

RESET KIT

Take back control of your money, attention, and habits.

Simple tools to help you slow down,
notice patterns, and make more
intentional decisions.

WHAT'S INCLUDED

PROTECT YOUR CREDIT

DIGITAL DETOX

NO-SPEND RESET

RESET TRACKER

www.jenniferbeeston.com

NMLS# 24774

GUIDING SMALL SHIFTS FOR REAL CHANGE

PROTECT YOUR CREDIT

Freeze it before someone else uses it.

WHY THIS MATTERS

- IDENTITY THEFT IS INCREASING
- NEW CREDIT LINES CAUSE THE MOST DAMAGE
- FINANCIAL STRESS ESCALATES QUICKLY WHEN ACCOUNTS ARE OPENED IN YOUR NAME

FREEZING YOUR CREDIT STOPS IT BEFORE IT STARTS

WHAT A CREDIT FREEZE DOES

- BLOCKS NEW ACCOUNTS FROM BEING OPENED
- DOESN'T AFFECT YOUR EXISTING CARDS
- DOESN'T AFFECT YOUR CREDIT SCORE
- YOU CAN STILL USE YOUR CURRENT CARDS AS NORMAL

FREEZE YOUR CREDIT - ITS FREE

EQUIFAX: [EQUIFAX.COM/PERSONAL/CREDIT-REPORT-SERVICES/CREDIT-FREEZE](https://www.equifax.com/personal/credit-report-services/credit-freeze)

EXPERIAN: [EXPERIAN.COM/HELP/CREDIT-FREEZE](https://www.experian.com/help/credit-freeze)

TRANSUNION: [TRANSUNION.COM/CREDIT-FREEZE](https://www.transunion.com/credit-freeze)

GO DIRECTLY TO THE BUREAUS — DO NOT PAY FOR THIS

WHAT TO EXPECT

- YOU'LL RECEIVE A PIN OR CODE FROM EACH BUREAU
- KEEP THESE SOMEWHERE SAFE
- UNFREEZE REQUIRED FOR: MORTGAGE, CREDIT CARD, AUTO OR PERSONAL LOAN

EXTRA PROTECTION

- TURN ON TRANSACTION ALERTS FOR YOUR CARDS
 - USE FREE CREDIT MONITORING (MANY CARDS OFFER IT)
 - NO NEED FOR PAID MONITORING SERVICES
- ALERTS + A CREDIT FREEZE = STRONG PROTECTION**

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SMALL STEPS CREATE LASTING FINANCIAL PROTECTION

DIGITAL DETOX

Take back your attention before it takes over your habits.

WHY THIS MATTERS

- MOST OF US DON'T REALIZE HOW OFTEN WE REACH FOR OUR PHONES
- APPS ARE DESIGNED TO KEEP YOU SCROLLING—NOT GIVE YOUR ATTENTION BACK
- SMALL MOMENTS OF DISTRACTION QUIETLY ADD UP OVER TIME

FREEZING YOUR CREDIT STOPS IT BEFORE IT STARTS

WHAT A CREDIT FREEZE DOES

- REDUCES AUTOMATIC SCROLLING AND CHECKING
- HELPS YOU NOTICE TRIGGERS AND HABITS IN REAL TIME
- CREATES SPACE FOR MORE INTENTIONAL CHOICES
- IMPROVES FOCUS AND MENTAL CLARITY

YOU CAN STILL USE YOUR PHONE—JUST WITH MORE INTENTIONALLY

TAKE BACK CONTROL BEFORE HABITS TAKE OVER

START YOUR DIGITAL DETOX- KEEP IT SIMPLE

START HERE:

- TURN OFF NON-ESSENTIAL NOTIFICATIONS
- MOVE DISTRACTING APPS OFF YOUR HOME SCREEN
- SET ONE "NO PHONE" WINDOW (MEALS, MORNINGS, BEDTIME)

