

Reset Scripts for Drift & Overwhelm

What to tell yourself when consistency slips — without guilt.

Read these when you feel stuck, discouraged, or tempted to restart everything.

When you miss a few days:

“Nothing broke. I can return to one small step.”

When everything feels behind:

“I don’t need to catch up. I just need to steady things.”

When motivation disappears:

“This system works even when motivation doesn’t.”

When you feel pressure to restart perfectly:

“I’m allowed to re-enter imperfectly.”

When progress feels slow:

“Quiet progress still counts.”

These are reminders — not rules.