



PROYECTIZE LIFE

THE 90-MINUTE LIFE RESET

You don't need to start over.
You need to re-align.

A guided session to reset your direction,
energy, and next step in just **90 minutes**.



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REFLECT • REFRAME • CREATE • LIVE • EVOLVE

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1. Welcome to Your Life Reset

You may have arrived at this workbook in different ways, including the guide:

"Prepare Your Next Step"

While that guide introduces the framework, this 90-Minute Life Reset offers something different:
A focused session to organize your insights and define a clear next step.

Why I Created This

After more than 35 years in technology and project management, I realized:

We plan projects better than we plan our lives.

In organizations, we pause, assess, define direction, plan, and execute.

In life, we rarely do.

We move from responsibility to responsibility until one day a question appears:

"What's next?"

Not because something is wrong... but because something is missing:

Clarity.

A Different Way to Move Forward

You don't need to reinvent yourself. You need to re-align.

You already have:

- Experience
- Skills
- Knowledge
- Relationships

The challenge is not starting from zero.

It is seeing clearly what you already have and how to use it next.

What This Reset Will Do

This is not just a workbook. This is a 90-Minute personal strategy session.

A moment to:

- Step back
- Reconnect with your path
- Reframe your experience
- Define your next move

What You Will Walk Away With

- A clear 30-day direction
- A defined next step
- A simple action plan
- Renewed clarity and momentum

In the next 90 minutes, you will do what most people postpone for years:

Reset your direction and define your next step.

2. Why This Reset Matters

The 90-Minute Life Reset is a structured reflection session designed to help you:

- Reconnect with what truly matters
- Understand where you currently stand
- Identify possible directions for your next chapter
- Define a small but meaningful next step

You will go through a simplified version of the Proyectize Life methodology, which includes five stages:

1. Reflect
2. Reframe
3. Create
4. Live
5. Evolve

Instead of months of planning, you will perform a focused strategic reset in about 90 minutes.

Think of it as:

A personal strategy session for your life.

3. How to Use This Workbook

This workbook is not meant to be read passively. It is designed to be used.

To get the most value from it:

Step 1 - Block 90 Minutes

Choose a moment when you will not be interrupted.

Turn off notifications.

Silence your phone.

This is a meeting with yourself.

And it matters.

Step 2 - Use Pen and Paper

Writing activates deeper thinking.

Avoid typing answers if possible.

Step 3 - Be Honest

There are no right answers here.

Only your answers.

4. The Projectize Life Framework

Projectize Life is a simple idea inspired by a powerful question:

What would happen if we approached our life with the same clarity and intention we use to manage important projects?

In organizations, projects succeed because they follow a structured process: understanding the current situation, redefining goals, designing a plan, taking action, and continuously improving.

Life is not very different.

Over the years we accumulate knowledge, experiences, relationships, and skills. Yet many people rarely stop to evaluate how these elements could be combined to design the next chapter of their lives.

Projectize Life is a framework designed to help you do exactly that.

It provides a structured way to pause, reflect on where you are, explore new possibilities, and intentionally move toward what matters most to you.

The methodology is built around five simple stages. If you have previously explored “A 5-Day Micro-Plan to Projectize Your Next Step in Life.”, you will recognize these five stages:



Reflect

Pause and observe your current reality. Identify the experiences, skills, and resources that already exist in your life.



Reframe

Look at your story from a new perspective. Instead of seeing your past as something that defines you, see it as a set of assets that can be recombined in new ways.



Create

Design possible paths for the future. Explore opportunities that align with your interests, values, and accumulated experience.



Live

Turn insight into action. Define small but meaningful steps that move you closer to the life you want to build.



