



Undeniably You Reset Guide Workbook

A 7-day guide to returning to yourself

Welcome!



You don't need to have everything figured out to begin again.

This guide was created for the moments when life feels heavy, unclear, or emotionally overwhelming – when you're still showing up, but quietly carrying more than you say out loud.

You are not broken. You are not behind. You are simply in a season of returning to yourself.

Over the next 7 days, you will slow down, reflect, and reconnect with your thoughts, your needs, and your worth.

There are no wrong answers here. No pressure to be perfect. Just honesty, softness, and space to breathe.

...

Let's begin.

Destiny Taylor Harris

TABLE OF *contents*



04

Day 1: Where I am Right Now

05

Day 2: My Inner Voice

06

Day 3: What Am I Holding?

07

Day 4: Who Am I Without
Expectations?

08

Day 5: Boundaries & Energy

09

Day 6: Self-Worth

10

Day 7: Returning to Myself

Day 1: Where Am I Right Now?

Take a moment to pause and check in with yourself.

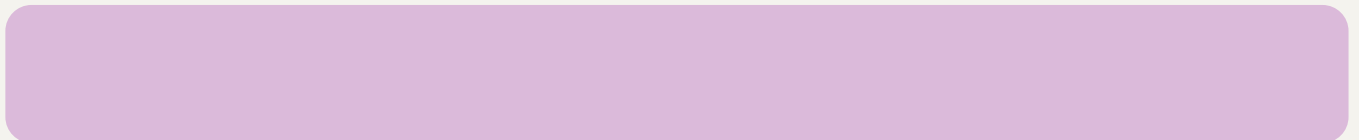
Question One

What emotions have been most present for me lately?



Question Two

What has been feeling heavy or overwhelming?



Question Three

What have I been avoiding thinking about?



*Reflection:
Awareness is not
judgment. It is the
first step back to
yourself.*

Day 2: My Inner Voice

Question One

What do I say to myself when I make mistakes?

Question Two

Is my inner voice kind or critical?

Question Three

Where did I learn the way I speak to myself?

Reflection:

The way you speak to yourself is shaping how you experience your life.

Day 3: What Am I Holding?

Take a moment to pause and check in with yourself.

Question One

What emotions have I been suppressing?



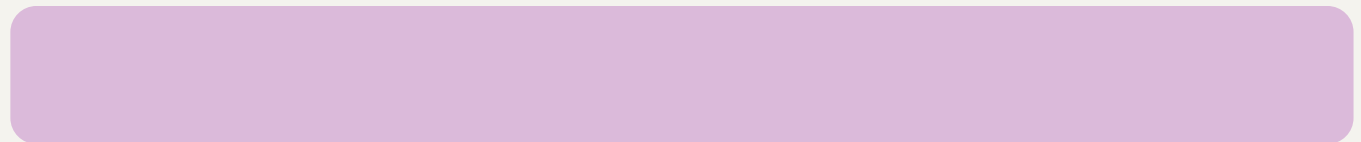
Question Two

What am I tired of carrying emotionally?



Question Three

What do I need to let go of but haven't yet?



Reflection:

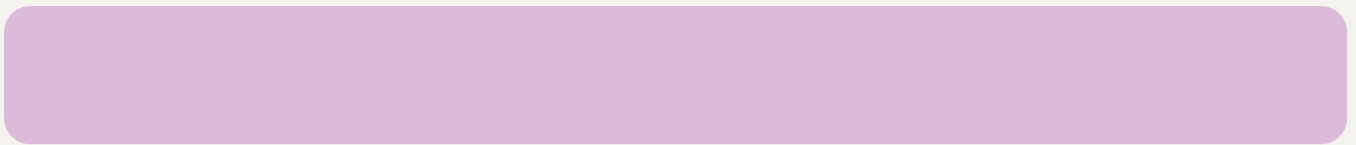
*You are allowed to release
what you were never
meant to carry forever.*

Day 4: Who Am I Without Expectations?

Take a moment to pause and check in with yourself.

Question One

Who am I when I'm not trying to please anyone?



Question Two

What parts of me feel most authentic?



Question Three

What parts of me feel performative or exhausting?



Reflection:

*You are more than
who you've been
expected to be.*

Day 5: Boundaries & Energy

Take a moment to pause and check in with yourself.

Question One

Where do I feel emotionally drained?

Question Two

What do I need more protection from?

Question Three

Where am I giving more than I have to give?

*Reflection:
Boundaries are not
walls. They are care
for your energy.*

Day 6: Self-Worth

Take a moment to pause and check in with yourself.

Question One

What do I deeply deserve that I have been denying myself?

Question Two

Where do I shrink myself to make others comfortable?

Question Three

What would it look like to choose myself more fully?

Reflection:

*Your worth is not
something you earn.
It is something you
return to.*

Day 7: Returning To Myself

Take a moment to pause and check in with yourself.

Question One

What is one thing I can do this week that supports my peace?



Question Two

What version of myself am I becoming?



Question Three

What am I ready to step into?



Reflection:

*You are not becoming
someone new. You are
returning to who
you've always been.*

My Reset Intentions

A reset isn't a race; it's a slow return to yourself. Use this space to define the gentle intentions you want to carry forward, noting when you begin and allowing yourself the grace to complete them in your own thing.

List of Intentions

	Start Date	Date of Completion
.....		
.....		
.....		
.....		

Daily

PLANNER

DATE _____

• • • • • • •

S M T W T F S

Things to do

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Meetings

Wellness Routine



Inspirations

Reminders

Weekly

PLANNER

DATE _____

S

M

T

W

T

F

S

Priorities

Reminders

Notes

Monthly

OVERVIEW

MONTH

Tasks

Milestones

S	M	T	W	T	F	S

Final Affirmations

Read slowly. Repeat when needed.

- I am allowed to start over as many times as I need.
- I am not behind in my journey.
- I deserve peace, softness, and stability.
- I trust myself to grow through what I go through.
- I am becoming undeniably myself.

Thank you!



If this guide resonated with you, you are not alone in how you feel. This is only the beginning of your journey back to yourself. You can explore deeper reflections, poetry, and healing through the book: *Undeniably Me* by Destiny Harris

Destiny Taylor Harris is a poet, writer, and advocate dedicated to empowering individuals through mental health, wellness, and personal growth. She is the founder of Educated Black Queen, host of the Educated Black Queen Podcast, and co-author of *The Human Experience: Stories of Hope, Healing, and Inspiration*. Through her creative work, Destiny provides tools for self-reflection, personal growth, and authentic expression.

Destiny Taylor Harris

