



MENTAL SYSTEM RESET



Clear thoughts. Steady focus. Better decisions.
Reset your mind. Reclaim your clarity.

RESET CHECKLIST

- ☐ I pause and clear mental clutter.
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- ☐ I focus on what matters most.
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- ☐ I choose one priority and commit to it.
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- ☐ I challenge negative or unhelpful thoughts.
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- ☐ I learn something new today.
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WHEN I FEEL...	I RESET BY ...
Overwhelmed 	Taking 3 breaths to slow down.
Scattered 	Focusing on one thing for 25 min.
Stuck 	Stepping back and questioning.
Negative 	Reframing and choosing gratitude.
Unclear 	Simplifying and taking small steps.



TODAY I WILL FOCUS ON:

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Clarity creates direction. Direction creates progress.