



HER LIFE POWERED
SUNDAY NIGHT ANXIETY RESET

If Sunday evenings leave you feeling anxious, overwhelmed or dreading the week ahead, pause and work through these questions.

1. What am I actually worried about this week?
2. What part of work feels the most stressful right now?
3. What am I avoiding dealing with?
4. Is this anxiety trying to tell me something important?
5. What would need to change for me to feel excited about Monday again?
6. What is one small action I can take this week to move closer to the life I want?

HLP Remember This

Sunday night anxiety is often a signal, not a weakness.

Listen to what it is trying to tell you.

The goal isn't to survive another week.

The goal is to build a life you don't need to escape from.

If you have completed this exercise and realised something needs to change. You don't have to figure it out alone.

Book a free clarity call.

- Together we will explore:
- What is keeping you stuck
- What is really important to you
- What your next chapter could look like

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