

The 10-Minute Reset Checklist

For days when everything feels off and you don't know where to start.

This is not a routine.
It's a **reset**.

Use it when:

- you feel overwhelmed
- motivation is low
- restarting feels heavy

The 10-Minute Reset

- ☐ Write down everything on your mind (2–3 minutes)
- ☐ Circle only what truly matters **today**
- ☐ Choose **one** thing to complete or decide
- ☐ Reset one small space (physical or digital)
- ☐ Stop — even if things aren't finished

That's enough.

Returning counts.