

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

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.

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:

I release myself from chasing everything else.

Signature: _____ **Date:** _____

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:

Week 3: Your Voice Is the Brand

The 3-Word Voice Test

People experience my voice as:

Alignment Check

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

Bio Refresh Prompt

Rewrite your bio or show description using this sentence:

"I help _____ by _____ so they can _____."

Draft:

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:

Non-Negotiable Ritual

Before I create, I will always:

January Reset Declaration

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

I am not waiting. I am building.

Name: _____

Year: _____

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