



RESET KIT

***7 Quick Switches to Get Back
on Track in 10 minutes or less***

Science-backed resets to cut through
overthinking ,overworking, distraction and
disconnection





The Reset Kit

This kit was designed to help you reset anytime you get stuck. Whether you're **overthinking, overworking, distracted, or disconnected**, these quick switches break the loop and get you back in control.

In just 10 mins or less you'll feel your clarity, energy and focus return — so you can move forward with momentum.





How to Use This Kit

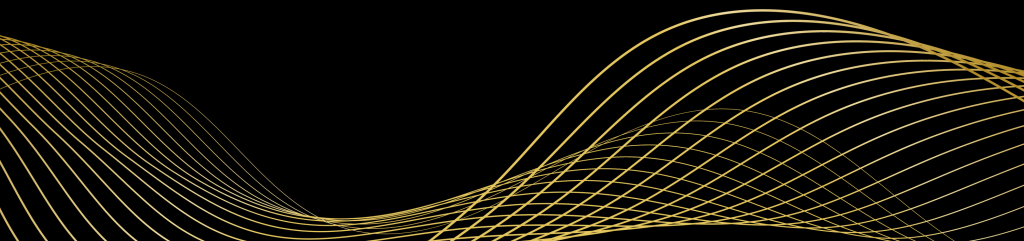
🕒 Each reset takes 5–10 minutes.

🔨 No equipment needed.

🎯 Pick the reset that matches your current state.

✅ Follow the steps exactly.

⚡ Feel the shift → then take action.

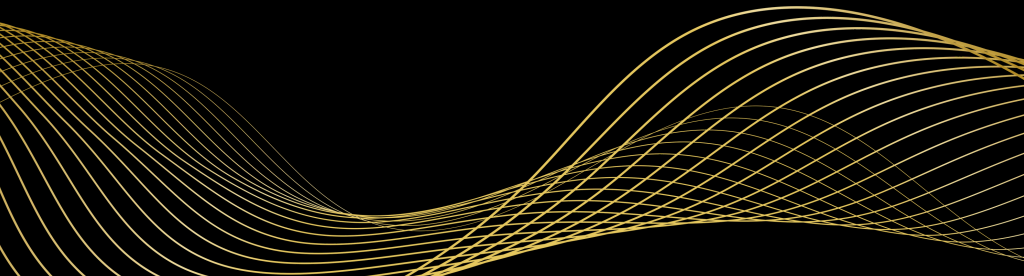




The Overthinking Reset



Looping thoughts on repeat?
This reset breaks the mental noise
so you can move forward.





The 5-Minute Reset

- **Break the Loop (30 sec)** → Shake your arms/legs or do 10 jumping jacks. Say: “Out of the loop. Back to the present”.
- **Reset with Breath (1 min)** → 2 physiological sighs + 3 rounds box breathing (4-4-4-4).



- **Ground in Reality (1 min) →**
Name 3 things you see, 2 you hear, 1 you feel.
- **Anchor Your Task (2 min) →**
Write one thought you release + one small task you commit to.
- **Light the Focus Signal (start) →**
5-min timer. Say: "One brick at a time."

