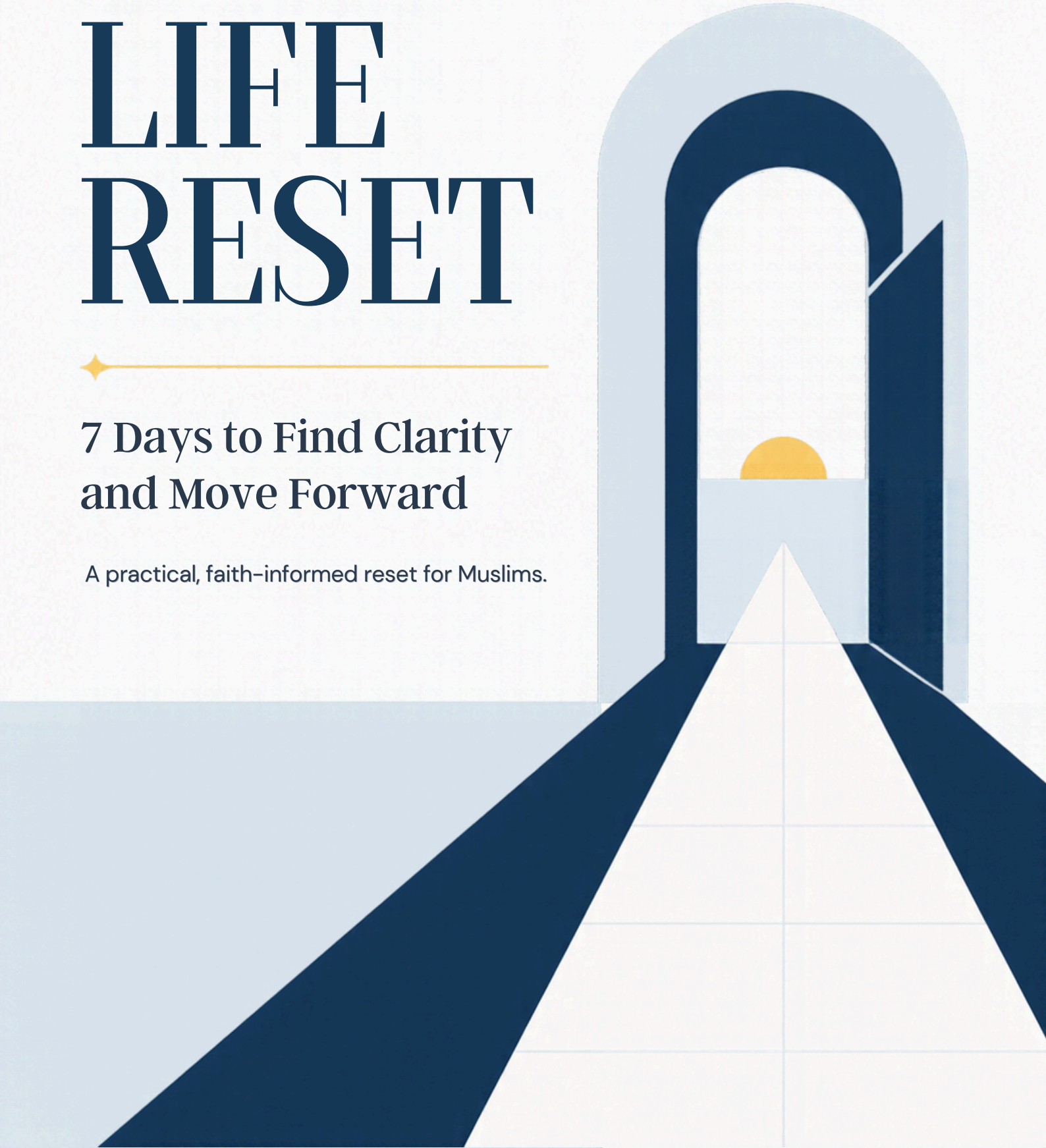
YOUR LIFE RESET

7 Days to Find Clarity and Move Forward

A practical, faith-informed reset for Muslims.



SEVEN DAYS. ONE FRESH START.



