FREE GUIDE



The Four-Area Reset

Why fixing one part of your life keeps failing, and the 10-minute weekly check that ties your health, wealth, relationships and mindset together



Health



Wealth



Relationships



Mindset

Shared with you by YOUR NAME

YOUR WEBSITE

Before you start

This short guide is for anyone who has tried to fix one part of their life, whether it was their weight, their debt, their marriage or the constant worrying, and watched it slide back within a few weeks.

If that has happened to you more than once, it was probably not a lack of willpower. It was the way the fix was set up. Here is the whole idea in one sentence: **the four big areas of your life, your health, your wealth, your relationships and your mindset, are joined together**, so a plan that works on one and ignores the other three is fighting uphill from the first day.

Over the next few pages you will see how the four areas pull on each other, one small move in each area that tends to help the other three, and a 10-minute check you can do once a week to keep all four moving. There is a worksheet near the back that you can print and use straight away.

Nothing here needs money, an app or a gym. You need a pen, ten quiet minutes and the willingness to be honest with yourself.

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This guide is general information for personal development. It is not medical, financial or legal advice. If you have a health condition or a serious money problem, please talk to a qualified professional.

CHAPTER 1

Why fixing one area keeps failing



You may know this story from the inside. You decide this is the month you get fit. You buy the shoes, set the alarm for six, and for nine days it goes well. Then a bill arrives that you did not expect. You lie awake doing sums at two in the morning, so the six o'clock alarm feels cruel and you switch it off. Tired, you snap at the people you live with over nothing. The evening goes quiet and tense, and you end up on the sofa with something sweet, telling yourself you have no discipline.

Look at what actually happened. The fitness plan was not beaten by your legs or your willpower. It was knocked over by money, which knocked over sleep, which knocked over your temper, which knocked over your evening. The plan only covered one area, and the other three were never part of it.

Three ways a one-area plan breaks

1. **It runs on energy another area is draining.** Worry about money or a strained relationship uses up the same energy you need to keep a new habit going.
2. **Success in one area sends the bill to another.** Extra hours to fix your money can starve your sleep and your family. A strict diet can make you short with everyone around you.
3. **The story in your head never changed.** If you believe "I always give up", the first bad day feels like proof, and you stop trying everywhere at once.

The answer is not to fix all four areas at once. That is how people burn out by the second month. The answer is to keep all four in view, move each one a little, and notice early when one starts dragging the others down. The rest of this guide shows you how.

CHAPTER 2

How the four areas leak into each other

Each area gives something to the other three when it is going well, and takes something from them when it slips. Read the four boxes below and notice which ones sound like your last month.

Health

Going well: Energy for work, patience with people and a steadier mood.

Slipping: A short temper, foggy decisions and less drive to earn or plan.

Wealth

Going well: Calm, room to choose and time for the people you love.

Slipping: Worry that eats your sleep, arguments about money and a trapped feeling.

Relationships

Going well: Support, someone to keep you honest and a reason to look after yourself.

Slipping: Stress that follows you to bed, comfort habits and energy lost to conflict.

Mindset

Going well: You keep going after a bad day and you can see options.

Slipping: Every setback becomes proof you cannot change, so all four areas stall.

The question that changes everything

Most people ask, "Which area of my life is worst?" A better question is, **"Which area is making the others harder right now?"** The two answers are often different. Someone whose relationships feel worst may find that the real drag is money worry, which turns every evening conversation tense. Clear the money fog and home often gets easier without a single hard talk.

Try this now: draw your drag map

Take a sheet of paper and write the four words in a square: Health, Wealth, Relationships, Mindset. Then draw an arrow from any area that is making another one harder this month. Be honest and quick.

The area with the most arrows coming out of it is your **drag area**. That is where your first small move should go, even if it is not the area that hurts most.

CHAPTER 3

Health: start with the two basics



You do not need a new diet or a training plan to start. You need the two basics that every other area leans on: enough sleep and some daily movement. Pick one of these moves, not all of them.

- **Keep a fixed wake-up time.** The same time every day, weekends included. It is the simplest sleep habit there is, it costs nothing, and bedtime tends to settle around it.
- **Walk for ten minutes after one meal a day.** Short enough that you cannot talk yourself out of it, and easy to do with someone else.
- **Put water where you will see it.** A full glass on the kitchen counter in the morning does more than a promise to drink more.
- **Make the last half hour before bed screen-free.** Read, stretch or talk instead. Your phone will still be there in the morning.

