Psalm 139:23–24 (NLT) Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

Notice patterns without judgment.

Examine your rhythms, practices, and patterns in your life. Note what is working and what is not working. Awareness creates clarity; clarity makes change possible. This movement creates space for honest, grace-filled awareness across your identity, values, and your inner life.

Day 5: Explore Alignment

Prompt: Where do I feel aligned—and where do I feel out of sync?

Day 6: Identify Habits that Help vs Habits that Hinder

Prompt: What habits or rhythms currently support my wellbeing? Which ones quietly undermine it?

Day 7: Mine Your Moods

Prompt: What thoughts tend to shape my mood and energy most often?

Day 8: Seek Joy

Prompt: Where am I experiencing joy, and where am I experiencing depletion?

Movement 3: SELECT What Serves God's Purpose for You

Anchor Verse: 1 Thessalonians 5:21 (NLT) Test everything that is said. Hold on to what is good.

Discerning what to keep, release, or realign.

This movement focuses on discernment—sifting through relationships, cultural expectations, and commitments, and selecting that which serves God's purposes for you and facilitates your leading well.

Day 9: Examine Expectations

Prompt: What commitments or expectations feel life-giving—and which feel energy-draining? What do you need to do to reduce the energy drain?

Day 10: Set Clear Boundaries

Prompt: What relationships nourish my growth, and which require more precise boundaries?

Day 11: Let Go

Prompt: What patterns from last season am I ready to release??

Day 12: Move Forward

Prompt: What practices or values do I want to carry forward intentionally?

Movement 4: ESTABLISH Life-Giving Practices

Anchor Verse: Proverbs 16:3 (NLT) Commit your actions to the Lord, and your plans will succeed.

Choosing small, sustainable rhythms.

This movement emphasizes establishing sustainable practices that renew the mind and emotions.

Day 13: Live One Day At A Time

Prompt: What one daily or weekly practice could most support my wellbeing right now?

Day 14: Be Consistent

Prompt: Where do I need consistency more than intensity?

Day 15: Be Present

Prompt: What practice would help me feel more grounded, present, or peaceful?

Day 16: Seek God First

Prompt: How might committing my plans to God change how I approach my habits?

Movement 5: TEND To Your Whole Self

Anchor Verse: Galatians 6:9 (NLT) So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Ongoing care for what you are becoming.

This final movement invites you to tend your body, vocation, and environment with grace and patience.

Day 17: Do Not Let Guilt Be Your Guide

Prompt: How can I care for myself without guilt or justification?

Day 18: Press Pause to Listen

Prompt: How can I listen more closely to my body, emotions, and spirit??

Day 19: Extend Self-Compassion

Prompt: What does tending to myself with compassion look like in this season?

Day 20: Cultivate Healthy Environments

Prompt: What environments (physical, relational, emotional) best support my wellbeing?

Day 21: Celebrate Signs of Growth

Prompt: What signs of growth or healing do I already see? Take a moment to celebrate that growth!

Final Reflection & Blessing

As you complete this 21-day journey, take time to pause and reflect. What has God renewed within you? How has your understanding of wholeness deepened across spirit, soul, and body? What new rhythms, boundaries, or beliefs will you carry into this year of leading well?

May this RESET journey help you begin the year grounded in purpose, guided by discernment, and sustained by grace as you continue Leading Well.

— Dr. Jeanne Porter King