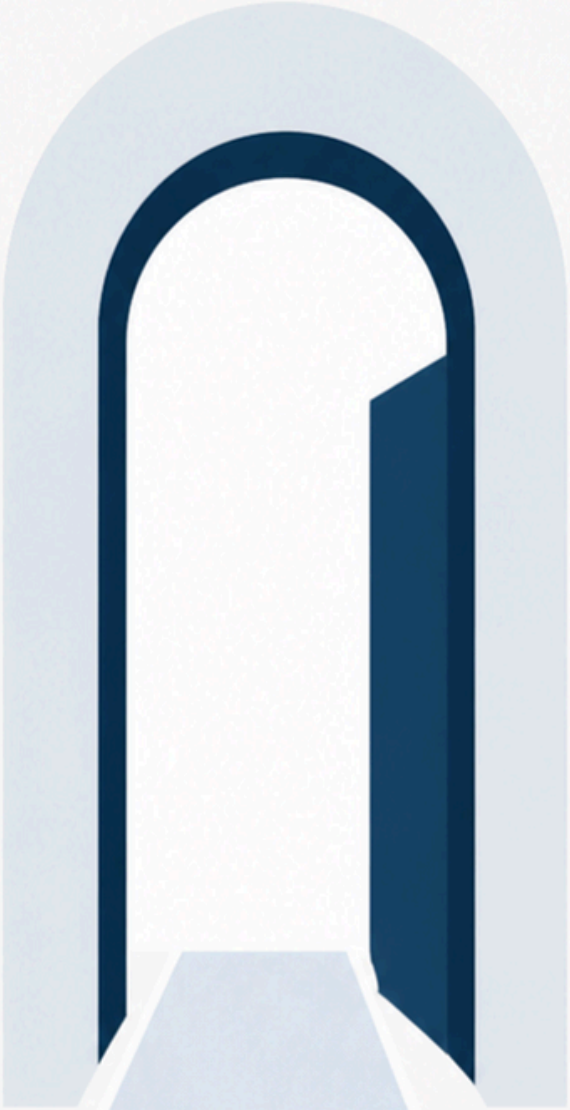
Over the next seven days, you will refocus your priorities, challenge what holds you back, and take small steps towards a more purposeful life.

Each day has one focus and one action. Start with Day 1 and move forward, one day at a time.

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

DAY 1 OF 7

STOP WAITING



Your life does not have to wait for perfect circumstances.

You may not control everything happening around you. You can still choose one constructive step within your reach.

DO THIS TODAY:

Identify one thing you have been postponing. Take the first small step.

DAY 2 OF 7

RESET YOUR PRIORITIES



Busy is not the same as purposeful.

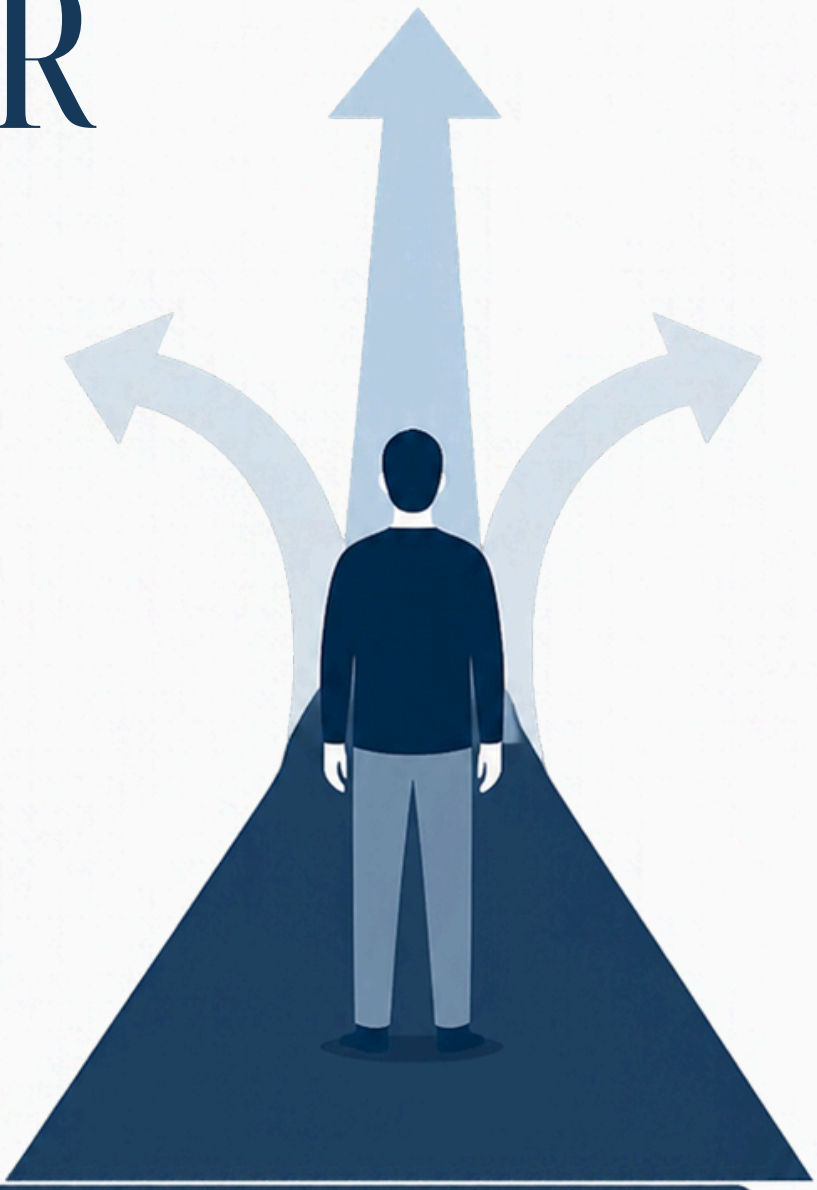
Your time and attention are limited. Let your values—not every demand around you—help determine where they go.

