

R E S E T

A WORD SEARCH & REFLECTION WORKBOOK

The Entrepreneur Reset

Inspirational word searches and honest reflection pages
for business owners who feel overwhelmed, stuck, or ready
to begin again.

By Obianuju Obieze

DE-MONDEK ENTERPRISES

The Entrepreneur Reset

An Inspirational Word Search & Reflection Workbook for Entrepreneurs

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Before You Begin

If you picked up this workbook, business has probably felt heavy lately. Maybe the phone isn't ringing. Maybe you're doing everything at once and still feel behind. Maybe you've quietly started to wonder whether you're cut out for this.

You're not failing because it's hard. Building a business is hard. It asks you to make decisions without guarantees, keep going without applause, and carry responsibility that most people around you never see.

This workbook won't tell you to hustle harder. It was made for something else: to give you a place to pause, think clearly, and reset before your next step.

Every word search here has a purpose. The words hidden inside each one were chosen to remind you of something that's easy to forget under pressure. The pages that follow each puzzle help you turn those words into practical next steps.

Take your time. There's no prize for finishing fast.

— *Obianuju Obieze*

Founder, De-Mondek Enterprises

How to Use This Workbook

- 1 Go where you need to.** Work through the book in order, or turn straight to the section that matches how you feel today. Each section stands on its own.
- 2 Search first, then reflect.** Finish the puzzle before you read the reminder page. Let the words reach you before the explanations do.
- 3 Notice what found you first.** The first word you spot often isn't random. Write it down at the bottom of each puzzle page.
- 4 Write honestly.** No one grades these pages. Short answers are fine. Messy answers are fine. Honest answers are what help.
- 5 Use the reset pages.** Pages like Pause & Reset and Small Wins Count are short exercises you can return to any time.
- 6 Come back.** Your answers today will be different from your answers three months from now. That's the point.

Using the digital edition? Print the pages you need, or write directly on them in any PDF annotation app. Answer keys for every puzzle are at the back of the book, on pages 60–63.

What Found You First?

When you look at a word search, your eyes don't search evenly. They land on certain words first. Sometimes that's chance. Often, it isn't. The word that jumps out at you may be the one you need most right now.

That's why every puzzle in this book ends with the same invitation:

What Found You First?

Before you continue, write down the first word you found. Keep it with you as you work through today's reset.

WHEN A WORD FINDS YOU, ASK

- Why might this word stand out to me today?
- Where in my business do I need more of it?
- Where do I already have more of it than I give myself credit for?

On page 58, you'll gather every word that found you in one place. Together, they'll tell you something about where you've been and what you need next.

Where You Are Right Now

Circle the number that feels true today, not the one you think it should be. You'll return to this scale at the halfway point and again at the end.

1 = very low

10 = very strong

My energy

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

My confidence

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

My focus

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

My hope for my business

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Clarity on my next step

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Today's date: _____

What brought you to this workbook right now?

In one sentence, how does your business feel to you today?

SECTION ONE

01

When You Feel Overwhelmed

You don't have to carry everything at once.

Overwhelm rarely comes from one big thing. It's usually dozens of small, unfinished things competing for your attention at the same time: the invoices, the follow-ups, the decisions you keep postponing.

This section isn't about doing more. It's about setting some of it down long enough to see clearly again.

IN THIS SECTION

Puzzle 1 · Too Much at Once p. 8

Puzzle 2 · Clearing the Mental Clutter p. 10

Pause & Reset p. 12

PUZZLE 1

Too Much at Once

When everything feels urgent, nothing feels clear. Search slowly. There's no deadline on this page.

Words run across and down.

