THE REAL RESET CIRCLE

By Ruth Matthews

Four Weeks to Work Out What Matters Now

A Live Small-Group Coaching Experience

YOUR CIRCLE WORKBOOK



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There is no right way to use this workbook. Write, scribble, skip a page and come back to it. This is yours.

WELCOME

Hello, and welcome to the Circle

If you are here, something in your life has been asking for your attention. You may already know what it is. You may only know that the way you have been carrying everything no longer works the way it used to. Both are a perfectly good place to begin.

Over the next four weeks we will work through four honest questions, one each Tuesday.

WEEK 1	**What has changed?**
WEEK 2	**What is actually mine to deal with?**
WEEK 3	**What matters now?**
WEEK 4	**What am I going to do next?**

This is not about fixing you. You are not broken. It is about seeing your life clearly enough to make choices that fit the woman you have become, and leaving with a next step you chose for yourself.

You do not need to arrive with the answers. You only need to arrive.

With warmth,

Ruth

You do not need every answer. You need a clearer question.

HOW THE CIRCLE WORKS

Your four Tuesdays

When and where

- Four Tuesday evenings, 19h00 to 20h00 South African time.
- Live on Zoom, using the same link every week. You will find it in your welcome email and in the WhatsApp group.
- Your camera can be on or off, whatever feels right for you. You can speak, use the chat, or simply listen.

A Tuesday evening in the Circle

- **Arrive and settle.** A short grounding to help you land after your day.
- **The week's focus.** I share a short piece of teaching on that week's question.
- **Your questions.** I work through the questions you sent in, so everyone benefits from each one.
- **A guided exercise.** We work through a page of this workbook together.
- **Close.** One thing to take into your week, and the closing ritual.

Between sessions

- **Before each session**, send me your question on WhatsApp by Monday at 19h00. Each week has a page to help you prepare it.
- **The Circle WhatsApp group** is where I share a midweek prompt and where you can encourage one another.
- **Direct messages** to me are for anything you would rather keep private. I reply within one working day, Monday to Friday.
- WhatsApp is not an emergency service. If you are in crisis, please contact your doctor or a crisis line straight away.

Getting the most from the Circle

- Show up live for all four sessions if you can.
- Complete each week's pages before the next Tuesday. Twenty to thirty minutes is usually enough.
- Be honest on the page. Nobody else will read this workbook unless you choose to share it.

This Circle is coaching and education. It is not therapy, medical care, diagnosis or treatment.

BEFORE WEEK 1

Your starting point

Complete this page before our first session. It is a snapshot of where you are today. In Week 4 you will come back to it and see what has moved.

This season of my life feels like

Three words that describe how I feel most days

The area of my life that is asking for my attention most right now

What I most hope to find or feel after these four weeks

Right now, how clear do I feel about what I need?

Rate yourself from 1 (not clear at all) to 10 (completely clear).

Awareness is not judgement. It is the beginning of coming home to yourself.

WEEK 1

What has changed?

We identify what feels different, what keeps repeating and what has been asking for your attention.

This week's intention
I approach this week with curiosity rather than judgement.

Most women do not lose themselves in one dramatic moment. It happens quietly, through years of coping, carrying and getting on with it. Life keeps moving, so we keep moving with it, often on autopilot.

This week is about lifting your head long enough to notice. You do not have to change anything yet. Noticing is enough.

WEEK 1 · BEFORE THE SESSION

Bring your question

The Circle runs on the questions you bring. Send yours to me on WhatsApp by **Monday at 19h00** so I can shape the session around what the group needs. One or two sentences is plenty.

A gentle place to start. What keeps coming back to you, the thought or feeling you keep pushing aside?

What is on my mind this week

The question I would like to bring to the Circle

Write it the way you would ask a trusted friend. It does not need to be tidy.

If I could leave Tuesday's session with one thing, it would be

There is no such thing as a small question in this Circle. Often the question you nearly did not send is the one another woman needed to hear.

WEEK 1 · EXERCISE

The Autopilot Map

Look at each area of your life. Ask yourself honestly, am I present here, or am I running on autopilot? Then ask what would change if you were more present.

Relationships

Where am I on autopilot?

What would change if I were more present here?