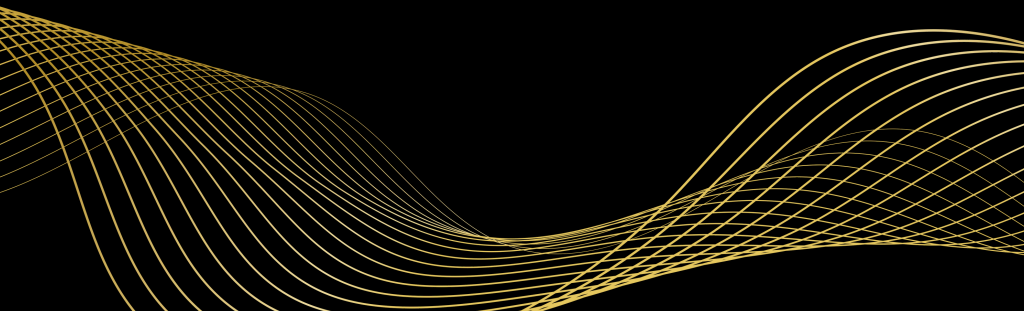


Why It Works

**Interrupts the Default Mode Network,
calms the amygdala, and re-engages
the prefrontal cortex for clarity.**

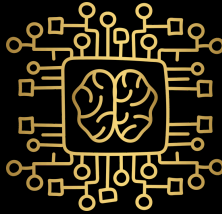
The Outcome

Clear head + forward momentum.

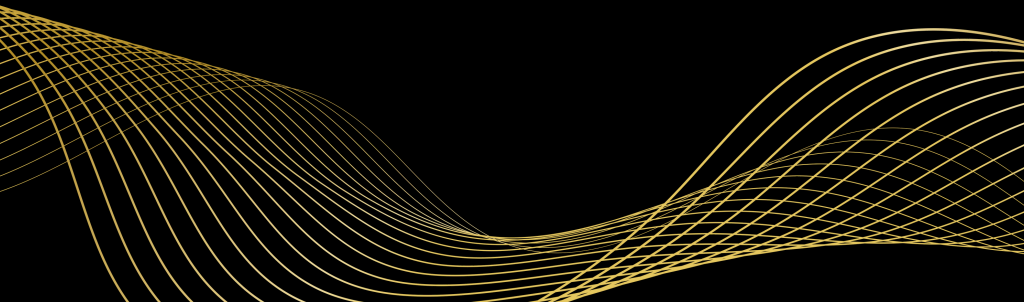




The Overworking Reset



When you're pushing nonstop,
head down in grind mode,
ignoring your body and draining
your energy.





The 5-Minute Reset

- **Stretch (1 min)** → Open chest, roll shoulders, stretch spine.
- **Deep Reset Breath (1 min)** → Inhale for 4s, exhale for 8s (parasympathetic activation).



- **Close the Loop (1 min)**
→ Visualize shutting your laptop/closing a door.
- **Micro Movement (1 min)** →
Shake arms/legs to release tension.
- **Pause in Stillness (1 min)** →
Sit, eyes closed, breathe slowly.

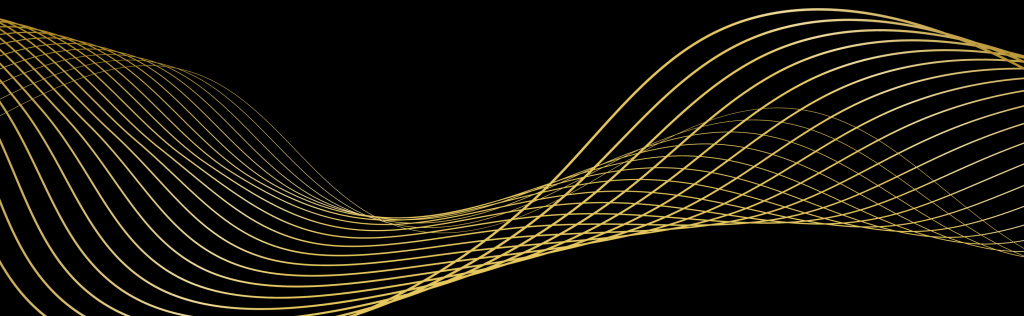


Why It Works

Switches from sympathetic (stress) to parasympathetic (rest/recharge) mode, preventing burnout.

