

1-Minute *Reset*

A minute for you.
A reset for your day.



1. PAUSE

Take a deep breath.
Stop for a moment. _____



2. FEEL

What are you feeling right now?
Name it without judging. _____



3. BE KIND

Say one kind thing to yourself.
You deserve it. _____



4. FOCUS

What is one small step you can
take right now? _____



5. MOVE FORWARD

Take that small step.
You've got this. _____



A calm you, creates a stronger tomorrow.

