



# The Reset

## A Mental + Financial Check-In

Sometimes the most powerful thing you can do is stop and take an honest look at where you are. Not where you should be. Not where you used to be. Where you actually are — in your mind and in your money.

This is The Reset. Two sides of one truth: your mental health and your financial health were never separate.

***They move together. They heal together.***



Take ten minutes. Be honest with yourself.

**There are no wrong answers — only useful ones.**

### WHERE YOUR MIND IS

*Check the ones that feel true right now.*

- I've been feeling more overwhelmed than usual.
- I'm having trouble sleeping or sleeping too much.
- My patience is shorter than I want it to be.
- I'm carrying stress in my body — tight shoulders, tight jaw, tight chest.
- I've been isolating, even from people I love.
- I'm running on autopilot more days than not.
- I haven't done something just for me in a while.
- I feel disconnected from what used to bring me joy.
- I'm tired in a way that sleep doesn't fix.
- I know I need support — I just haven't reached out yet.

### HOW MANY DID YOU CHECK?

- ♥ **1–3:** You're noticing. That awareness matters.
- ♥ **4–6:** You're carrying more than you've been letting on.
- ♥ **7+:** **You deserve real support. Turn the page.**

TOTAL CHECKED



# \$ Where your money is And Your Mind

Same honesty. Different side of the same truth.

## \$ WHERE YOUR MONEY IS Check the ones that feel true right now.

- I avoid looking at my bank account.
- I don't have a clear picture of what I owe.
- I've been making minimum payments and hoping for the best.
- Money stress is keeping me up at night.
- I feel behind compared to where I thought I'd be.
- I've been spending in ways that don't match my goals.
- I don't have a real plan for the next 90 days.
- I've been embarrassed to ask questions about money.
- My credit doesn't reflect who I am or where I'm going.
- I know I need a different approach — I just don't know where to start.

**HOW MANY DID YOU CHECK?**

- ♥ **1–3:** You're paying attention. That's the first step. TOTAL CHECKED
- ♥ **4–6:** You're due for a real reset. You're not alone in this.
- ♥ **7+:** You deserve real support. The path forward starts with one conversation.

### EVERYTHING YOU NEED TO PURSUE EXCELLENCE



**Heal Your Mind**

CARF- accredited mental health services to help you overcome life's challenges.



**Secure Your Future**

Financial literacy classes and resources to put you in control of your money.



**Build Your Life**

Parenting support, life skills, and real-world tools to pursue excellence.

**Ready for what's next? H2O is here.**

Case management • Family counseling • Financial literacy

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**Heal your mind. Secure your future. Build your life.**