

# January Creative Reset

A Reset for Writers Who Want to Be Seen



# January Creative Reset Workbook

*A companion to the January Creative Reset Podcast Series*

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## How to Use This Workbook

This workbook is designed to be used **one episode per week**. Don't rush it. January is about **decision, clarity, and rhythm**—not overwhelm.

Bring honesty. Bring courage. Bring a pen.

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## Week 1: You're Not Stuck. You're Undecided.

### The Truth Check

Answer without overthinking.

1. The creative project I keep circling but haven't committed to is:

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2. The real reason I haven't committed yet:

- Fear of being seen
- Fear of wasting time
- Fear of failure
- Fear of success
- I don't trust myself to finish

### The 90-Day Creative Decision

For the next 90 days, I commit to focusing on:

**ONE creative priority only:**

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I release myself from chasing everything else.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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## Week 2: Stop Waiting to Be Chosen

### Validation Detox

Answer honestly.

I secretly wait for the following before I move forward: -  Likes -  Shares -  Praise -  Permission -  Money

### Build Anyway Plan

This month, I will create and share:

- What I'm making: \_\_\_\_\_
- How often I'll ship it: \_\_\_\_\_
- Where I'll share it: \_\_\_\_\_

### Imperfect action I will take this week:

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## Week 3: Your Voice Is the Brand

### The 3-Word Voice Test

People experience my voice as:

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### Alignment Check

When people hear or read my work, I want them to feel:

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### Bio Refresh Prompt

Rewrite your bio or show description using this sentence:

"I help \_\_\_\_\_ by \_\_\_\_\_ so they can  
\_\_\_\_\_."

Draft:

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## Week 4: Write Like You're Serious

### Minimum Viable Writing Week

This is the **bare minimum** I commit to—even on hard weeks.

- Days per week I write/create: \_\_\_\_\_
- Time per session: \_\_\_\_\_
- Location or setup: \_\_\_\_\_

### Boundary Setting

To protect my creative time, I will say NO to:

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### Non-Negotiable Ritual

Before I create, I will always:

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### January Reset Declaration

This year, I choose to show up as a disciplined, confident creative.

I am not waiting. I am building.

**Name:** \_\_\_\_\_

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**Year:** \_\_\_\_\_

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*You don't need permission to be powerful. You need practice.*