

The Daily Mental Reset

A GENTLE SCREEN-FREE ROUTINE FOR THE BUSY MIND

Energy Check-In

HOW IS YOUR BATTERY FEELING RIGHT NOW?

- Full & Focused Okay, but fading
- Running on fumes Completely drained

The Tactile Moment

WHAT IS ONE OFFLINE ACTIVITY YOU DID TODAY THAT REQUIRED YOU TO USE YOUR HANDS? (E.G., COOKING, SKETCHING).

What Felt Heavy Today?

WRITE DOWN THE MOMENTS OR TASKS THAT DRAINED YOUR PEACE.

1. _____
2. _____
3. _____
4. _____
5. _____

Tomorrow's Gentle Priority

IF YOU ONLY GET ONE THING DONE TOMORROW, LET IT BE THIS.

Today's Wins & Finished Tasks

ACKNOWLEDGE WHAT YOU COMPLETED. GIVE YOURSELF PERMISSION TO STOP.

1. _____
2. _____
3. _____
4. _____
5. _____

The Mental Parking Lot

BRAIN TOO LOUD? PARK YOUR LINGERING THOUGHTS, WORRIES, OR OPEN LOOPS HERE SO YOU DON'T CARRY THEM TO BED.