T	E	B	N	S	F	I	C	E	M	W	L	V	C	T
P	F	P	R	O	J	F	S	T	E	A	D	Y	A	Y
R	W	A	C	R	C	B	T	L	S	Y	O	D	L	W
Y	P	U	U	T	O	V	E	W	F	G	S	O	M	E
C	A	E	E	N	O	U	G	H	J	K	M	C	B	S
S	U	Y	L	O	B	G	L	I	G	H	T	E	N	I
W	S	K	C	I	E	I	R	E	S	E	T	O	O	G
S	E	N	D	R	K	H	D	I	V	F	B	R	A	A
I	V	M	U	O	V	T	B	K	H	I	R	D	P	W
M	G	S	P	R	I	O	R	I	T	Y	E	E	T	S
P	K	K	A	E	J	L	W	L	M	M	A	R	S	V
L	B	H	R	C	G	E	W	D	E	K	T	D	P	L
I	A	O	W	G	W	W	W	L	R	W	H	V	A	S
F	G	E	O	S	S	K	J	W	J	I	E	H	C	N
Y	G	O	J	B	H	B	T	K	O	O	W	B	E	I

FIND

☐ RESET

☐ BREATHE

☐ PAUSE

☐ SIMPLIFY

☐ PRIORITY

☐ CALM

☐ ENOUGH

☐ STEADY

☐ SORT

☐ LIGHTEN

☐ SPACE

☐ ORDER

What Found You First?

Before you continue, write down the first word you found. Keep it with you as you work through today's reset.

MY FIRST WORD

The Words You Found Are Your Reminder

RESET

A reset isn't starting over from zero. It's stopping long enough to choose your next step on purpose instead of in a panic.

SIMPLIFY

Not everything on your list carries the same weight. Fewer moving parts usually means fewer things to drop.

ENOUGH

Some days, doing the few things that matter most is enough. Your worth isn't measured by how much you squeezed into one day.

PRIORITY

If everything is a priority, nothing is. Look for the one task that would make the rest easier once it's done.

REFLECT

What is draining you most in your business right now?

What is one thing you can simplify this week?

PUZZLE 2

Clearing the Mental Clutter

Your mind isn't a storage unit. As you find each word, imagine setting one thing down outside your head.

Words run across and down.

P	N	T	U	U	N	B	U	R	D	E	N	B	J	T
R	A	C	N	L	R	R	F	E	C	G	Q	O	B	S
L	P	O	P	A	B	H	P	C	O	R	U	U	L	C
C	T	R	L	L	L	N	F	H	B	E	I	N	I	A
L	F	O	U	A	D	G	K	A	A	L	E	D	M	P
A	L	N	G	Y	A	A	V	R	K	E	T	A	I	A
R	G	J	R	W	B	N	U	G	E	A	F	R	T	C
I	D	M	O	H	N	E	W	E	U	S	V	Y	S	I
T	E	H	H	F	U	B	R	S	C	E	U	E	S	T
Y	C	U	M	F	J	L	V	R	J	E	B	Y	R	Y
A	L	T	C	G	J	S	I	E	W	R	S	W	Y	L
P	I	F	N	A	D	E	L	E	G	A	T	E	A	Y
N	N	R	E	S	T	M	D	Y	E	Y	W	F	R	C
I	E	D	P	P	D	H	J	I	A	P	H	S	A	V
J	K	T	H	N	B	A	R	G	I	T	J	F	Y	D

FIND

- ☐ REST
- ☐ RELEASE
- ☐ DELEGATE
- ☐ BOUNDARY
- ☐ DECLINE
- ☐ QUIET
- ☐ CLARITY
- ☐ UNPLUG
- ☐ CAPACITY
- ☐ LIMITS
- ☐ RECHARGE
- ☐ UNBURDEN

What Found You First?

Before you continue, write down the first word you found. Keep it with you as you work through today's reset.

MY FIRST WORD _____

The Words You Found Are Your Reminder

REST

Taking a break and giving up are not the same thing. Rest is maintenance, not a reward you earn after you burn out.

DELEGATE

Doing everything yourself can feel safer, but it quietly caps how far your business can grow. Hand off one thing, even if it's done differently than you would do it.

BOUNDARY

A boundary isn't a wall against people. It's a decision about what you'll protect: your time, your energy, and your focus.

CAPACITY

You have a limit, and that isn't a flaw. Plan around the capacity you actually have, not the capacity you wish you had.

REFLECT

What task are you holding onto that someone else could do?

What will you say no to this week, and what will that protect?

