

A 7-DAY RESET

Seven Small Ways to Come Back to Yourself

One gentle reset a day, in any order.

1

Clear one small surface

Choose the bedside table, bathroom counter, or one corner of the kitchen. Stop when that single space feels calm.

2

Step outside for ten minutes

No route and no goal. Notice the air, the light, and one thing that has changed since yesterday.

3

Make one drink slowly

Tea, water, or coffee. Put your phone down while you make it, then take the first three sips without doing anything else.

4

Soften the room

Turn off the brightest light. Open a window or warm a favourite scent. Let the room tell your body the busy part is over.

5

Write down the mental clutter

List everything tugging at your attention. Circle only one thing that truly needs you today.

6

Give your body five quiet minutes

Stretch, breathe, lie on the floor, or sit with your feet up. Choose what feels kind rather than impressive.

7

Choose what comes with you

Name one habit, feeling, or small pleasure you want to carry into next week. Leave the rest here.

YOUR QUIET NOTES

What Shifted This Week?

There's nothing to finish perfectly. Notice what helped, then keep only that.

The reset that felt easiest was...

I noticed my energy change when...

One thing I can make gentler next week is...

The small ritual I want to keep is...

A note for the week ahead