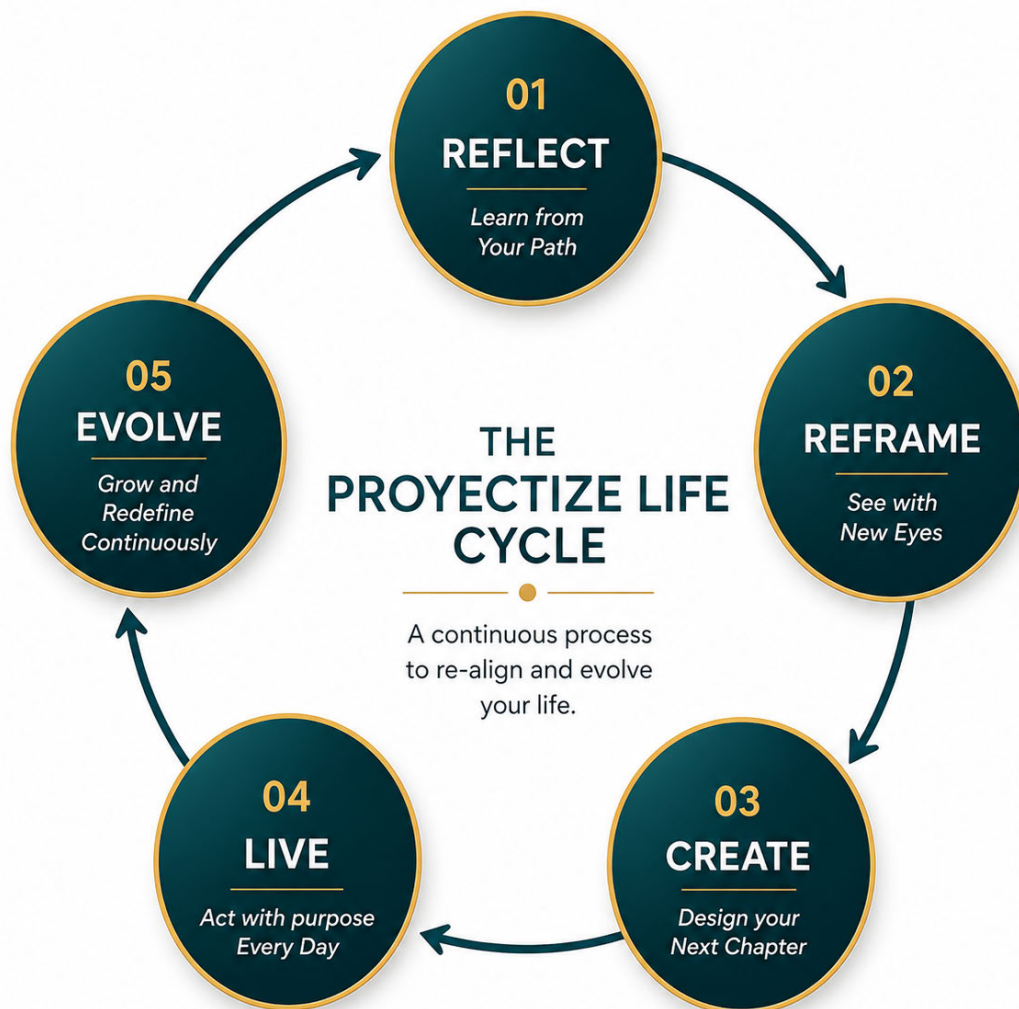
Evolve

Continue learning and adjusting. Life, like any project, improves through continuous reflection and refinement.

The purpose of Proyectize Life is not to produce a perfect plan.

It is to help you approach your life with intention, clarity, and creativity.

The *90-Minute Life Reset* you are about to experience is a simplified application of this framework, a short but powerful session designed to help you reconnect with your direction and define your next step. Continuously refine your direction.



5. The 90-Minute Reset Agenda

Your session will follow this simple structure:

Before you start the clock: the 90 minutes ahead are your personal strategy session. Phases 1, 2, and 3 are active writing phases – you will complete canvases and exercises as you go. Phase 4 (Live) uses its 20 minutes differently: you will read through the execution framework and then spend 5 minutes per sprint week internalizing the weekly review ritual you will repeat over the next 30 days. This is not execution – it is your project kickoff. Phase 5 (Evolve) gives you 10 focused minutes to define your continuous growth commitment. The workbook stays with you as your reference throughout the sprint.