A three-minute page

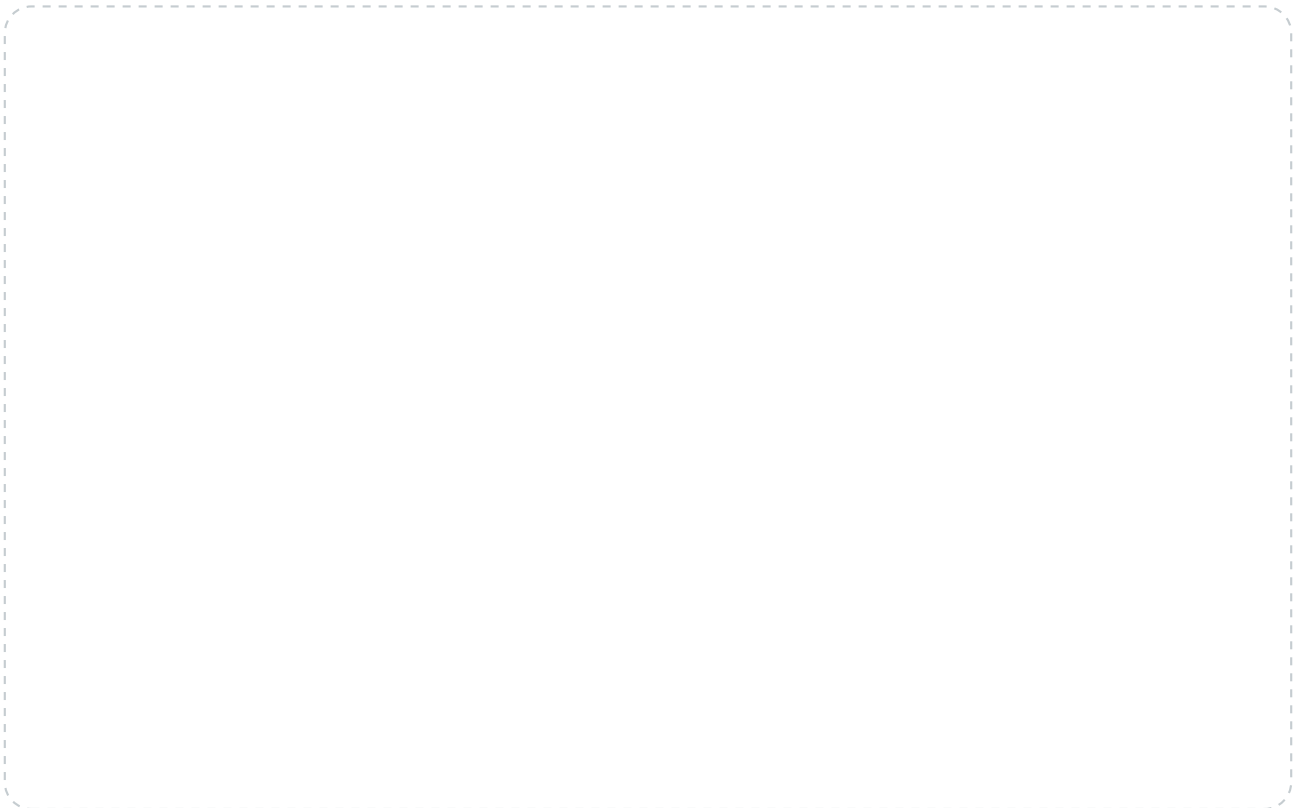
Pause & Reset

1 Breathe · 1 minute

Breathe in for 4 counts, hold for 4, and breathe out slowly for 6. Repeat five times. Let your shoulders drop.

2 Empty your head · 2 minutes

Write down everything you're carrying: tasks, worries, unanswered messages, half-formed ideas. Don't organize anything. Just get it out of your head and onto the page.



3 Circle one

Look at your list and circle the one item that would bring the most relief if it were handled. That's your next move. Everything else can wait its turn.

END OF SAMPLE

There's more waiting *for you inside.*

You've just completed Section One. The complete workbook continues with nine more sections, including:

- 16 themed word searches across 10 sections
- A "Words You Found Are Your Reminder" reflection page after every puzzle
- Pause & Reset, Confidence Check, Small Wins Count, What Can You Control?, and more
- A 30-Day Reset Plan and your collected "What Found You First?" words
- Complete answer keys for every puzzle

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