

THE ENCORE RESET JOURNAL

Design Your Next Chapter ~ Life, Leadership & Legacy



PAULA WASHINGTON



The Encore Reset Journal

**Design Your Next Chapter
~ Life, Leadership &
Legacy**

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Foreword



When Paula Washington and I first met, it felt less like a meeting and more like a moment that was meant to happen. She reached out after seeing me on a LinkedIn LIVE, and what we thought would be a quick coffee chat became an instant connection. We talked about money, purpose, and the way women move through the world, and it was clear our paths aligned long before we knew each other. So when she asked me to write this foreword, it felt like the natural beginning of something bigger.

What I admire most about Paula is how she understands the whole woman. She knows you cannot grow in one area of life while ignoring another. Her ENCORE Framework honors that truth. It helps you step into your next chapter with clarity whether you're just starting out or deep into your career like I am.

Paula treats experience like the powerful currency it is. She clears up financial myths with ease and gives you a simple way to strengthen your foundation. And she widens the conversation around legacy. It isn't just about money. It's about your name, your ideas, your voice, and what you protect and pass forward. She invites women to build meaningful relationships, rethink rejection, and embrace change so they can grow without shrinking themselves.

This book also asks questions that stop you in your tracks. One of them sent me straight back to my childhood: what is a chapter that once brought pain but now brings laughter? I remembered growing up on food stamps and welfare. Those memories used to sting, but today I share them with humor and gratitude. Paula has a way of bringing those reflections out of you while guiding you toward the steps that truly matter.

Her final love letter to the reader is tender and stirring. It doesn't just encourage you. It calls you forward. It reminds you that becoming the woman you're meant to be is an active choice.

As you move through these pages, I hope you feel what I felt the first time I spoke with Paula. A sense of timing, clarity, and possibility.

Welcome to your next chapter.
It's time for your encore.

Leah Garcia
Financial Strategist & Dynasty Builder

Dedicated to those women ready to FLY!

From Me to YOU



We as women, like the butterfly, begin as caterpillars. Curious, ever-reaching, learning the terrain of change. Transitions happen: job shifts, home moves, health, farewells, and the breathless pause of loss. Yet always, we keep moving.

Inside our cocoon, grief, uncertainty, and reinvention quietly transform us, while the world sees only stillness. It is through these moments that we grow our wings, woven from wisdom, strengthened by experience, and colored by every tear and every celebration. Maturity, in its true form, is beauty. Not just the soft hues or delicate lines, but the resilience to smile through tears, to rise again, and to bet on oneself while becoming the legacy we once only imagined.

My “why” for this companion journal is to guide women through the holiday season and new year: to reflect, take courageous action, and honor our journey. Every entry is a thread in your tapestry of life. This era is not a return. It is your Encore! Your performance has been perfected through years of preparation, God’s timing, and the wisdom shared and received. It is the moment we spread our wings and realize we have always been beautiful, *kalos*: mature, complete, prepared.

May your Encore be radiant, may you fly through any storm, and may your next chapter be the most beautiful yet.

With love and expectation,

- Paula Washington



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Welcome to your Reset



Like butterflies, women embody both beauty and strength, the power to transform, to endure storms, and to emerge radiant.

This journal is your space for reinvention. I was inspired by a client's breakthrough during my ENCORE program. After experiencing her success, she suggested I create this journal so other women could track their progress too. Here, you'll reflect on where you've been, clarify what you want, and design what comes next.

These pages are for truth-telling, dream-building, and legacy-making.

What Is the Encore Reset?

Your **Encore Era** is the stage of life where *wisdom meets opportunity*, the time to honor everything you've learned and leverage it into what's next.

The **Encore Reset** is your intentional pause. A guided process to release what no longer fits, get laser focused, and design the next chapter of your life, leadership, and legacy.

Through this journal and the Encore framework, you'll reflect deeply, set meaningful goals, and create momentum with intention. Each step helps you align who you are today with who you're becoming next.

The ENCORE Framework



This journal draws inspiration from the signature ENCORE model. A framework for reflection and renewal:

E --- Exit with Intention

Release what no longer aligns and make room for what's next.

