



QUICK CHECKLIST

Your 5-day Summer Reset Challenge



Join The Level-Up Club for Community Support

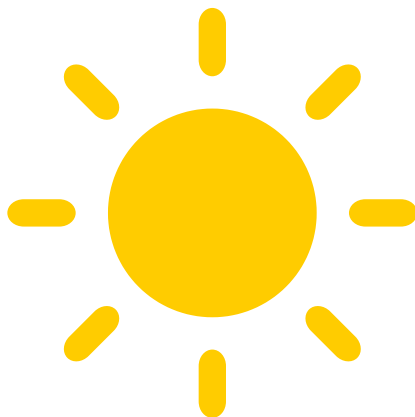
QUICK CHECKLIST: Your 5-day Summer Reset Challenge

What is the Summer Reset Challenge?

Feeling stuck, tired, or out of sync? You're not alone.

Your 5-Day Summer Reset Challenge is a simple and powerful way to reconnect with yourself — mentally, emotionally, and energetically — using daily prompts that take just 5–10 minutes a day.

Whether you're leading a business, leveling up your job search, or just trying to breathe a little easier this summer, this challenge is for you.



5-Day Summer Reset Checklist for Daily Journaling

Day 1: Pause & Check In: Where am I right now — mentally, emotionally, energetically?

- ☐ Write down a few honest words about how you're feeling. No judgment. Just awareness.

Day 2: Look Back, Give Credit: What have I already overcome or figured out this year?

- ☐ List 3 things you've done well — big or small — that deserve recognition. You've already grown more than you think.

Day 3: Name What You Need Next: If the next 3 months were about one thing, what would it be?

- ☐ Choose 1–3 words that reflect what you truly need: Peace? Progress? Clarity? Joy?

Day 4: Let Something Go: What's weighing me down that I'm ready to release?

- ☐ Name what's ready to let go. An old goal, a story, a belief, someone's opinion — name it and loosen your grip.

Day 5: Take One Step Forward: What's one small step I can take to align with who I'm becoming?

- ☐ Choose something simple, nourishing, and aligned — then do it.

What's next? Share with the TLC Community!

GET UNSTUCK & BE UNSTOPPABLE

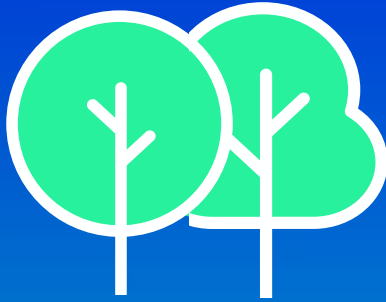
The Summer Reset is just the beginning.

If you're craving more clarity, connection, and momentum, join The Level-Up Club (TLC)—our high-vibe community for heart-led leaders and entrepreneurs.

TLC is where personal growth meets purpose-driven leadership. As a founding member, you'll gain access to exclusive resources like our Personal Branding Masterclass, AI-powered tools, live connection events, and guided growth journeys—everything you need to go from stuck to unstoppable.

👉 Join TLC now - start leveling up from the inside out.





OakBloomTM Marketing

We help leaders and entrepreneurs level up, influence, and build the trust needed to exceed career, business, and life goals.

Turn your story into influence.