

GET IT DONE



The Checklist

The Reset Formula
2026 Women's Edition

Chapter 1

Chapter 3

Chapter 4

Chapter 5

Chapter 7



- Can I produce more?
- Can I improve quality?
- Can I expand my network?
- Can I reduce my work time through automation?
- Can I add more value to my work?
- Can I solve more problems?
- Can I innovate and improve my methods?

[illegible]



- Keep a journal to track progress and lessons learned
- Write down challenges and analyze them systematically
- Continuously refine solutions and strategies

- Start NOW — stop waiting for the “perfect time”
- Celebrate small wins to maintain motivation
- View failures as learning opportunities
- Build sustainable systems instead of relying on quick fixes
- Ensure adequate sleep for optimal focus and willpower