N --- Navigate the New

Find stability and confidence through trust and consistent action.

C --- Commit, Communicate & Connect

Lead with authenticity and build relationships rooted in integrity.

O --- Opportunities

Align your energy with intention to create new possibilities.

R --- Relevance

Set goals that fit your current season and purpose.

E --- Excellence

Embrace your unique trademark and leave a lasting impact.

Your Encore Era:

The *Encore Reset Journal* is more than a workbook, it's a guided reflection designed to help you:

- Clarify your next direction with confidence
- Identify goals that truly align with your intentions
- Create a vision and plan you can live into
- Step into your Encore Era with purpose, poise, and power

This is your time to reflect, renew, and rise!

Inside you'll discover:

- The ENCORE framework to shape your next chapter
- Prompts for deep reflection AND playful exploration
- Celebration and gratitude trackers
- Creative exercises to unlock your vision
- Space for words, sketches, and everything in between

How to Use This Journal:

There's no "right" way---only YOUR way:

- Write in the margins
- Skip questions that don't resonate
- Come back to pillars when you're ready
- Doodle, sketch, or stick to words
- Extra journal pages at the end of each pillar

Your path through this journal:

- **New to journaling?** Start with 1 and move through in order
- **Ready to dive deep?** Go straight to the pillar calling you most
- **Short on time?** Focus on quick exercises first
- **Love to reflect?** Lean into the deep dives available

The goal is not perfection, but progress. Each reflection moves you forward.

You are ready to stand center stage, on your own terms, with grace and power.

Let's begin.



"Butterflies are like women. We may look pretty and delicate, but Girl, we can fly through a storm."

- Paula Washington

Pillar 1: Exit with Intention



Focus Point: Intentionally shape what's next by releasing what no longer fits and choosing what aligns with your new Encore Era.

"Exits are not endings. They are powerful beginnings designed with purpose. Your ability to navigate transitions determines the quality of your next chapter."

- Paula Washington

Let's explore how this applies to you!

Introduction:

Exiting with intention means approaching change with the same clarity and confidence that once fueled your greatest achievements. Every ending creates new space. It's an opportunity to release what drains your energy, honor what remains valuable, and intentionally design the next version of your success story.

Think of it as your *life exit strategy*, a concept borrowed from business but powerful in every area: leaving a job to start a venture, entering retirement, navigating financial shifts, relationships, or mindset resets.

My Exit Strategy



What I'm releasing:

What I'm stepping into:

My power word for my next act:

My Commitments:



Clarity: What my heart genuinely wants.

Courage: Where I'll be bold.

Consistency: My daily commitment (no matter how small).

Reflect: Now that you've decided to exit, close your eyes... take a deep breath and notice how this feels.

Wisdom Carry-Forward



My Wardrobe Change



Think of this transition like cleaning out your closet for a new season.

What am I donating? (Beliefs, habits, relationships that no longer fit). *Example: Perfectionism, saying yes when I mean no, waiting for permission.*

List yours:

What special pieces am I adding? (New habits, mindsets, experiences I'm claiming). *Example: Morning boundaries, asking for help, celebrating small wins.*

List yours:

My signature accessory for this chapter: *(The ONE thing that will define how I show up)* *Example: Confidence, authenticity, joy.*

Mine:

Journal Page

What else wants to be expressed right now? If nothing, continue to the next pillar. If yes, use this space however you need.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

With intention set and old patterns released, you're ready to find your footing as you navigate new territory.

Pillar 2: Navigate the New



Focus Point: Find stability and possibility by trusting your growth and building momentum through simple, consistent action.

"Uncertainty isn't your enemy, it's the soil where new possibilities grow. Clarity is not about eliminating uncertainty. It's about developing resilience to move forward with confidence."

- Paula Washington

Here's how to bring that wisdom forward!

Introduction:

You've weathered storms, some self-made, others unexpected. After the whirlwind, the quiet holds the answers you didn't know you needed.

This is not about rushing toward the next thing. It's about honoring how far you've come, listening to your intuition, and giving yourself permission to design what feels aligned.