The Simple Agenda		
STAGE	TIME	PURPOSE
01 Reflect	🕒 20 min	Understand where you are
02 Reframe	🕒 20 min	Shift perspective
03 Create	🕒 20 min	Explore possible directions
04 Live	🕒 20 min	Learn your weekly review ritual (5 min × 4 weeks)
05 Evolve	🕒 10 min	Define your growth commitment



Phase 1

Reflect

Learn from Your Path

(20 min)

6. Reconnect with What You Have Already Built

This is where everything begins, not with a plan, but with a pause.

Before designing what comes next, it is essential to recognize what already exists.

Most people move forward without ever pausing to observe the path they have already traveled. As a result, they underestimate the value of their experience and the resources they already possess.

In project environments, before starting something new, teams often review past projects to understand what worked, what was achieved, and what capabilities were developed.

This phase applies the same principle to your life.

The goal is simple:

Reconnect with your accomplishments, and from them, identify the assets you can use to build your next chapter.

Recall Your Accomplishments

Before identifying your assets, take a moment to remember the moments in your life that made you feel proud.

These accomplishments do not need to be extraordinary or publicly recognized. They can come from any area of your life:

- professional achievements
- personal milestones
- challenges you overcame
- projects you completed
- contributions you made to others

What matters is that they represent something you built, achieved, or moved forward.

Exercise - Your Key Accomplishments

List five accomplishments that make you feel proud.

For each one, include:

- the year
- a short description

- whether it gave you energy or drained your energy
- whether it felt aligned or not aligned with your life

Example for Accomplishment #1

Year: 1985

Description: I wrote my first computer program on the technology available at the time. It was adopted by a large company and used for several years.

Gave or drained energy: It gave me energy. I was experimenting with something completely new and discovering a capability I didn't know I had.

Aligned with my life: Yes. Looking back, this moment quietly defined the direction of the next 40 years.

Example for Accomplishment #2

Year: 2006

Description: I led a critical data migration project for the largest Oil & Gas retailer in Colombia, delivering results that exceeded expectations despite significant constraints.

Gave or drained energy: It gave me energy. The team was strong, the challenge was real, and the outcome proved what structured project management can achieve.

Aligned with my life: Yes. It reinforced my conviction that methodology and people, combined well, can overcome almost anything.

Reflection

As you review your accomplishments, notice:

- Which types of activities appear repeatedly?
- Which ones gave you energy?
- Which ones felt truly aligned with who you are?

These patterns are important.

They are early signals of what matters to you.

Now write yours:

THE KEY ACCOMPLISHMENTS CANVAS

✓ or ✕

#1

Year

Your Accomplishment

⚡

Add or Drain Energy? ☐

🧭

Aligned with life you want? ☐

#2

Year

Your Accomplishment

⚡

Add or Drain Energy? ☐

🧭

Aligned with life you want? ☐

#3

Year

Your Accomplishment

⚡

Add or Drain Energy? ☐

🧭

Aligned with life you want? ☐

#4

Year

Your Accomplishment

⚡

Add or Drain Energy? ☐

🧭

Aligned with life you want? ☐

#5

Year

Your Accomplishment

⚡

Add or Drain Energy? ☐

🧭

Aligned with life you want? ☐

Proyectize Life

www.proyectize.com

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7. Identify Your Life Assets

Now that you have reconnected with your accomplishments, the next step is to extract what they reveal.

Every accomplishment is built using a combination of assets.

These assets are the real foundation you will use to design your next chapter.



8. Life Asset Snapshot Canvas

Use the canvas below to capture the main assets that emerge from your experience.

Think of your life as a portfolio of capabilities. These include:

Knowledge

What do you deeply know?

Examples: Enterprise technology architecture and systems integration, Project management methodologies (PMBOK, Agile, Scrum), Digital transformation in large organizations, SAP implementation and data migration, How large corporations make technology decisions

Skills

What can you do well?

Examples: Leading cross-functional teams through complex projects, Translating technical complexity into clear business language, Designing structured processes where none existed, Coaching and developing people under pressure, Building and deploying digital solutions from concept to production

Experience

What have you lived or built?