Work and purpose

Where am I on autopilot?

What would change if I were more present here?

My body and energy

Where am I on autopilot?

What would change if I were more present here?

Home life

Where am I on autopilot?

What would change if I were more present here?

Joy, rest and pleasure

Where am I on autopilot?

What would change if I were more present here?

How I see myself

Where am I on autopilot?

What would change if I were more present here?

WEEK 1 · EXERCISE

Then and now

Many women feel unsettled because something has quietly changed and their life has not caught up. Use this table to name it.

WHAT USED TO BE TRUE	WHAT IS TRUE NOW

What keeps repeating in my life, in my thoughts or in my body?

If I am honest, what has been asking for my attention?

WEEK 1 · REFLECTION

Reflection prompts

Choose the prompts that feel most alive for you. You do not need to answer them all.

When do I most notice my mind becoming busy, tense or scattered?

What signs has my body been giving me that I may have overlooked?

Where in my life do I feel I am performing rather than truly living?

What moments still make me feel genuinely alive?

Closing ritual

Before you close your workbook, come back to the present.
Feel the chair beneath you. Take three slow breaths, in through the nose and out through the mouth. Let your jaw, shoulders and hands soften. Then say quietly to yourself, "I have done enough for today. I am allowed to rest."

What shifted for me this week

What I want to carry into next week

WEEK 1 · DURING AND AFTER THE SESSION

My session notes

What I heard that I want to remember

Something another woman said that stayed with me

What I noticed in myself during the session

WEEK 2

What is actually mine?

We separate your priorities from outside expectations, assumptions, guilt and things you may be carrying that are not yours to solve.

This week's intention
I am allowed to put down what was never mine to carry.

Capable women carry a great deal. Some of it is genuinely ours. Much of it arrived because we were the one who noticed, the one who coped, the one everybody relied on.

This week we sort it out, gently and honestly. Putting something down is not the same as not caring. Sometimes it is the most loving thing you can do, for yourself and for others.

WEEK 2 · BEFORE THE SESSION

Bring your question

The Circle runs on the questions you bring. Send yours to me on WhatsApp by **Monday at 19h00** so I can shape the session around what the group needs. One or two sentences is plenty.

A gentle place to start. What are you carrying right now that feels heaviest?

What is on my mind this week

The question I would like to bring to the Circle

Write it the way you would ask a trusted friend. It does not need to be tidy.

If I could leave Tuesday's session with one thing, it would be

There is no such thing as a small question in this Circle. Often the question you nearly did not send is the one another woman needed to hear.

WEEK 2 · EXERCISE

Everything I am carrying

Before we sort anything, write it all down. Responsibilities, worries, tasks, other people's feelings, expectations, the invisible list. Do not edit. Just empty it onto the page.

Getting it out of your head and onto paper is the first relief. You no longer have to hold all of it in your mind at once.

WEEK 2 · EXERCISE

Mine, not mine

Now take each item from your list and place it in one of three columns. Be honest, not polite. There is no wrong answer.

MINE TO DEAL WITH	SHARED	NOT MINE TO SOLVE
My responsibility, my choice to act	Needs a conversation or a fairer split	Someone else's to carry, or no one's

The item I found hardest to place, and why

WEEK 2 · EXERCISE

The guilt check

Choose one thing from your **Not mine to solve** column. Guilt often keeps us holding on. These questions help you see what it is protecting.

The thing I am carrying that is not mine

If I put this down, what am I afraid would happen?

Is that fear based on what is true now, or on what used to be true?

What would it give back to me if I stopped carrying it?

One small step I could take this week to begin putting it down

Closing ritual

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What shifted for me this week

What I want to carry into next week

WEEK 2 · DURING AND AFTER THE SESSION

My session notes

What I heard that I want to remember

Something another woman said that stayed with me

What I noticed in myself during the session

WEEK 3

What matters now?

We look at your priorities, values, boundaries, energy and what you want more or less of in this part of your life.

This week's intention
What matters to me is allowed to change, because I have changed.

What mattered to you at thirty may not be what matters now. That is not failure. It is growth that your life has not yet caught up with.

This week we look at what you want more of, what you want less of, and what your energy has been trying to tell you.

