

PICK YOUR RESET.

Pick your state. Follow the recipe. Stop when you feel a little lighter. ❤️



OVERWHELMED

DRAIN AUDIT + 5% CHECK-IN



SPIRALING

DOUBT INTERRUPT + 2-MIN RULE



NUMB / EMPTY

GUILT PAUSE + JOY AUDIT



STUCK / FROZEN

2-MIN RULE + DRAIN AUDIT

INVENTORY

Drain Audit **2-3 min**

One thing costing you energy. Remove it.

Doubt Interrupt **60 sec**

Stand up. Change rooms. Breathe until your shoulders drop.

Joy Audit **2-5 min**

Dopamine that isn't a screen. Pick one. Do it now.

Guilt Pause **60 sec**

Not deleting it. Just giving your brain a 24hr window.

2-Minute Rule **2 min**

Open the doc. Put on shoes. Your brain does the rest.

5% Check-In **60 sec**

5% is enough to start. Perfectionism can wait.