

The Practical Reset Starter

A 7-Day Foundation Plan to Stop Starting Over

Free Edition

By Mike

Built for real life. No hype. Just a reset you can follow.

Why you feel stuck (and it's not laziness)

If your life feels messy - house, stress, money, time - you're not broken. You're overloaded.

Most people don't fail because they don't care. They fail because they try to fix everything at once. They write big goals, get motivated, and then life hits: work, fatigue, family, unexpected bills. The plan collapses, and the loop starts again.

This starter is designed for real life. It's not a pep talk. It's a practical reset built on one rule:

Foundation first.

When the foundation is stable, progress gets easier. The next pages show you exactly how to build that foundation in 7 days.

The rule that changes everything

Here's the rule:

If the sand isn't firm, the brick cracks.

When daily life is unstable, any big plan eventually breaks under its own weight. That doesn't mean you failed. It means the base wasn't ready.

So for the next 7 days, we're not chasing perfection. We're doing something smarter:

- Stabilize the day
- Reduce the biggest friction
- Stack small wins

That's how momentum starts.

The 10-20 minute daily reset (do this today)

Do this once per day (morning or evening). The goal is a small win that makes tomorrow easier.

Step 1 - 3 minutes: Clear one surface

Pick ONE: kitchen counter, table corner, bathroom sink, desk. Clear it. Wipe it. Done.

Step 2 - 7 minutes: “Trash + Put Away” sprint

Set a timer for 7 minutes. Throw away trash. Put items back where they belong. Stop when the timer ends.

Step 3 - 5 minutes: Write tomorrow’s “Next 3”

On paper, write 3 things for tomorrow:

- One home task (small)
- One money task (small)
- One mind/body task (small)

That’s it. You’re building the base.

The 3-bucket plan (Home / Money / Mind)

Overwhelm happens when everything is loud at once. This shuts down the noise. You don't need to do everything. You need to do ONE from each bucket.

Bucket 1: Home (reduce friction)

- Clear the counter
- Empty one trash bag
- One laundry basket (wash OR fold OR put away - only one)

Bucket 2: Money (reduce leaks)

- Check account balance
- Pay one bill
- Cancel one subscription
- Write a no-spend plan for 24 hours

Bucket 3: Mind (reduce stress)

- 10-minute walk
- Drink water + protein
- Shower + reset clothes
- 5 minutes of quiet planning

The 7-day foundation schedule

Follow this plan in order. Keep it small. The goal is traction, not perfection.

Day 1: Clear one surface + write your Next 3

Day 2: Trash + Put Away sprint + choose one money action

Day 3: One laundry action + 10-minute walk

Day 4: Clear sink/counter + pay/check one bill

Day 5: Declutter one small zone (drawer, shelf, corner)

Day 6: Plan tomorrow (Next 3) + prep one easy meal/snack

Day 7: Reset review (what worked?) + choose your next 7 days

Rule: If you miss a day, do not restart. Use the fallback plan on Page 8.

Printable checklist (copy/paste list)

Daily Reset Checklist (10-20 min):

- Clear one surface (3 min)
- Trash + Put Away sprint (7 min)
- Write “Next 3” for tomorrow (5 min)
- Home bucket: 1 small action
- Money bucket: 1 small action
- Mind bucket: 1 small action

Print this page or keep it open on your phone. Keep it visible. Make it easy to follow.

The fallback plan (when life happens)

This is how you stay consistent. When you have a rough day, use the minimum reset.

Minimum Reset (5 minutes total):

- 2 minutes: clear one surface
- 2 minutes: trash only
- 1 minute: write ONE next step for tomorrow

That's a win. That keeps the foundation firm.

Important: Consistency isn't perfection. It's returning to the plan quickly.

Quick wins tracker (proof you're moving)

Momentum feels invisible until you track it. When your brain says “nothing’s changing,” this page proves otherwise.

Write down 7 quick wins this week (big or small):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

Tip: A win can be as small as “cleared the counter,” “paid one bill,” or “took a 10-minute walk.”

Next steps (and the full PRS invite)

If this starter helped, you're ready for the next level.

The full PRS System gives you:

- The full reset roadmap (the order matters)
- Deeper checklists + printables
- A consistency system that survives busy weeks
- A plan you can repeat without starting over

For tonight: do Page 4. That's how this starts.

When you're ready for the full system, you'll find it on ccmandt.com.