The Outcome

Energy restored • Nervous system reset • More sustainable focus

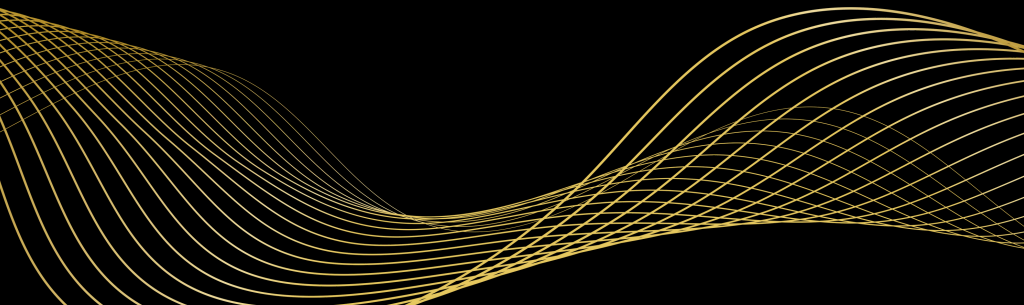




The Distracted Reset



Your focus is pulled in ten directions — tabs open, notifications pinging, tasks piling — but nothing moves forward.





The 5-Minute Reset

- **Cut the noise (1 min)** → Close tabs, silence phone, tidy desk.
- **Decide what matters now (1 min)**
→ Write the one thing that matters most now.



- **Calm your system (1 min) → 5**
slow breaths, exhale longer than
inhale.
- **One task full focus (2 min) →**
Set 5-min timer, commit to that
one task.

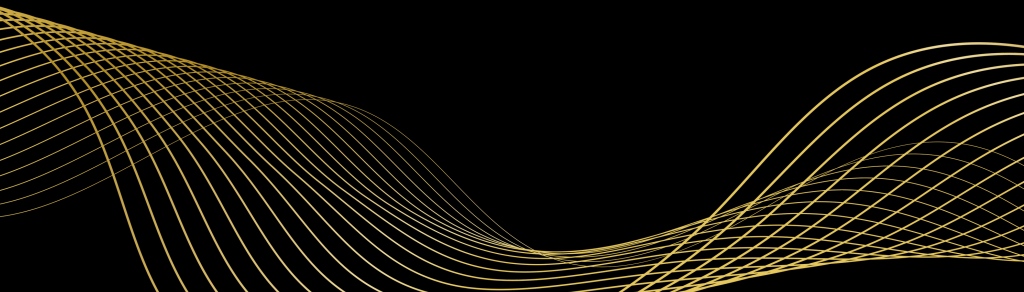


Why it works

Resets dopamine from scattered novelty-seeking to a single focused reward pathway.

The Outcome

From scattered to locked-in: clear head, single-task focus, real progress.

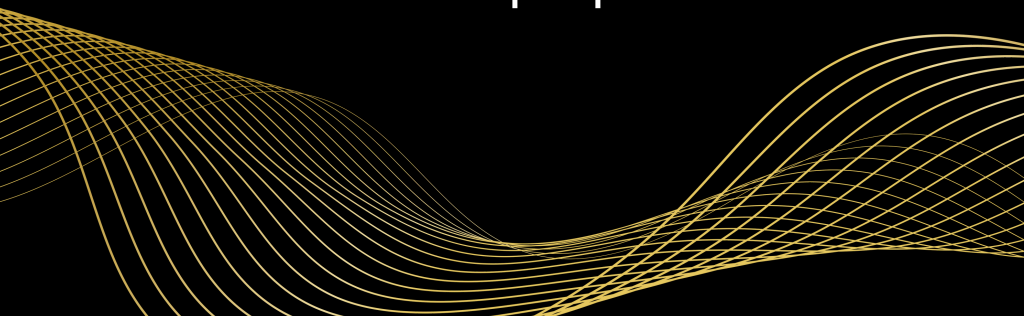




The Disconnected Reset



When you're moving through the day on autopilot — numb, detached, and going through the motions without purpose.





The 5-Minute Reset

- **Ground Body (1 min)** → Feet flat on floor, feel the ground.
→ Anchor to the present.
- **Heart Breath (1 min)** → Inhale into chest, exhale with hand over heart. → Switch from head to heart.



- **Mini Body Scan (2 min) →**
Notice tension, release as you breathe. → Notice. Release. Reconnect.
- **Intention Line (1 min) →** Write or say: “I am here. I choose [your action].” → Claim your next step



Why It Works

Brings you back online —
reconnecting body and breath,
activating self-awareness, and
restoring alignment with your
inner compass.