DO THIS TODAY:

Choose one thing that genuinely matters. Give it 10 minutes of focused attention.

DAY 3 OF 7

FOCUS ON YOUR PART



Take responsibility for your effort, not control of every outcome.

Tawakkul means trusting Allah while taking appropriate means. You can act thoughtfully without knowing exactly how things will turn out.

DO THIS TODAY:

Name one concern. Identify one practical step within your control.

DAY 4 OF 7

STOP COMPARING

Someone else's timeline is not the measure of your life.

You see only part of other people's stories. Recognise your own circumstances, appreciate what is good, and measure progress against your own direction.



DO THIS TODAY:

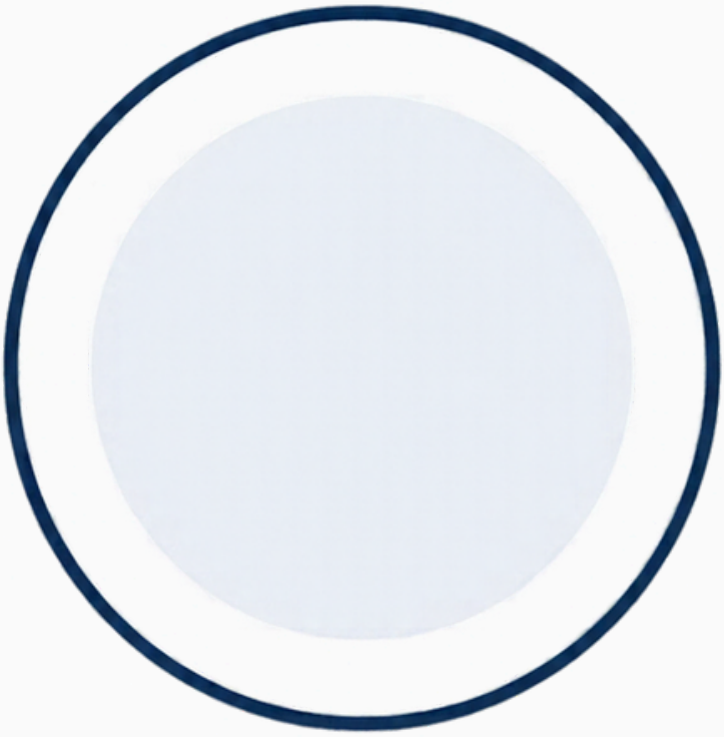
Notice one thing you have made progress on or one good thing you have overlooked.

DAY 5 OF 7

PROTECT YOUR ENERGY

You cannot give endlessly without limits.

Your responsibilities matter, but so do your capacity and wellbeing. A sensible boundary can help you focus on what you can realistically sustain.