My New Normal



One lesson the storm taught me:

One new choice I'm taking with me:

Reflection: Take a moment, take a breath... what feels different now?

My Comeback Playlist

Music has power. What three songs remind you that you're a remarkable woman who's been through fire and came out dancing?

1. _____
2. _____
3. _____

My 3 Comeback Mantras:

These are YOUR words of power. What do you need to hear when doubt creeps in?

Examples:

- "I've survived 100% of my worst days"
- "My next chapter is unwritten - I hold the pen"
- "I am exactly where I need to be"

Now write yours:

1. _____
2. _____
3. _____

My Oscar Performance

Girl, you've lived a performance worthy of an Oscar, the resilience, the comebacks, the moments only you know about. If Hollywood gave you an award for your life's performance, what would it say?

Design your Oscar:

Draw it, describe it, or just write what it represents.

My Oscar is shaped like: _____

It's engraved with: _____

The category I'm winning:

Examples: Best Comeback, Most Resilient Lead, Best Supporting Role to Myself)

What my Oscar says about me:

Confidence comes not just from trusting yourself, but from how you connect with others and honor your commitments...

Pillar 3: Commit, Communicate & Connect



Focus Point: Lead with authenticity and consistency so your commitment builds trust. Your communication fuels connection, and your presence inspires alignment.

"Commitment and communication create authentic connections. When you lead with clarity and act with intention, relationships thrive naturally."

- Paula Washington

Let's explore how this applies to you!

Introduction:

In this pillar, your commitment, communication and how you nurture relationships determine the depth of your growth and the reach of your influence. True connection begins with clarity. When you communicate clearly and follow through with integrity, you naturally attract those who share your values. Authentic connections are your relational currency ~ cherish them!

My Commitment Inventory



A simple audit of where commitments are aligned vs. scattered:

Commitments I'm honoring:

- To myself: _____
- To my goals: _____
- To my relationships: _____

Commitments I'm ready to release:

What I said 'yes' to that's now a 'no': _____

New commitment I'm making now:

My Communication Commitments



Pick 3 communication commitments (or write your own):

- ☐ I will speak up when something doesn't feel right
- ☐ I will ask for what I need directly
- ☐ I will stop over-explaining my decisions
- ☐ I will listen without planning my response
- ☐ I will not avoid hard conversations
- ☐ I will say no without guilt
- ☐ I will celebrate others more openly
- ☐ Other:

My top 3 commitments:

1. _____
2. _____
3. _____

The one I'm practicing THIS WEEK: _____

How I'll practice it: _____

Relationship Seasons



Just like life has seasons, so do relationships.

1. A relationship in spring (new, growing):

2. A relationship in summer (thriving, abundant):

3. A relationship in fall (changing, releasing):

4. A relationship in winter (dormant or ended):

5. My feelings about these seasons:

Journal Page

How am I showing up in my relationships? Is my communication clear, and does it align with my values?

Which connections energize me, and which drain me? What boundaries will I honor to protect my peace and priorities?

My Inner Circle



Draw a simple circle diagram. Put yourself in the center. Around you, write the names of people in your life.

How to map it:

- **Proximity** = emotional closeness (closer to center = closer relationship)
- **Size of name** = impact on your life (bigger = more influence)
- **Color code** (optional):
 - o Green = energizes me
 - o Yellow = neutral
 - o Red = drains me

Journal Page

Reflect on your inner circle drawing.

- What surprised you about who's close and who's distant?
- What patterns do you see?
- What needs to shift for this next chapter?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Authentic relationships and clear communication create the foundation. Now, let's explore how to recognize and create opportunities aligned with your vision...

Pillar 4: Opportunities



Focus Point: Align your energy and intention to create possibilities.

Opportunities expand when your focus matches your purpose."

- Paula Washington

Let's explore how this applies to you!

Introduction:

You are the creator of your own possibilities. Opportunities don't just happen, they're cultivated through aligned energy, clear priorities, and intentional action. This pillar helps you recognize opportunities already present and create new ones that resonate with your vision.

