

The Reset Ritual

Purpose

To gently reset your nervous system, clear mental clutter, and help you re-enter your day with steadier footing.

Step 1: Pause

You don't need to fix anything yet.
Take one slow breath in.
Exhale a little longer than you inhale.

Right now, the day feels off because:

Step 2: Ground

Choose **one** way to reconnect with your body:

- ☐ Place both feet on the floor and notice the support beneath you
- ☐ Take two slow breaths
- ☐ Gently stretch your shoulders or neck
- ☐ Name one thing you can see, hear, and feel

What I noticed:

Step 3: Release

You're not clearing everything—just one layer.

One thing I can set down for now:

(You can return to it later if needed.)

Step 4: Reset Intention

Keep this small and realistic.

One thing I'll focus on next:

Closing Permission

I'm allowed to reset without starting over.

Reflection

A reset isn't going backward. It's finding your footing again—so the bridge can hold.