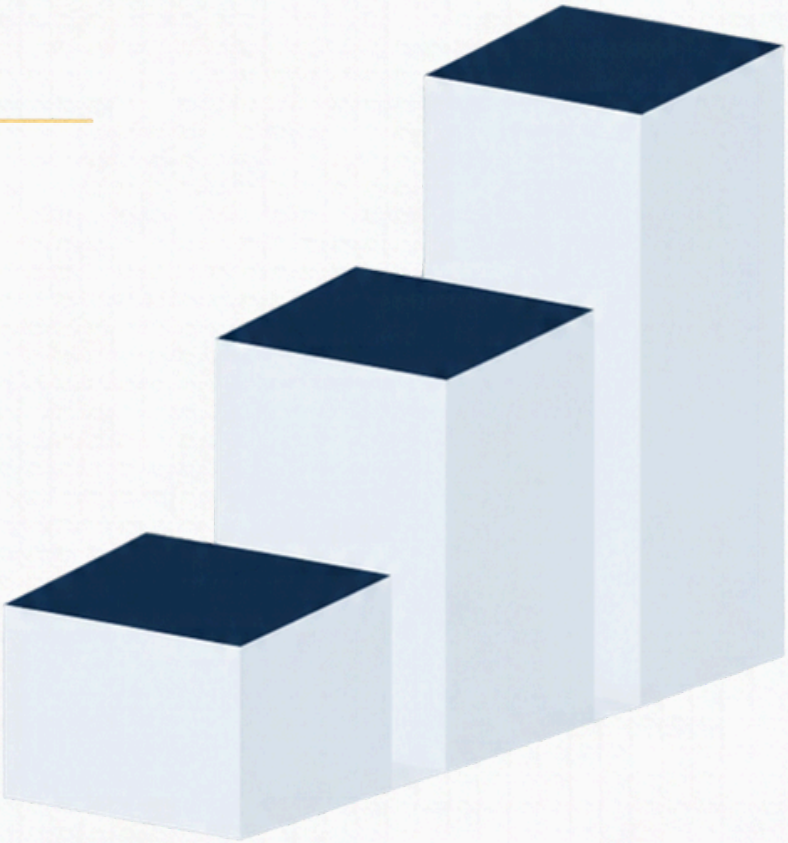
DO THIS TODAY:
Simplify one demand, say no where appropriate, or ask someone for help.

DAY 6 OF 7

BUILD MOMENTUM

Small actions can break the feeling of being stuck.

You do not have to feel completely ready. Make the next step small enough to begin, and build from there.



DO THIS TODAY:

Spend 10 minutes on one useful task you have been avoiding.

DAY 7 OF 7

MOVE FORWARD

You do not need every answer to take your next step.

Clarity often grows through reflection, prayer, sound advice, and experience. Move with intention, trust Allah, and adjust when circumstances change.

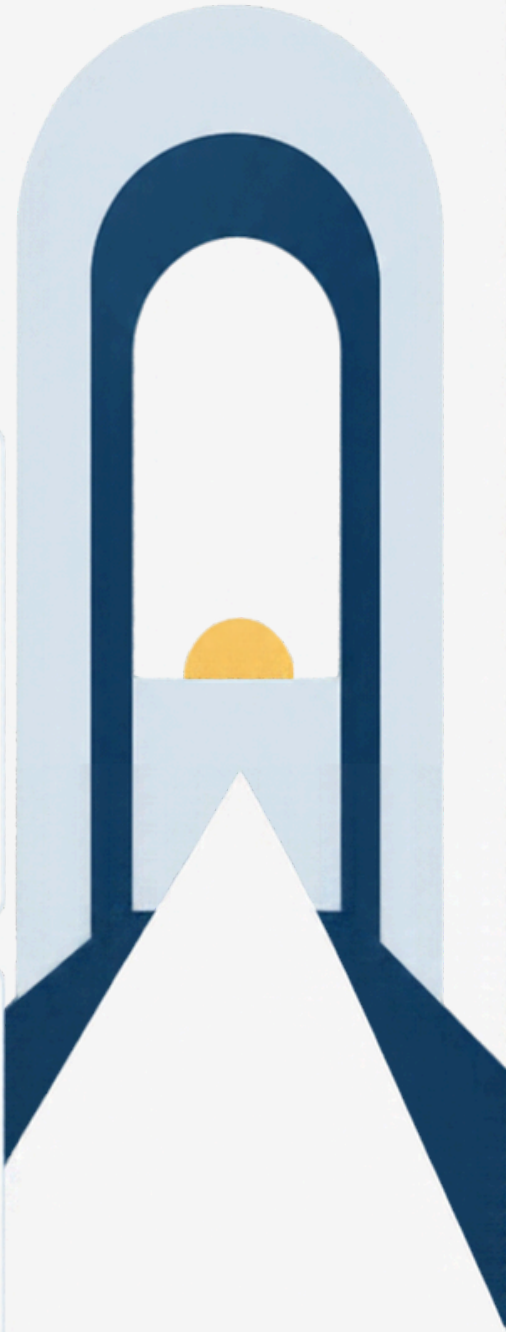


DO THIS TODAY:

Choose one realistic next step for the coming week.

TAKE YOUR NEXT STEP

Bring the past seven days together.
Keep your plan simple and realistic.