Boundary Blueprint



Every boundary you set is a door you open to opportunity. When you protect what matters, you create room for what's possible.

A boundary I've successfully set:

How it felt: _____

What it created space for: _____

A boundary I need to set: _____

What makes it hard to set this boundary:

- ☐ Fear of disappointing someone
- ☐ Worried about being seen as difficult
- ☐ Unsure how to communicate it
- ☐ Fear of losing the relationship
- ☐ Other:

My boundary difficulty scale: (circle one)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

The script I'll use:

When _____ I will _____

Example: *"When you call after 9 pm, I will let it go to voicemail and call you back in the morning."*

My script: _____

Who will support me in this: _____

My boundary date: I will implement this by: _____

The 5 F's of Aligned Living



Where can alignment in these areas enhance your energy, confidence, and strength?

1. **Faith:**

What belief am I strengthening? What spiritual practice grounds me?

2. **Finance:**

What money story am I rewriting? What financial goal matters most right now?

3. **Fitness:**

How do I want to feel in my body? What movement brings me joy?

4. **Family:**

What relationship needs attention? What boundary needs reinforcement?

5. **Friends:**

Who energizes me? What connection am I cultivating?

Which one needs most attention: _____

One small action I'll take this week: _____

My Focus Areas



My top 3 priorities:

1. _____
2. _____
3. _____

What I'm releasing (my "deal breaker"):

What I'm claiming (my "must-have"):

Permission I'm granting myself:

"Aligned energy opens the right doors at the right time."

- Paula Washington

Journal Page

How am I showing up as the creator of my own possibilities? What doors am I opening for myself?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

With aligned energy and clear priorities, you're ready to set goals that matter most...

Pillar 5: Relevance



Focus Point: Align your goals with your current season so they are progressive, realistic, and resonate with your life today.

"Relevant goals are bridges between your present potential and future achievements. A choice is only wise when the outcome reflects wisdom."

- Paula Washington

Here's how to bring that wisdom forward!

Introduction:

Relevance means pursuing what matters most in your Encore Era. When your goals align with your current priorities, energy, and purpose, progress feels natural instead of forced.

My ONE Goal



Choose ONE goal to focus on:

My goal

Why does it light me up:

How I'll celebrate progress:

My accountability friend:

Alignment vs. Approval



Where have I been chasing validation instead of alignment?

Area of my life: _____

Whose approval was I seeking: _____

What it cost me: _____

What's one action I can take to stay in alignment?

Examples:

- I take a pause when I feel like I need approval
- I check in with my values before saying yes
- I ask myself "Does this feel true to me?"

My alignment practice: _____

My alignment reminder: (A word, phrase, or image to ground you)

Journal Page

Describe your vision in detail OR what does it feel like when you're living it? What do you see, hear, and experience? Who's with you? Let yourself dream on paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Relevant goals give you direction. Excellence is how you walk that path realistically. With intention, integrity, and your unique trademark...

Pillar 6: Excellence



Focus Point: Embrace your personal trademark, the qualities, integrity, and grace that leave a lasting impact.

"Excellence is your trademark. Legacy is not only defined by grand gestures. It's also in the ways you consistently show up and make people feel."

- Paula Washington

Here's how to bring that wisdom forward!

Introduction:

Excellence is about intention, not perfection. It's the way you show up consistently. The quiet trademark defined by the standards you keep, the care you bring, and the integrity you honor.

What do I do better than almost anyone else?



My Reputation: What is the most common compliment I receive?:



My top core values:



Not sure where to start? Here are common core values. Circle 5-7 that resonate, then narrow to your top 3:

Authenticity • Integrity • Courage • Compassion • Creativity • Excellence
• Freedom • Growth • Honesty • Innovation • Joy • Justice • Kindness
• Leadership • Love • Loyalty • Peace • Purpose • Respect • Service
• Simplicity • Strength • Trust • Wisdom

My top 3 core values:

1. _____
2. _____
3. _____

How they show up in my life:

My Excellence Statement



Formula to help you:

"I am the woman who brings [Signature Quality] because I consistently [Specific Action] with [Core Value]."