Examples: 40 years delivering technology projects across multiple industries, Leading teams of up to 52 people in high-stakes environments, Managing implementations across Latin America for global corporations, Starting an entrepreneurial venture after a long corporate career, Navigating major organizational changes and technology transitions

Network

Who are the people around you?

Examples: Senior technology and business leaders across Latin America, Project management and Agile practitioner communities, Former colleagues and collaborators across multiple industries, Entrepreneurial and startup communities, Professional networks built across 40 years of corporate life

Energy Sources

Examples: Solving complex problems that others find overwhelming, Teaching and explaining frameworks in ways that create clarity, Building something new from a blank page, Mentoring professionals navigating career transitions, Experimenting with emerging technologies and applying them to real problems

If you previously completed the exercise "Experience Inventory" from the "A 5-Day Micro-Plan to Projectize Your Next Step in Life.", you may already have identified many of the assets that appear in this canvas.

Feel free to reuse those insights here.

Reflection becomes more powerful when you revisit it from different perspectives.

Now write yours:

THE LIFE ASSET SNAPSHOT	
KNOWLEDGE What do you deeply know? 	SKILLS What can you do well?
EXPERIENCE What have you lived or built? 	NETWORK Who is around you?
PERSONAL ENERGY What activities energize you? 	

9. Make Your Assets Visible

At this point, you may start to notice something important:

You are not starting from zero.

You already have a combination of knowledge, skills, experiences, relationships, and energy sources that can be used in new ways.

Many people feel stuck not because they lack options, but because they cannot clearly see what they already have.

This exercise changes that.

Transition to the Next Phase

Now that you have made your assets visible, the next step is to look at them from a different perspective.

In the next phase, you will begin to reframe your experience, transforming these assets into new possibilities for your future.

Every great project starts by knowing its resources. You know yours. Now it's time to design what they can build.

10. Reflection Questions

Answer briefly:

What accomplishments am I most proud of?

What activities give me energy today?

What activities drain my energy?

What parts of my life feel aligned?

What parts feel out of sync?



Phase 2

Reframe

See with New Eyes

(20 min)

11. Transform Your Experience into New Possibilities

You've done the hardest part, you looked back honestly.

In the previous phase, you revisited your accomplishments and identified the assets that have been present throughout your life.

Now it is time to look at that information from a different perspective.

Most people see their past as a fixed story:

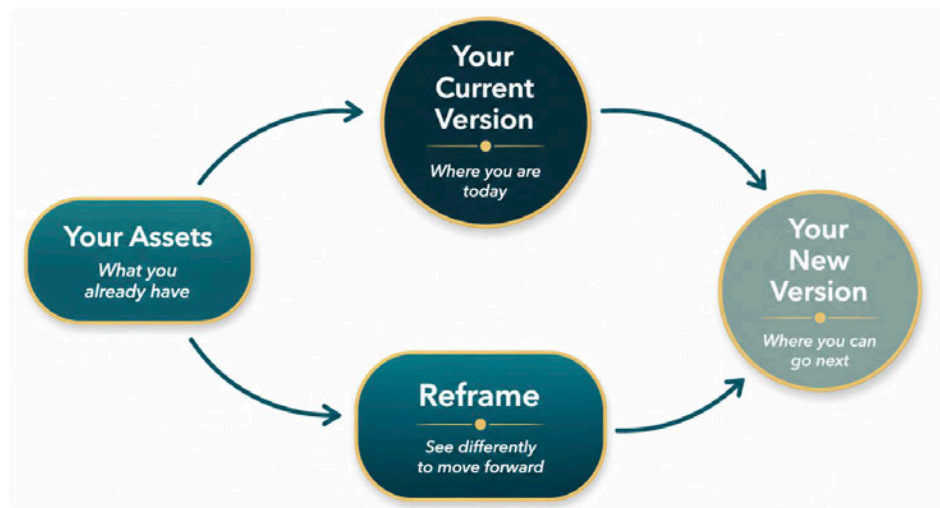
"I have always done this."

