

## PURSE RESET WORKSHEET

Unpacking the Mess. Reclaiming Your Power.

“Your purse tells your story—but YOU decide what to carry forward.”

— ReShaun Webb

### 💡 STEP 1: Dump It Out

What are you carrying mentally or emotionally that may be weighing you down?

Write down anything that comes to mind—thoughts, pressures, roles, expectations, or emotions.

I am currently carrying...



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### STEP 2: Sort It Out

Now take a closer look. Which of these things are:

#### Yours to Keep

These fuel your peace, growth, or purpose.



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#### Time to Let Go

These no longer serve you.



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### STEP 3: Repack with Purpose

What are the 3 things you choose to carry forward from today on?

### BONUS REFLECTION:

What boundary or mindset shift do you need to protect your peace?



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 Your Personal Power Statement:

“Starting today, I will no longer carry...”



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“Instead, I choose to carry...”



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