

Dr Claire Kaye

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Your 30 day January Reset Challenge

No reinvention required

Created for women who are tired of being told to reinvent themselves. You don't need a new you this January, just space to think, clarity to cut through the noise, and a simple way forward that feels realistic for the life you're already living.



WELCOME

January can feel overwhelming. Everywhere you look, people are setting goals, choosing their “word of the year,” signing up for challenges and reinventing themselves before the decorations are even down.

Meanwhile, you're juggling work, home, ageing parents, teenagers, hormones, expectations and the never-ending mental load. Part of you thinks, I should probably sort myself out. Another part doesn't even know where to begin.

This guide is the opposite of all that noise.

It's not about becoming a new person. It's not about hustling harder. And it's definitely not about squeezing yourself into a life that looks good on paper but feels exhausting in reality.

This is about you pressing pause long enough to notice what's working, acknowledge what's not, get clear on what you want more of, and stop tolerating what's draining you.

Three steps. No pressure. Just a simple, real-life reset designed for busy women.

STEP 1: REFLECT

What is really going on

When you're constantly juggling, it's easy to slip into autopilot. You keep functioning, coping and doing but rarely stopping to notice how you actually are.

This is your chance to interrupt that cycle. Before you think about what you want next, you need a clear, honest picture of where you are now. Most of us move so quickly from one thing to the next that we hardly ever pause to see what has strengthened us, what has stretched us, and what has worn us down.

This step gives you the space to step out of autopilot and look back at the past year with compassion rather than judgement. It's your moment to understand what's really been happening underneath the juggling, the noise and the expectations.



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What has been working

Begin with the parts of your life that in 2025 felt steady, supportive or true to you.

Ask yourself:

- When did I feel most like myself this year?
- What genuinely brought me joy, calm or lightness?
- What moments or choices strengthened me?
- When did life feel simpler or smoother?
- Where did I show up as the friend, partner, colleague or leader I want to be?
- What made me think, 'I need more of this?'

These are the things you want to protect and build on.

Expert tip: write your answer down to get the most benefit



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What has not been working

Now lets look at what has felt harder. This is about understanding what has been chipping away at your energy and confidence.

Ask yourself:

- Who or what drained my energy this year and what boundary needs tightening because of it?
- What felt noisy, overwhelming or out of my control?
- What patterns keep repeating that I can no longer ignore?
- What was the hardest thing I moved through and how has it shaped me?
- Where did I lose parts of myself in the juggle?
- What have I been tolerating for too long?

These answers help you see what needs attention or change.



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What you need now

Finally, in this section, let's get clear on what you need in this moment before you think about the future.

Ask yourself:

- What did I need less of in the last year?
- What do I need more of?
- What has asking for my attention?
- What part of me needs support, rest or space?
- Which expectations or pressures do I need to release?
- What would genuinely help me feel more grounded?

This is the bridge into the next stage - Reimagine. Once you understand where you are, it becomes much easier to explore where you want to go next.



STEP 2: REIMAGINE

If there were no limits, what would you want

This step is all about clarity without restriction. This is where you let yourself think beyond the noise and beyond the expectations.

The Magic Wand Moment

If I handed you a magic wand and said, show me your life six months from now, 'What does GOOD look like in a perfect world?'

Consider:

- What would you be doing more of?
- What would you be doing less of?
- What would feel simpler or calmer?
- What would you be saying no to?
- What would you be saying yes to?
- How would your work feel?
- How would home feel?
- What would you stop apologising for?
- Which part of you would feel more alive?



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If Nothing Changes

Ask yourself:

- If I change nothing, what will life look like six months from now?



The One Thing

- What is the one thing your future self is urging you to prioritise?



STEP 3: REBUILD

Turning clarity into practical action

This step is where we take everything you uncovered in 'Reflect' and everything you allowed yourself to imagine in 'Reimagine' and we anchor it in real life. This is where your next steps finally feel possible.

Start with what actually matters

Look back at everything you noticed. Choose three insights that feel important right now. The ones that make you pause and think, yes, this is the bit I cannot ignore.

Make it real and realistic

For each insight, ask yourself:

- Why does this matter to me?
- What am I done tolerating?
- What is stopping me from doing this and what do I need to do to overcome the block?
- What is the smallest change that would genuinely help?
- What boundary, support or conversation would make this easier?
- What do I need to know or put in place to move forward?
- What is realistic for my time, energy, responsibilities and life right now?

You are not trying to overhaul everything. You are creating clarity and taking back control.



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Rebuild



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Your Real Life Reset Plan

Choose one area to start with. Pick the place where change would bring the most relief, confidence or breathing space.

Ask yourself:

1. What is the smallest step I can take this week
2. What will help me stay consistent
3. What can I let go of to make this easier
4. How will I know it is working and what will I feel or notice



YOUR RESET IN ONE SENTENCE

This year I am prioritising _____

because I am done with _____

You do not need a brand new you. You need a clearer view, a quieter mind and the confidence to take small real steps. You have already begun.



The RISE Approach

Want more?

This reset was about starting a shift, creating space, clarity and a sense of direction again. For some women, that's enough. For others, it opens bigger questions:

- What do I actually want next?
- How do I turn this clarity into a real, workable plan?
- What keeps stopping me — and how do I move past it without burning out?

If that's you, this is where RISE® comes in.

The RISE® Approach

A guided 4-week online course starting 2 February 2026. RISE® is my proven coaching framework for women who feel capable but stuck, clear that something needs to change, but unsure how to move forward in a way that feels grounded and realistic. It helps you:

- Work out what you want and why it matters now
- Understand the habits and patterns holding you back
- Rebuild confidence and self-trust
- Create a clear, values-led action plan
- Move forward calmly, without reinventing yourself

What women say:

"My life has changed from the inside out."

"I finally felt confident in my decisions."

"It gave me clarity and the courage to act."



What you get:

- Short, five-minute modules you complete in your own time
- 3 live group coaching sessions with me & optional WhatsApp peer support group
- A calm, practical framework designed for real busy lives
- Six months' access to all content

In short, it turns reflection into direction, decisions and momentum.

If this reset has helped you pause, RISE® helps you proceed.

You don't need a new version of yourself. You need the right support to move forward as you are. Find out more and sign up to the RISE® Approach at www.drclairekaye.com