"This is my career."

"This is what I know."

But in reality, your experience is not a limitation.

Experience → Skill → Value → Opportunity



Reframing means shifting from:

"This is what I did" to "This is what I can do with what I have."

12. Identify Patterns

Before creating new possibilities, take a moment to observe what is already visible in your past.

Look back at your accomplishments and your Life Asset Snapshot.

Reflection Questions

- Which types of activities appear repeatedly?
- What skills or capabilities show up again and again?
- Which experiences gave you the most energy?
- Which ones felt aligned with who you are?

Insight

These patterns are not random.

They are signals.

They reveal where your strengths, interests, and motivations naturally converge.

13. Expand Your Perspective

At this point, you may begin to see possibilities that were not obvious before.

This is the essence of reframing.

You are not changing your past.

You are changing how you interpret and use it.

Reflection Questions

- If I combined some of my strongest assets, what new opportunities could emerge?
- What would I explore if I allowed myself to start fresh using my experience?
- What activities feel both energizing and meaningful?

14. Reinterpret Your Experience

Now, take a step further.

Instead of seeing your past as a sequence of roles or responsibilities, start seeing it as a set of transferable capabilities.

Exercise - From Experience to Possibility

Select 3 key elements from your assets and reinterpret them.

Example 1

Experience: Leading large-scale technology implementations across Latin America for 30+ years

Reframe: I know how to take something complex, break it into manageable phases, and guide people through uncertainty toward a clear outcome that capability works equally well in corporate projects and in someone's personal reinvention

Example 2

Experience: Building and leading teams of up to 52 people in high-pressure environments

Reframe: I have spent decades helping people perform at their best under constraints and deadlines, that is exactly what professionals in transition need when they are trying to move forward without losing what they have built

Example 3

Experience: Navigating a personal transition from a 40-year corporate career into entrepreneurship

Reframe: I am not teaching theory. I am living the same reinvention my audience is facing, which means my credibility comes not just from what I have done but from what I am doing right now

Now write your own:

Experience		Reframe
Experience		Reframe
Experience		Reframe

15. Open the Door to New Directions

The goal of this phase is not to choose a path yet.

It is to expand your field of vision.

By now, you should start to see that your experience can lead to multiple directions, not just one.

Transition to the Next Phase

Now that you have transformed your experience into new possibilities, you are ready to give structure to those ideas.

In the next phase, you will design a plan, defining a direction, a goal, and a clear path forward.



Phase 3

Create

Design Your Next Chapter

(20 min)

16. Build Your Plan

Ideas without a plan stay ideas. That changes here

Up to this point, you have reflected on your experience and explored different possible directions.

Now it is time to move from ideas to structure.

In project management, clarity comes from turning possibilities into a defined plan.

The same applies to your life.

The purpose of this phase is not to design a perfect long-term roadmap.

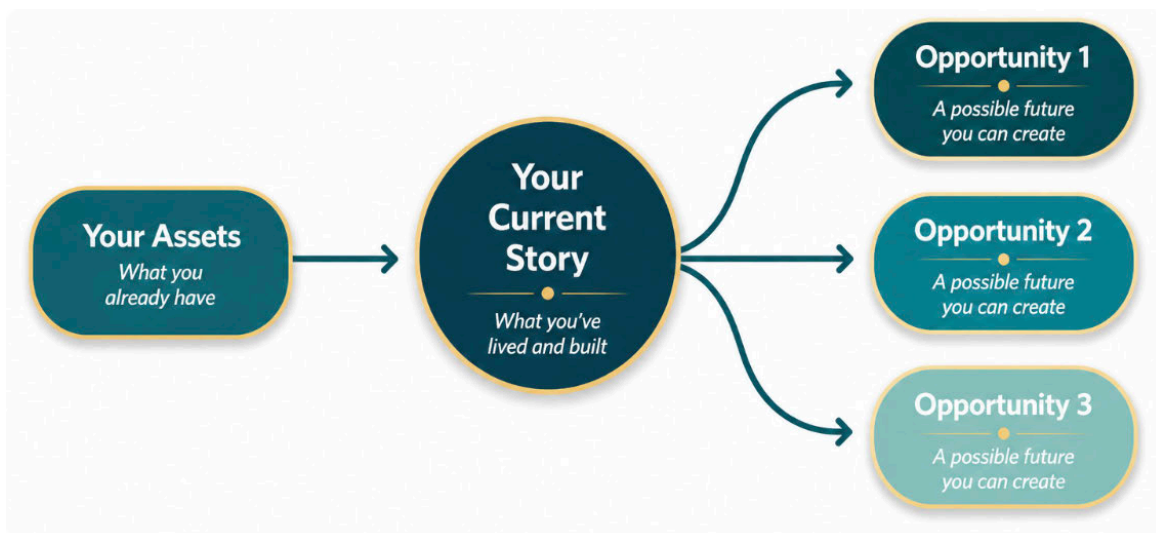
It is to define a clear and actionable plan for your next 30 days, a small but meaningful life project.