START SMALL — YOU DON'T NEED TO CHANGE EVERYTHING

WHAT TO EXPECT

- YOU'LL REACH FOR YOUR PHONE AUTOMATICALLY
- YOU MAY FEEL BORED OR RESTLESS
- THAT'S AWARENESS—NOT FAILURE
- IT GETS EASIER WITH TIME

EXTRA PROTECTION

- TURN ON TRANSACTION ALERTS FOR YOUR CARDS
- USE FREE CREDIT MONITORING (MANY CARDS OFFER IT)
- NO NEED FOR PAID MONITORING SERVICES

ALERTS + A CREDIT FREEZE = STRONG PROTECTION

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SMALL STEPS CREATE LASTING FINANCIAL PROTECTION

NO-SPEND RESET

Take control of your money before habits spend it for you.

WHY THIS MATTERS

- MOST SPENDING ISN'T PLANNED—IT'S AUTOMATIC
- SMALL PURCHASES ARE EASY TO JUSTIFY IN THE MOMENT
- THOSE SMALL MOMENTS QUIETLY ADD UP OVER TIME

**YOUR SPENDING HABITS ARE BEING SHAPED
—AWARENESS GIVES YOU CONTROL**

WHAT A NO-SPEND RESET DOES

- REDUCES IMPULSE SPENDING AND UNNECESSARY PURCHASES
- HELPS YOU NOTICE TRIGGERS AND HABITS IN REAL TIME
- CREATES SPACE FOR MORE INTENTIONAL DECISIONS
- BUILDS AWARENESS OF WHERE YOUR MONEY IS GOING

**YOU CAN STILL SPEND ON NEEDS—JUST WITH
MORE INTENTION**

TAKE BACK CONTROL BEFORE HABITS TAKE OVER

START YOUR NO-SPEND RESET — KEEP IT SIMPLE

START HERE:

- SET CLEAR “NO-SPEND” RULES (NO EATING OUT, NO AMAZON)
- IDENTIFY YOUR BIGGEST SPENDING TRIGGERS
- DECIDE WHAT COUNTS AS A “NEED” VS. A “WANT”

START SMALL — YOU DON'T NEED TO CHANGE EVERYTHING

WHAT TO EXPECT

- YOU'LL FEEL THE URGE TO SPEND OUT OF HABIT
- YOU MAY TRY TO JUSTIFY SMALL PURCHASES
- THAT'S AWARENESS—NOT FAILURE
- IT GETS EASIER THE MORE YOU NOTICE IT

EXTRA PROTECTION

- PAUSE BEFORE MAKING THE PURCHASE
- ASK: “DO I NEED THIS OR JUST WANT THIS?”
- GIVE YOURSELF 24 HOURS BEFORE BUYING
- REPLACE THE HABIT (WAIT, WALK, RESET)

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SMALL SHIFTS CREATE LASTING CONTROL AND CLARITY

RESET TRACKER

Track one small shift—notice what changes.

THIS WEEK I'M FOCUSING ON:

- DIGITAL DETOX
- NO-SPEND RESET

CHOOSE ONE HABIT TO FOCUS ON THIS WEEK

WHAT SUCCESS LOOKS LIKE

- I FOLLOWED THROUGH MORE THAN I DIDN'T
- I NOTICED PATTERNS IN MY BEHAVIOR
- I MADE AT LEAST ONE INTENTIONAL CHOICE

PROGRESS—NOT PERFECTION—MOVES YOU FORWARD

ONE SMALL SHIFT DONE CONSISTENTLY CREATES RESULTS

CHECK IN DAILY — KEEP IT SIMPLE

DAILY CHECK-IN

MONDAY	YES / NO
TUESDAY	YES / NO
WEDNESDAY	YES / NO
THURSDAY	YES / NO
FRIDAY	YES / NO
SATURDAY	YES / NO
SUNDAY	YES / NO

START SMALL — YOU DON'T NEED TO CHANGE EVERYTHING

WHAT TO EXPECT

EXTRA PROTECTION

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