



ChildFriendly

Lunch & Learn Resource

Spring Reset Action Plan

Your 30-Day Spring Reset Plan

This tool is designed to help you focus on one meaningful change that will reduce stress and improve team stability.

Step 1: Identify Your Current Reality

What is creating the most daily stress in your program right now? (Be specific—think about repeated issues, not one-time problems)

Where do you feel most pulled into the day-to-day?

Step 2: Choose Your Focus Area

Select ONE area to focus on over the next 30 days:

- Mentorship and staff support
- Delegation and shared responsibility
- Staff competency and training
- Daily operations and consistency

Why did you choose this area?

Step 3: Define One Change You Will Implement

What is one simple, realistic change you can start this week?

Example: "I will do a 5-minute weekly check-in with each staff"

Your action:

Step 4: Identify One Person to Develop

Who is one staff member you can begin developing more intentionally?

Name: _____

What is one strength they have?

What is one area you want to grow in them?

Step 5: Measure Progress

What will improve if this is working?

Examples:

- Fewer interruptions
- Staff asking fewer questions
- More consistency in routines

Your success indicator: _____