17. Designing Possible Paths

Now that you understand your assets and your story differently, you can explore future possibilities.

The goal is not to choose a perfect path.

The goal is to generate options.



18. The 3-Path Decision Canvas

Write three possible directions for your next chapter.

Example:

- Path 1 - Teaching or mentoring
- Path 2 - Creating digital products
- Path 3 - Starting a small advisory practice

For each path answer:

Why does this path attract me?

What assets would support this path?

What is a possible first step?

What would success look like in 3 years?

Do NOT choose yet. Generate options first.

THE 3-PATH DECISION CANVAS			
	PATH 1	PATH 2	PATH 3
What is this path?			
Why it attracts me?			
Assets that support it			
Possible first step			
What success could look like in 3 years			

19. Exploring Your Paths

Answer the following questions:

Which path feels most aligned with my energy?

Which path uses my strongest assets?

Which path excites me the most?

20. From Options to Direction

From the paths you explored previously, choose the one that feels most aligned with:

- Your energy
- Your interests
- Your current life context

This does not need to be a permanent decision.

It is simply your next experiment.

21. Define Your 30-Day Goal

Every project begins with a clear objective.

Your goal should be:

- Specific
- Achievable within 30 days
- Meaningful to you

Examples:

- Validate a new idea
- Explore a new professional direction
- Start building something you have been postponing
- Reconnect with an activity that energizes you

My 30-Day Goal?

22. The Life Sprint Canvas

In project management, progress is achieved by working toward a clear objective within a defined time frame.

Instead of one big action, you will break your 30-day goal into 4 weekly sprints each with a clear outcome.

This defines the Life Sprint Canvas:

Each sprint represents a focused step toward your goal. Below you can find examples, but feel free to change it according to your 30-Day Goal:



Sprint 1 Example: Exploration: What will you do to better understand your direction?

Sprint 1

Sprint 2 Example: Initial Action: What first concrete actions will you take?

Sprint 2

Sprint 3 Example: Build or Test: What will you create, try, or validate?

Sprint 3

Sprint 4 Example: Evaluate and Adjust: How will you review what you have learned?

Sprint 4

Finally, define what success looks like for your 30-Day Goal. At the end of these 30 days, what would you make to say "This was worth it."

My Definition of Done

This plan does not need to be perfect. It only needs to be clear enough to begin.



Phase 4

Live

Act with Purpose Every Day

(20 min)

23. Execute and Monitor Your Plan

Everything you've built in the last 60 minutes means nothing without this.

Use these 20 minutes intentionally.

This is not yet the moment to execute, it is the moment to read, understand, and internalize everything that follows. Work through the Live phase carefully: review the commitment framework, study the weekly reflection structure, and make sure you leave this session knowing exactly what you will do, when you will do it, and how you will measure your progress over the next 30 days.

Think of it as your project kickoff meeting. The work begins after you close this workbook. But the clarity you carry out of this session is what determines whether the work actually happens.