HOW THIS HELPS THE OTHER THREE

Wealth: A rested brain makes calmer money decisions and fewer impulse buys.

Relationships: More patience at home, and a walk is an easy thing to share.

Mindset: Every day you keep a small promise to yourself is proof that you can change.

If you have a health condition, check with your doctor before you change how you exercise or eat.

CHAPTER 4

Wealth: know the number, then make one move



A lot of money worry comes from not knowing. The real number, even a bad one, is easier to live with than the fog, because you can plan around a number. So the first move is to look.

- **Do the one-hour money look.** Once, with a cup of tea, write down what comes in each month, what goes out on fixed costs, and everything you owe with its monthly payment. That is your starting line.
- **Find one leak and close it this week.** A subscription you forgot, a fee you never questioned, a habit that costs more than it gives you.
- **Pay yourself first, however small.** Set an automatic transfer on payday into a separate account. The amount matters less than the habit.
- **Make one earning or saving move a week.** Sell something you no longer use, ask about extra work, or learn one skill that someone will pay for.

HOW THIS HELPS THE OTHER THREE

Health: Less two-in-the-morning worrying, so better sleep.

Relationships: Fewer tense money talks once everyone can see the same numbers.

Mindset: A sense of control replaces the feeling of being trapped.

This is general information, not financial advice. For serious debt, speak to a qualified adviser or a free debt advice service in your country.

CHAPTER 5

Relationships: ten good minutes beat a perfect weekend



Relationships rarely fall apart in one big moment. They drift through a hundred small evenings when everyone was tired and busy. The fix works the same way, in small and regular moments. This goes for partners, family and friends alike.

- **Give one person ten phone-free minutes a day.** Ask one real question, such as "What was the best part of your day?", and listen to the whole answer.
- **Say a specific thank-you.** Not "thanks for everything", but "thank you for picking up the shopping when I was running late". Specific thanks are the ones people remember.
- **Put one plan a week in the calendar.** A walk, a meal or a call. Having something to look forward to changes the whole week.
- **Repair fast.** After a sharp word, go back the same day: "I was short with you earlier. That was about my day, not about you." If you live alone, make one real phone call a week to someone who matters.

HOW THIS HELPS THE OTHER THREE

Health: Less stress carried to bed, and someone who notices when you are not looking after yourself.

Wealth: Money decisions get made together instead of argued about.

Mindset: Feeling supported makes setbacks smaller.

CHAPTER 6

Mindset: change the sentence, not your personality



Mindset sounds big and vague, but most of it comes down to the sentences you say to yourself when things go wrong. You do not have to become a different person. You only have to catch those sentences and rewrite them.

- **Catch the "always" sentence.** "I always give up." "I am hopeless with money." Rewrite it as something specific and fixable: "Last time I stopped when work got busy, so this time I will plan for busy weeks."
- **Shrink the next step.** If thirty minutes of exercise feels impossible today, do five. If the whole money look feels too big, open one statement. A small step taken beats a big one planned.
- **Write down three things that went right** before you go to sleep. Small ones count. You are training your attention to notice progress instead of only problems.
- **Decide in advance what happens when you slip.** "If I miss my walk, I walk after lunch the next day." The decision is already made, so a bad day cannot turn into a bad month.

HOW THIS HELPS THE OTHER THREE

Health: A missed workout stays a missed workout instead of becoming a lost month.

Wealth: You start to see options where you only saw problems.

Relationships: You stop taking a bad day out on the people around you.

CHAPTER 7

The 10-minute weekly check

This is the part that ties the other four together. Pick a fixed time each week, such as Sunday evening or Monday morning, sit down with the worksheet on the next page, and work through these five steps. Each one takes about two minutes.

1. **Score**
   Rate each area from 1 to 10 for the week that has just ended. Go with your gut. A score is a snapshot, not a verdict.

2. **Explain**
   For each area, write one sentence: why is it that number and not one point lower? This makes you notice what is already working, which is usually what you should do more of.

3. **Find the drag**
   Ask which area made the others harder this week. Draw your drag map again if it helps.

