



The 10-Minute Reset

01 / GET IT OUT OF YOUR HEAD - 5 MINUTES

NAME _____

DATE _____

Set a 10-minute timer. No perfect answers. Use the first five minutes to get honest, then turn the next five into one small move.

01 What is taking up the most space in my mind?

Name the situation or thought. Keep it to what is happening today.

02 What do I know, and what am I assuming?

Separate the facts from the story you are telling yourself.

03 What do I need from myself right now?

Think rest, clarity, support, or follow-through. Be specific.

You do not have to solve everything to take one useful step.



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02 / TURN THE TRUTH INTO A MOVE - 5 MINUTES

NAME _____

DATE _____

ONE BOUNDARY / 2 MINUTES

What will I protect?

Choose a limit you can follow through on. Example: "I will stop checking work messages after 8 PM."

My boundary:

ONE PROMISE / 2 MINUTES

What can I realistically keep today?

Make it small and within your control. Example: "I will spend 10 minutes on the task I have been avoiding."

I will:

When and where:

ONE NEXT MOVE / 1 MINUTE

- ☐ Choose the smallest first step.
- ☐ Pick a time to begin today.
- ☐ Put the reminder where you will see it.
- ☐ Start. Check back on your promise tonight.

A small promise kept is a starting point. Build from there.