



SOCIAL SYSTEM RESET



Stronger connections. Trust. Healthier relationships.
Reset how you relate. Build what lasts.

RESET CHECKLIST

- ☐ I listen with full attention.
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- ☐ I speak with honesty and respect.
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- ☐ I appreciate someone today.
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- ☐ I resolve tension quickly.
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- ☐ I invest in my key relationships.
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WHEN I FEEL ...	I RESET BY ...
Disconnected 	Reaching out to someone important.
Misunderstood 	Asking questions and really listening.
Tense 	Addressing issues early and kindly.
Drained 	Spending time with the right people.
Critical 	Choosing curiosity over judgement.



TODAY I WILL STRENGTHEN:

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Strong relationships multiply your impact.