1. WHAT MATTERS MOST TO ME RIGHT NOW?

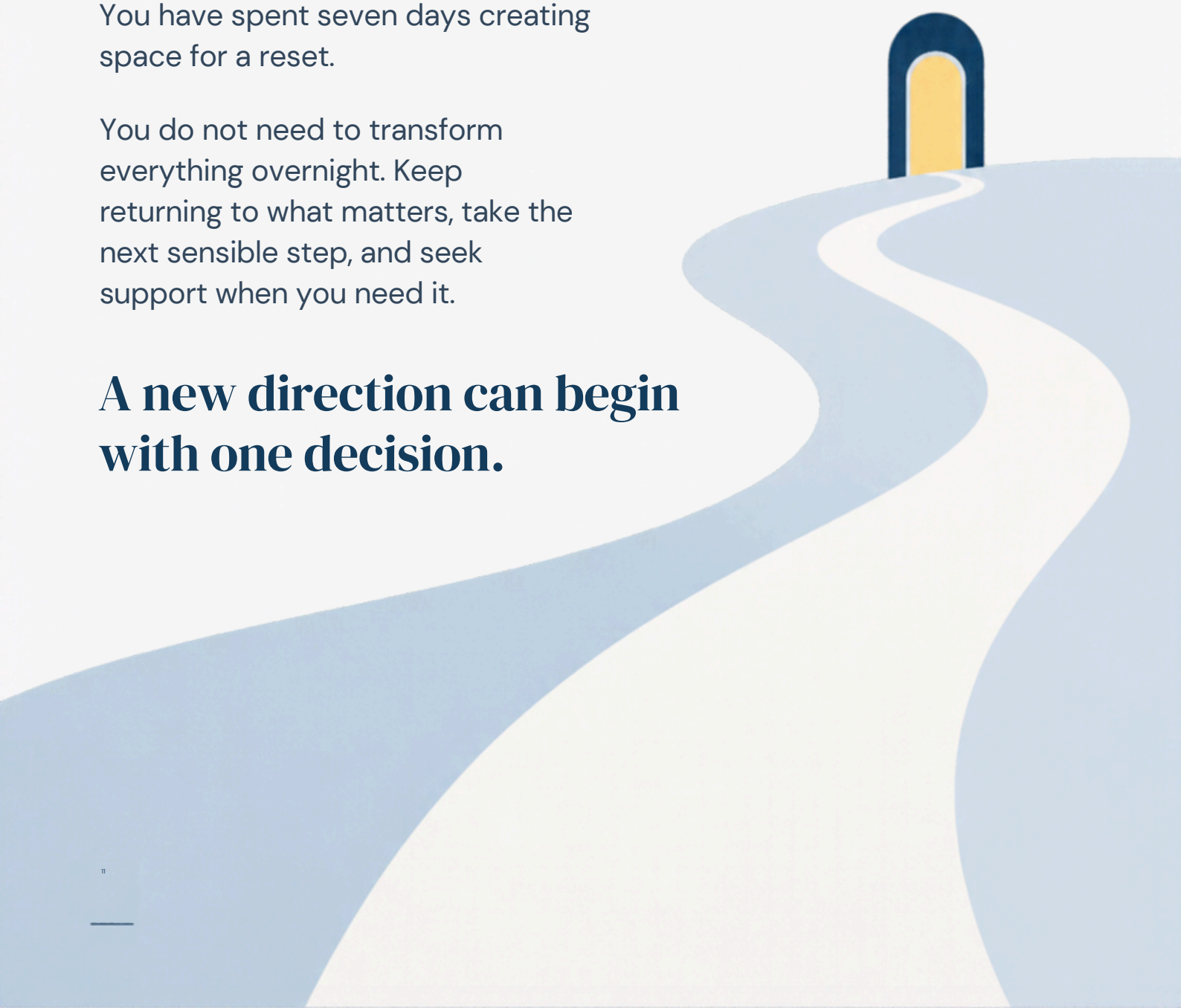
1. WHAT IS MY NEXT SMALL STEP?

PROGRESS, NOT PERFECTION

You have spent seven days creating space for a reset.

You do not need to transform everything overnight. Keep returning to what matters, take the next sensible step, and seek support when you need it.

A new direction can begin with one decision.



YOUR NEXT STEP STARTS HERE



I'm Alex Lecis, a life coach offering faith–informed personal support to Muslim clients.

I combine practical coaching tools with Islamic values to help you gain clarity and move forward with purpose.

WANT TO TALK THROUGH YOUR NEXT STEP?

Discover my **FREE 30–minute session** on my website.

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You don't have to figure everything out alone.