

Five days of small resets

Day 1: Arrive where you are

Look around and name three ordinary things you can see.
Feel the support of the chair or floor, if that feels comfortable.

One reflection

What is one thing that makes this moment a little easier?

Skip or adapt anything that does not feel useful. These are everyday reflection practices, not diagnosis or treatment. There is no need to catch up or do every day perfectly.

Day 2: Make room for one need

Choose one basic need: water, food, rest, space or connection. Pick a small action you can take today.

One reflection

Today, I need a little more...

Skip or adapt anything that does not feel useful. These are everyday reflection practices, not diagnosis or treatment. There is no need to catch up or do every day perfectly.

Day 3: Let one thing be enough

Choose one manageable task. Make it smaller until it fits the energy you have today. Leave the rest on a later list.

One reflection

The smallest useful version of my task is...

Skip or adapt anything that does not feel useful. These are everyday reflection practices, not diagnosis or treatment. There is no need to catch up or do every day perfectly.

Day 4: Practise a gentle boundary

Try a short sentence: I cannot do that today. I can offer this instead. You can write it privately without sending it.

One reflection

What do I need to protect time or energy for?

Skip or adapt anything that does not feel useful. These are everyday reflection practices, not diagnosis or treatment. There is no need to catch up or do every day perfectly.

Day 5: Keep what helped

Review the last four days. Choose one practice to keep and one to leave behind. There is no need to do every exercise perfectly.

One reflection

The reset I want to return to is...

Skip or adapt anything that does not feel useful. These are everyday reflection practices, not diagnosis or treatment. There is no need to catch up or do every day perfectly.

Keep what helped

Choose one practice to return to. The free 3-Minute Grounding Card is a short reference you can keep nearby.

Get the free grounding card

Want more structure? Quiet Reset is a seven-day grounding toolkit. Current price: CA\$19. Check the product page for contents before choosing.

Explore the Quiet Reset toolkit