



TOOLKIT

The Monthly Reset Page

Ten quiet minutes a month keeps small things from becoming big ones.

Question	Your Answer
What bill or deadline is coming up?	
What appointment needs to be made?	
What needs to be cleaned, fixed, or replaced?	
What subscription or expense should I review?	
What's one thing I can do this week to make life easier?	

★ **Dad's Quick Take:** Confidence is built quietly and repeatedly — one useful decision at a time.