4. **Choose one keystone move**
   Pick one small action for the coming week, aimed at the drag area, that also helps at least one other area. One move, not four.

5. **Book it**
   Write down exactly when and where you will do it, and put it in your calendar like an appointment. Tell one person if that helps you keep it.

> ### An example keystone move
>
> **Drag area:** Wealth. **Move:** "Thursday at 8pm, sit down with my partner for half an hour and go through this month's spending together."
>
> That one move helps wealth (you both know the numbers), relationships (you are on the same side for once) and mindset (the worry gets a time slot instead of running all week).

Three rules that keep it working

- **Never more than two moves a week.** One is better. Small and done beats big and dropped.
- **Do not punish a low score.** It is information. A 4 you know about is better than a 6 you are guessing at.
- **Watch the trend, not the week.** After a month, look at the four lines together. That is where you see the reset working.

WORKSHEET

Your weekly check

Print this page and fill in one block each week. Score 1 to 10, write one sentence for each score, circle the drag area and book one keystone move.

Week of: _____	Score	Why this number and not one lower?
Health		
Wealth		
Relationships		
Mindset		
Drag area		
Keystone move when and where		

Week of: _____	Score	Why this number and not one lower?
Health		
Wealth		
Relationships		
Mindset		
Drag area		
Keystone move when and where		

Tip: print a few copies, or copy the two blocks into a notebook, so you can look back over a month of scores.

CHAPTER 8

Your first 30 days, and what to do when a week goes badly

Week 1

Just score. Do not change anything yet. Notice which area drags the others.

Week 2

Choose your first keystone move, aimed at the drag area, and book it.

Week 3

Keep last week's move if it worked. Add a second only if the first now feels easy.

Week 4

Look back at all four score lines. Which moves moved more than one area? Keep those.

When a week goes badly

It will happen. Somebody gets ill, work explodes, money goes wrong. Your scores will drop, and that is fine. There is only one rule that matters here: **never miss the check twice in a row.** Even in your worst week, sit down for the ten minutes and write the scores. That habit is what turns this into a reset instead of another fresh start that fades.

Four traps to avoid

- **Fixing all four areas in week one.** It feels exciting for three days and exhausting after that.
- **Moves that depend on motivation.** "Go to the gym more" fails. "Walk after lunch on Monday, Wednesday and Friday" works on a tired day too.
- **Treating a low score as failure.** It is the starting line, and you only see progress against it.
- **Doing the check in your head.** Write it down. Paper remembers what your mood forgets.

Want fresh keystone moves each month? The last page tells you about the monthly read I use for ideas in all four areas.

WHERE TO GO FROM HERE

Keep the ideas coming every month



The weekly check keeps all four areas in view. What it cannot do on its own is hand you fresh ideas for what to do in each one. After a few weeks you will have done the obvious moves, and that is the point where most fresh starts fade, not because anyone gave up, but because they ran out of ideas.

The monthly read I recommend for that is **Amazing Self**. It is built around the same four areas as this guide, Health, Wealth, Relationships and Mindset, and it only asks for about 30 minutes of your time each week, which sits nicely beside your 10-minute check.

- **Amazing Self Magazine** every month, with a section for each of the four areas. The first edition alone runs to over 140 pages. It is edited by Amanda Selby and Mark Ling.
- **An Amazing Journey Session** every month: a one-on-one interview with someone who has done well in their field, as audio and a written transcript.
- **The Abundant Wealth Series**: two video presentations a month from Mark Ling, step by step, even if you have no experience.
- **Joining bonuses:** 6 Guided Visualization Mind Movies, and a bonus Amazing Journey Session with Marie Forleo on mastering your health, wealth, relationships and mindset.

It is $37 a month, billed monthly, and you can cancel any time. It also comes with a 60-day money-back guarantee, so you can read a couple of issues, take the ideas into your weekly check and watch your own scores before you decide whether it is worth keeping.

Take a look at Amazing Self

Or go to: **AFFILIATE-LINK**

[Your own sentence here: why you recommend it, in your own words.]

YOUR NAME

I may earn a commission if you buy through my link, at no extra cost to you. Results vary with the effort each person puts in. Amazing Self is published by Unica Publications Ltd and sold through ClickBank.