When you finish the Live phase, move directly into the Evolve section, your final 10 minutes. There you will define how you will review and adjust your direction as you move forward. That closing step is what transforms a 30-day plan into a continuous growth habit.

A plan only works when it moves.

Not when it's written. Not when it's understood. When it moves.

In project management, the difference between a plan that succeeds and one that doesn't is rarely the quality of the plan itself. It's the discipline of execution, showing up consistently, tracking progress honestly, and adjusting without losing momentum.

The same applies here.

Three things that will determine your next 30 days

24. Commit to Your Plan

Protect the time

Your sprint doesn't compete with everything else, it gets its own space. Decide now: what day, what time, how many hours per week. Write it down. Put it in your calendar before you close this workbook. A commitment without a time slot is an intention, not a plan.

Define Your Weekly Commitment

Decide how much time you will dedicate to your life project each week.

Even small, consistent effort creates momentum.

My hours per week commitment:

25. Track Your Progress

Track what actually happened

Not what you planned. At the end of each week, spend 10 minutes answering four questions:

- What did I complete?
- What did I learn?
- What got in the way?
- What will I do differently next week?

This is your personal sprint review. It takes less time than a coffee break and it's the single habit that separates people who finish from people who restart.

Weekly Reflection:

WEEK 1	
What did I complete?	
What did I learn?	
What challenges did I face?	
What will I adjust next week?	

WEEK 2

**What did I
complete?**

.....

.....

What did I learn?

.....

.....

**What challenges
did I face?**

.....

.....

**What will I adjust
next week?**

.....

.....

WEEK 3

**What did I
complete?**

.....

.....

What did I learn?

.....

.....

**What challenges
did I face?**

.....

.....

**What will I adjust
next week?**

.....

.....

WEEK 4

**What did I
complete?**

.....

.....

What did I learn?

.....

.....

**What challenges
did I face?**

.....

.....

**What will I adjust
next week?**

.....

.....

26. Adjust without abandoning

Something will not go as planned. That is not a sign the plan is wrong, it is a sign the plan is real. Real projects require real adjustments. When something doesn't work, change the approach, not the goal.

Your execution starts the moment you close this workbook. Not tomorrow. Not when conditions are better.

The next action you take after reading this last sentence is either the beginning of your sprint or the beginning of another postponement.

You already know which one you want it to be.



Phase 5

Evolve

Grow and Redefine Continuously

(10 min)

27. Designing Continuous Growth

Ten minutes left. Use them to close the loop, not the workbook.

You have just finished reading and internalizing the Live phase. You know what you will do, when you will do it, and how you will track your progress. Now it is time to zoom out one level further.

This is not about adding more to your plan.

It is about building the mindset that will keep you moving long after these 30 days are complete.

Projects evolve.

Strategies evolve.

People evolve.

