



A Small Reset for a Busy Day

Simple ways to pause, recharge, and show up for what matters.



WHY IT MATTERS

Life gets busy, and it's easy to run on autopilot. A small reset helps you clear your mind, reduce stress, and bring more focus and balance to your day — even if it's just a few minutes.

“*You don't have to do more.
You just have to pause.*”



CONTINUE THE PRACTICE

Here are 3 simple ways to reset during a busy day.

1



PAUSE & BREATHE

Take 2–3 minutes to close your eyes, inhale slowly, and exhale fully. It helps calm your mind and reset your energy.

2



DO A QUICK CHECK-IN

Ask yourself: How am I feeling right now? What do I need most? A little self-awareness can help you refocus and choose what matters most.

3



MOVE YOUR BODY

Stretch, take a short walk, or just stand and move for a few minutes. It boosts your mood and clears mental clutter.



REMEMBER

A reset doesn't have to be big. It just has to be yours. Small moments of care can make a big difference in how you show up for your day, your goals, and yourself.



REFLECTION

What's one small reset you can do today to feel more balanced and present?