Examples

- "I am known for making people feel seen because I consistently listen deeply with genuine curiosity."
- "I am known for getting things done because I consistently follow through with integrity and excellence."

Now write yours:

I am known for _____

because I consistently _____

with _____

My one-sentence excellence statement:

My Personal Brand Elements



If you were a brand, what would your tagline be? What would people say about the "you" experience?

My tagline:

My signature colors/aesthetic:

The feeling people get when they're around me:

Celebration: I'm Proud Of...

List 5 things, big or small, that showcase your excellence THIS WEEK.

1. _____

2. _____

3. _____

4. _____

5. _____

Gold star/confetti balloons moment:

Journal Page

1. What does excellence look like in your daily life, in your work, relationships, and self-care?
2. How does it feel to claim excellence and your own brilliance?
3. What resistance, if any, comes up when you celebrate yourself?

[illegible]

Journal Page

What does leaving a legacy mean to me, and what choices am I making today that shape it?

[illegible]

Your Encore Continues

Having moved through the ENCORE framework, you now step into the ongoing story of your encore era of life, where everything you've learned becomes everything you live.

My Encore Declaration



Bring it all together. Read this aloud like you mean it.

I am exiting with intention by...

I navigate the new with...

I commit, communicate, and connect through...

I create opportunities by...

My relevant goals are...

My trademark of excellence is...

My Declaration:

I am not done yet because...

Milestone Celebrations

Don't just list accomplishments, CELEBRATE them! Add stars, hearts, exclamation points!!!

Major accomplishment I'm celebrating:

Unexpected blessing:

My proudest breakthrough:

Gratitude Garden

What are you grateful for? Plant seeds of gratitude here.

My Encore Playlist

Curate your complete Encore Era soundtrack. These are the songs that fuel your transformation.

Songs that remind me I'm powerful:

1. _____

2. _____

Songs for when I need courage:

1. _____

2. _____

Songs that celebrate how far I've come:

1. _____

2. _____

The one song that makes me feel unstoppable:

When I hear this song, I remember:

My Encore Style



Your encore deserves a signature look that makes YOU feel like the main character.

My current style identity:

How I want to feel in what I wear:

Signature pieces that represent my encore:

Colors that make me feel powerful:

Your encore isn't a comeback. It's a continuation, proof that evolution and joy can share the same stage!

Letter to My Future Self



Here's an example to inspire your own letter:

Dear Future Me,

Girl, we made it. We walked through fire, now it's time to fly. From this moment in my encore era, I write with hope, confidence, and anticipation. I'm trusting you to honor the woman I'm becoming, to take up space, speak your truth, and build the legacy our younger self always dreamed of.

May you continue to lead with courage, live with beauty, and create with intention. Remember, you are the evidence of what faith, vision, and resilience look like.

With love and expectation,

Paula

Now it's your turn.

What does YOUR butterfly look like? Imagine it, draw it below, then write your letter to your future self.

My Butterfly

Signature pieces that represent my encore:

Colors that make me feel powerful:

Dear Future Me,

Resources & Next Steps

Continue Your Encore Journey:

- Visit: paulawashington.com
- [Connect on LinkedIn](#)
- Explore The Encore Playbook for deeper guidance on the framework.
- Join the Encore community for ongoing support.

Your Encore Era has just begun. Keep writing it.



About the Author



Paula Washington, MBA, MS, brings both professional expertise and personal experience to her work, helping women navigate major transitions with grace and grit. She has weathered reinvention through business changes, single parenthood, health challenges, and caregiving. Each experience strengthened her belief that transformation is possible at any age and in any stage.

With a background in corporate training and entrepreneurship, Paula has guided hundreds of women leaders toward clarity, confidence, and success, from executives launching dream ventures to women rediscovering passion in their next chapter. Her philosophy is simple yet powerful: "Transformation begins when we stop waiting for perfect conditions and start moving with what we have."

When she's not mentoring or speaking, Paula enjoys salsa dancing, jazz, travel, pickleball, and time with family.

She believes living well proves that joy and excellence coexist beautifully.

For more inspiration:



paulawashington.com | [LinkedIn](#)