



**AUTUMN RESET**  
**2023**

# Introduction

This is all about getting tasks that you have doing so far done and completed, setting new goals for the Autumn, having clearer spaces, and starting a fresh, so you are ready for the busy period so you can then focus on the Winter to the Festive season, and not being bogged down with so much to do.



# COMPLETING PROJECTS

IT IS TIME TO GET THOSE PROJECTS COMPLETED AND SET UP A PLAN IN DOING SO, AND NOT GIVING YOURSELF SO MUCH TO DO, BUT SO YOU CAN WHEN IT COMES TO JANUARY START A FRESH AS FOR ME THIS TIME OF YEAR, AUTUMN THROUGH TO WINTER IS ALWAYS THE BUSIEST FOR ME AND KNOW IT IS FOR OTHERS TOO.

THE FIRST THING I HAVE DONE IS CREATED A CALENDAR ON EXCEL, AS ONE OF MY PROJECTS IS A NEW BOOK I AM WRITING AND WORKING ON MY SECOND DRAFT ON BOOK, TO WORK TOWARDS THE THIRD EDIT. YOU DON'T NEED TO USE FANCY SOFTWARE BUT A SIMPLE SYSTEM WITH THE TOOLS YOU HAVE GOT, AND OUTLINE THE PLAN AND AS YOU GO THROUGH COMPLETING A PROJECT OR TASK, YOU TAKE NOTES IN CASE BECAUSE OF YOUR SCHEDULE MAY CHANGE AND CAN BE SOMEWHAT PREPARED.

THE SAME WHEN CLEARING SPACES IN YOUR LIFE. I HAVE BEEN HAVING A DECLUTTER AND SO WANT TO USE THE AUTUMN RESET TO WORK ON MY SPACES TO HAVE A CLEARER MIND AND GO THROUGH WHAT IS IMPORTANT TO ME AND WHAT IS NOT.

# NOTES PAGE

# CLEARING SPACES IN YOUR LIFE

THIS IS ABOUT MAKING SPACES SO YOU CAN HAVE A CLEARER HEAD AND NOT HAVING SO MUCH TO DO IN THE WINTER IF YOU HAVEN'T BEEN ABLE TO DO DURING THE SUMMER HOLIDAYS BEING SO BUSY.

IT IS NOW TIME SO MAKE A PLAN SO USE THIS PAGE TO JOT DOWN THESE SPACES TO MAKE SPACE FOR NEW ITEMS AND IF YOU LIKE ME WANT MINIMUM ITEMS NOW AND IT IS TIME TO DISOWN AND HAVE MORE SPACES IN YOUR LIFE, FOR OTHER PROJECTS YOU WANT TO DO AND NEW THINGS YOU WANT IN YOUR LIFE.



# AUTUMN GOALS

I HAVE USED MY DIARY IN MY FILOFAX AND ON ONE NOTE WHICH  
IS A MICROSOFT PROGRAMME BUT YOU CAN JOT THEM HERE  
TOO:

# DECLUTTERING

IT IS TIME TO DECLUTTER AND SO START IN ONE AREA AND MAKE PILES OF WHAT TO KEEP, GIVE AWAY TO SOMEONE ELSE OR DONATE OR SELL AND USE THIS PAGE TO JOT DOWN.



# CONCLUSION

SO I HOPE THIS HELPS YOU AND WILL FINISH AT THE END OF OCTOBER 31ST 2023, AND GOT A RESULT WITH RESETTING.

AT FIRST IT CAN BE OVERWHELMING, SO SETTING A PLAN SO YOU CAN DO BITS EACH DAY, THAT YOU KNOW YOU CAN STICK TO, IS THE KEY AND LET ME KNOW IN MY BLOG EVERYONE CAN BUILD A CASTLE, IN THE COMMENTS HOW YOU GOT ON, AND WHAT YOU COMPLETED AND REMEMBER TO REWARD YOURSELF.

THIS IS NOT TO MAKE US FEEL LAZY AND UNPRODUCTIVE BUT TO HAVE A CLEARER HEAD AS WE GO INTO WINTER AND THEN ANOTHER NEW YEAR, WHICH IS FOR ME, IS WHEN I START NEW PROJECTS AND PLANS.

IT IS TOO EVALUATE PROJECTS AND WHAT YOU HAVE IN YOUR LIFE AND EMBRACING THE COLDER DAYS AND FEELING CONTENT AND YOU HAVE MADE POSITIVE CHANGES.

THE REASON WHY I DECIDED TO CONTINUE THIS PROJECT, IS BECAUSE OF THE FEEDBACK I GOT LAST YEAR AND GOT A LOT OF LIKES AND I WANT TO SUPPORT YOU AS YOU BUILD YOUR LIFE, SO YOU AREN'T FEELING STUCK INTO FEELING HAPPY AND AT PEACE.

LIFE CAN BE HARD, BUT IT CAN ALSO BE GREAT AND SO MEANS YOU HAVE TO LET THINGS GO AND COMPLETE TASKS FOR THE NEXT CHAPTERS IN YOUR LIFE.

MANY THANKS FOR YOUR TIME IN DOING THE AUTUMN RESET,

CARRIE X