

THE 7 DAY RESET

*Interrupt unconscious momentum
Replace it with deliberate orientation*



I STOP THE SPIRAL

Release tension of fast living

1. Silence all notifications
2. Set a 10-minute timer
3. Put the phone down and sit
4. Close your eyes
5. Focus on your breath



II

SILENCE NOISE

Organize your mind

1. Set a 15 minute timer
2. Write
3. No rereading
4. No fixes
5. Close the page when the
alarm sounds

III

RECLAIM YOUR BODY

Rediscover your senses

1. Set a 10 minute timer

2. Do anything physical

Examples:

- Walk
- Stretch
- Run
- Lift Weights



IV

REDUCE FRICTION

Clear the clutter

1. Set a 20 minute timer
2. Clean one small area

Rule:

- When the alarm sounds, stop cleaning. It doesn't matter if you finished or not, just stop.



V

MAKE A CHANGE

Rebuild trust in yourself

Pick a habit:

- Writing
- Exercise
- Meditation

Dedicate yourself for 5 minutes
every single day



VI

TAKE CONTROL

Take control of your impulses

Next time an emotion awakens:

1. Pause for 10 seconds
2. Don't react
3. Name it

If you do react, investigate why

VII ORIENT SELF

Decide what stays, what goes.

Answer these questions:

1. What feels lighter?
2. What drained me the most this week?
3. What will I remove next week?
4. What will I continue next week?