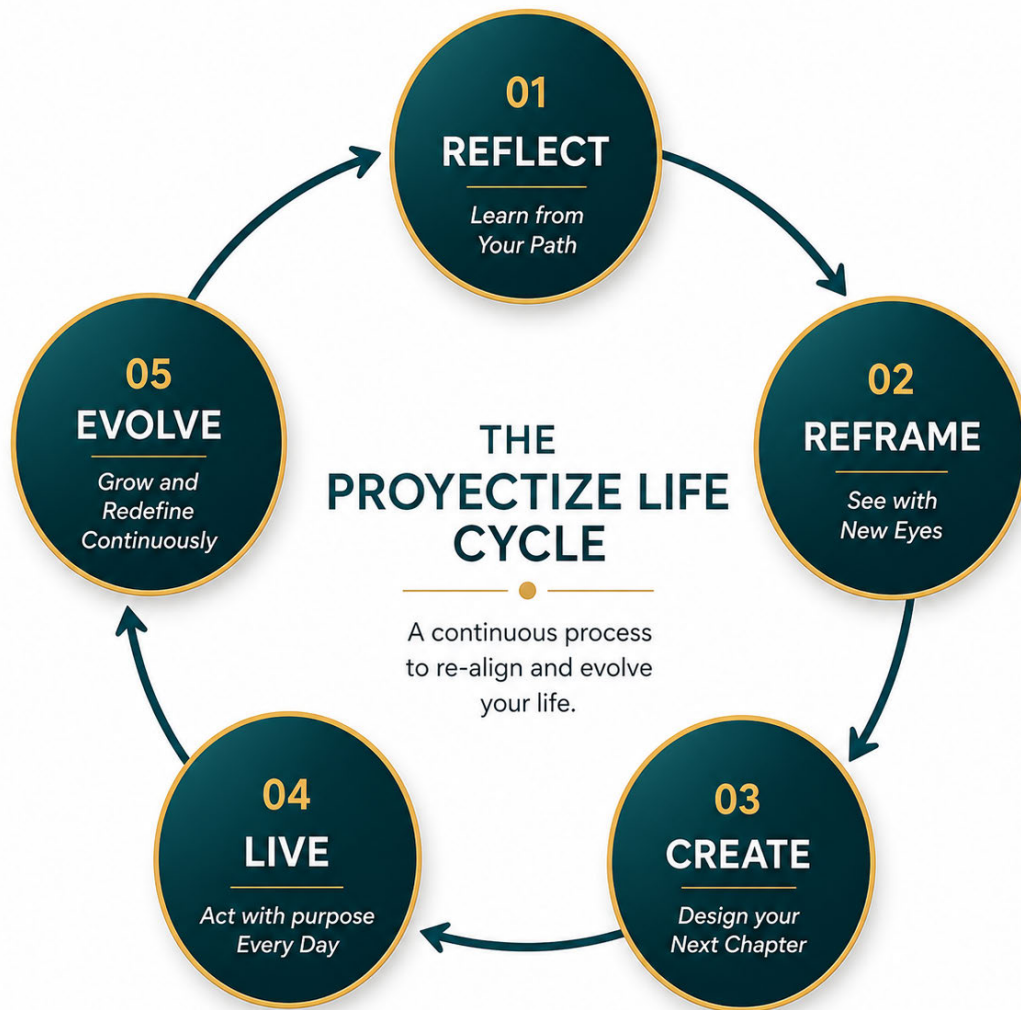
Your life should evolve too.

The professionals who sustain meaningful change are not the ones with the most detailed plans, they are the ones who build the habit of stepping back, evaluating honestly, and adjusting with intention. That is what this final phase asks you to do.

The goal is not to find a perfect plan.

The goal is to build a continuous improvement loop for your life.

Use these 10 minutes to answer the questions that follow with honesty and specificity. What you write here is not just a closing exercise, it is the foundation of how you will approach not only this 30-day sprint, but every meaningful chapter that comes after it.



28. Your Evolution Commitment

Answer the following questions:

How often will I review my direction?

What signals will tell me I need to adjust?

What habits will help me keep evolving?

29. Your Reset Summary

Write a short summary of your session:

What did I discover today?

What direction feels most interesting now?

What action will I take next?

30. Continue the Journey

Today you did something most people never do.

You paused.

You reflected.

You looked at your life not as a sequence of obligations, but as a project that can be designed intentionally.

The goal of this Reset was not to produce a perfect plan. It was to reconnect you with something more important:

Your ability to shape what comes next.

The future is not something that simply happens.

It is something that can be Projectized.

Your next step depends on where you are right now.

If you want to go deeper into your direction and get personalized guidance, the Clarity Sprint Session is a focused 90-minute conversation designed to help you move from clarity to committed action. It is built on the same framework you just completed, but with direct support. Visit www.projectize.com or contact us at info@projectize.com for more information about sessions calendar.

If you want to keep building momentum on your own, the Projectize Life community is where professionals like you share their journey, exchange experiences, and hold each other accountable through every stage of reinvention. Visit www.projectize.com/community

If you want to continue learning the methodology and access additional tools, visit www.projectize.com/store where new resources are added regularly.

Whatever you choose, don't stop here.

The 90 minutes you just invested are only valuable if they lead to movement.

One step. One sprint. One new version of you.

"Life is the most important project we will ever manage."

Nestor J. Hernandez

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