WEEK 3 · BEFORE THE SESSION

Bring your question

The Circle runs on the questions you bring. Send yours to me on WhatsApp by **Monday at 19h00** so I can shape the session around what the group needs. One or two sentences is plenty.

A gentle place to start. Where in your life do you feel most like yourself, and where least?

What is on my mind this week

The question I would like to bring to the Circle

Write it the way you would ask a trusted friend. It does not need to be tidy.

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WEEK 3 · EXERCISE

Surviving and living

Feel the difference between the two, not just understand it. On the left, write what you currently do to get through. On the right, what living might look like instead.

SURVIVING	LIVING
What I currently do, my survival patterns	What I want instead, what living could look like

One small shift from surviving towards living I could make this week

WEEK 3 · EXERCISE

More of, less of

Think about the season you are in now, not the one you were in five years ago.

I WANT MORE OF	I WANT LESS OF

My energy

WHAT GIVES ME ENERGY	WHAT DRAINS ME

WEEK 3 · EXERCISE

What matters now

The three things that matter most to me in this season of my life

Not what should matter, or what used to matter. What does.

Where my time and energy currently go that does not match these

A boundary that would protect what matters to me

Who or what that boundary would affect, and how I could say it kindly

Closing ritual

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What shifted for me this week

What I want to carry into next week

WEEK 3 · DURING AND AFTER THE SESSION

My session notes

What I heard that I want to remember

Something another woman said that stayed with me

What I noticed in myself during the session

WEEK 4

What am I going to do next?

We turn what you have noticed into one or two realistic decisions, conversations, boundaries or actions you can take forward.

This week's intention
I choose my next step, and I trust myself to take it.

You have noticed what changed. You have sorted what is yours. You have named what matters now. This week we bring it together into something you can actually do.

Realignment is rarely dramatic. It starts with one honest decision, one conversation, one boundary, one gentle step. That is what we build this week.

WEEK 4 · BEFORE THE SESSION

Bring your question

The Circle runs on the questions you bring. Send yours to me on WhatsApp by **Monday at 19h00** so I can shape the session around what the group needs. One or two sentences is plenty.

A gentle place to start. Looking back over the last three weeks, what feels clearest now?

What is on my mind this week

The question I would like to bring to the Circle

Write it the way you would ask a trusted friend. It does not need to be tidy.

If I could leave Tuesday's session with one thing, it would be

There is no such thing as a small question in this Circle. Often the question you nearly did not send is the one another woman needed to hear.

WEEK 4 · EXERCISE

My next step

Keep this realistic. One step you will actually take is worth more than ten you will not.

Looking back over the Circle, the most important thing I have realised

The decision I am making

The first action I will take, and when

The conversation I need to have, with whom, and what I want to say

The boundary I am putting in place

What might get in the way, and what I will do when it does

Who or what will support me

WEEK 4 · EXERCISE

Back to your starting point

Turn back to the page you completed before Week 1. Read it slowly, then answer these.

What has moved since I first filled in my starting point?

What do I understand now that I did not four weeks ago?

Today, how clear do I feel about what I need?

Rate yourself again from 1 (not clear at all) to 10 (completely clear).

A note to myself to read three months from now

Closing ritual

Before you close your workbook, come back to the present.
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What shifted for me this week

What I want to carry into next week

WEEK 4 · DURING AND AFTER THE SESSION

My session notes

What I heard that I want to remember

Something another woman said that stayed with me

What I noticed in myself during the session

AFTER THE CIRCLE

What comes next

You have done something many women never give themselves the chance to do. You stopped long enough to look honestly at your life, and you chose a next step.

Keep this workbook. Come back to it whenever life feels heavy again. The questions still work.

If the Circle has stirred something in you and you would like to go deeper, The REAL Method is my twelve-week programme for realignment. It works through four stages.

R **Reflect**, understanding where you are and how you got here.

E **Embody**, coming back into your body and what it has been telling you.

A **Align**, making choices that fit your values and this season of life.

L **Live**, living it, one honest decision at a time.

If you would like to talk about whether it is right for you, send me a message. I am always happy to help you work out the right next step, even if that is not working with me.

You are not broken. Your life may simply be asking for realignment.

With gratitude,

Ruth Matthews
Founder, Realign with Ruth