

# The Reset Ritual

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## Purpose

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

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### 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:**

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### 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:**

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### Step 3: Release

You're not clearing everything—just one layer.

**One thing I can set down for now:**

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*(You can return to it later if needed.)*

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### Step 4: Reset Intention

Keep this small and realistic.

**One thing I'll focus on next:**

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## Closing Permission

I'm allowed to reset without starting over.

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## Bridge the Gap Coaching

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