FRANKLIN RAMIREZ

THE PURPOSE RESET

7 DAYS TO REALIGN YOUR FAITH, VOICE & LEADERSHIP

A FIELD GUIDE FOR THE SEASON YOU ARE ACTUALLY IN.

KNOW YOUR ROLE. PURSUE EXCELLENCE. SERVE OTHERS.

BEFORE YOU BEGIN

THIS IS NOT ABOUT FEELING MOTIVATED.

It is about returning to what is true, naming the role in front of you, and practicing one courageous act at a time.

THE DAILY RHYTHM

01 BE STILL

Begin without your phone. Take three slow breaths and become present.

02 TELL THE TRUTH

Answer the prompt honestly. A useful answer is better than an impressive one.

03 NAME THE MOVE

Choose one action small enough to complete today and meaningful enough to matter.

04 REFLECT

Return at night. Notice what changed, what resisted you, and what you learned.

YOUR COMMITMENT

For the next seven days, I will choose honesty over performance, faithfulness over perfection, and action over avoidance.

DAY 1

IDENTITY BEFORE PERFORMANCE

Faith • Resilience • Voice • Discipline • Legacy

MORNING TRUTH

Who are you when the title, applause, uniform, grade, win or role is removed?

TODAY'S MOVE

Today I will stop proving _____ and start practicing _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

DAY 2

NAME YOUR SEASON

Faith • Resilience • Voice • Discipline • Legacy

MORNING TRUTH

What is this season actually asking you to learn, release or become?

TODAY'S MOVE

In this season, my role is to _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

DAY 3

CONFRONT THE FEAR

Faith • Resilience • Voice • Discipline • Legacy

MORNING TRUTH

What decision would become clear if fear were no longer allowed to lead it?

TODAY'S MOVE

One courageous move I can complete before tonight is _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

DAY 4

RETURN TO DISCIPLINE

Faith • Resilience • Voice • Discipline • Legacy

MORNING TRUTH

Which small promise to yourself have you repeatedly negotiated away?

TODAY'S MOVE

For the next seven days, I will keep this promise: _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

DAY 5

USE YOUR VOICE

Faith • Resilience • Voice • Discipline • Legacy

MORNING TRUTH

What truth, story or encouragement have you been entrusted to share?

TODAY'S MOVE

The person who may need my voice today is _____. I will tell them _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

DAY 6

SERVE THE ROOM

Faith • Resilience • Voice • Discipline • Legacy

MORNING TRUTH

Who becomes stronger when you show up fully—and what do they need from you?

TODAY'S MOVE

I can elevate someone today by _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

DAY 7

BUILD THE LEGACY

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MORNING TRUTH

If someone copied the way you lived this week, what kind of person would they become?

TODAY'S MOVE

The legacy I am practicing now is _____.

EVENING REFLECTION

Where did I act with faith, courage or integrity today? What will I carry into tomorrow?

YOUR PERSONAL COMPASS

KNOW YOUR ROLE.

Purpose gets practical when you can name who you are responsible to become and who you are called to serve.

THE PEOPLE I AM CALLED TO SERVE

THE GIFTS AND EXPERIENCES I CAN STEWARD

THE VALUES I REFUSE TO COMPROMISE

THE NEXT ROLE I MUST FULLY OWN

KEEP THE RESET

THE 5-MINUTE PURPOSE RHYTHM

Use this page after the seven days whenever you feel scattered, reactive or disconnected from what matters.

1 **BE STILL**

What is noise—and what is true?

2 **REMEMBER**

Who was I created to be in this moment?

3 **NAME**

What role is mine to own today?

4 **MOVE**

What is the next faithful action?

5 **SERVE**

Who can become stronger because I showed up?

MY PURPOSE SENTENCE

I use my _____ to help _____ become _____.

PURPOSE DOES NOT END WITH YOU.

The clearest evidence that you are living with purpose is not only what changes in you—but who becomes stronger because you chose to show up.

Keep going. Keep serving. Keep becoming.

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