The Outcome

From autopilot → to alive:
present, grounded, and
reconnected to your why.

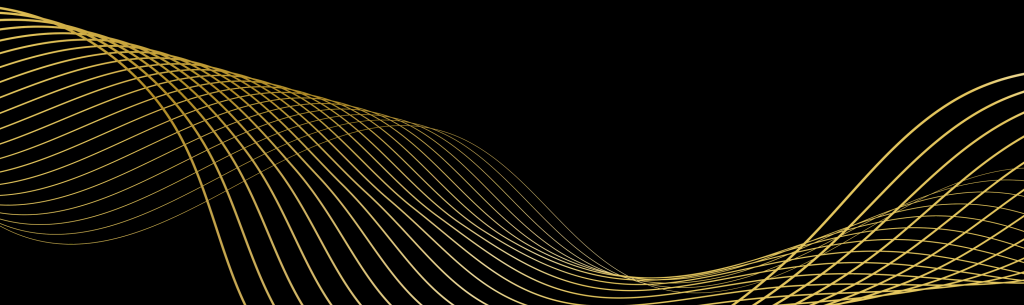




The Overloaded Reset

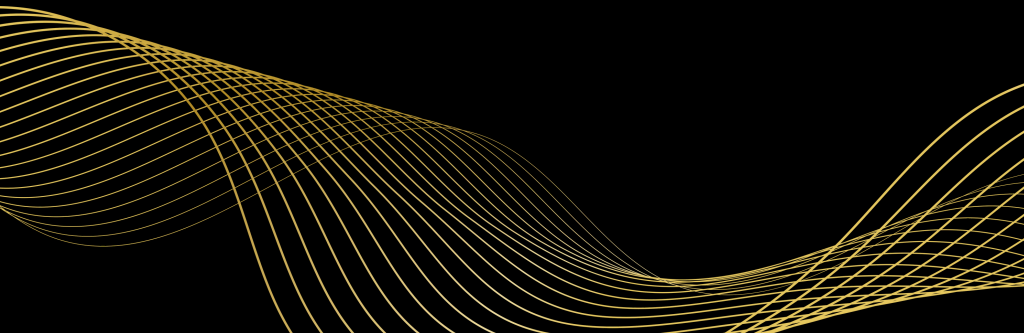


When too many tasks, messages,
or responsibilities hit at once and
you freeze.





- **Brain Dump (2 min)** → Empty your head onto paper. Out of mind → on the page.
- **Circle One (1 min)** → Highlight the one thing that matters most.





- **Breath Release (1 min)** → Three deep breaths. Reset your nervous system.
- **Start Small (1 min)** → Take the tiniest next action. Momentum unlocked.

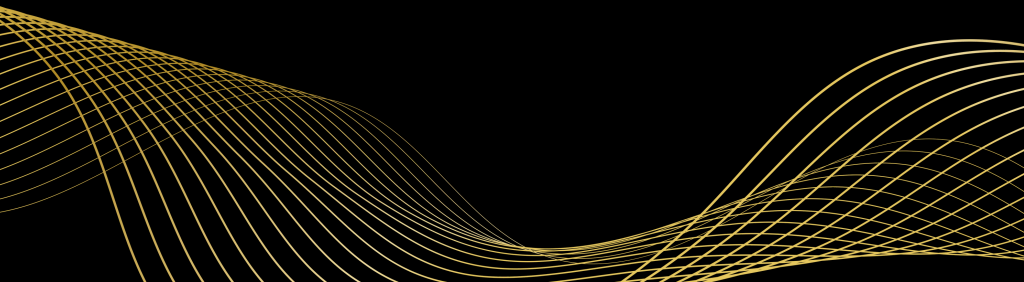


Why It Works

By unloading mental clutter onto paper, your brain frees up bandwidth, narrows attention, and reduces overwhelm.

The Outcome

From frozen → moving: simplicity, clarity, and action unlocked.

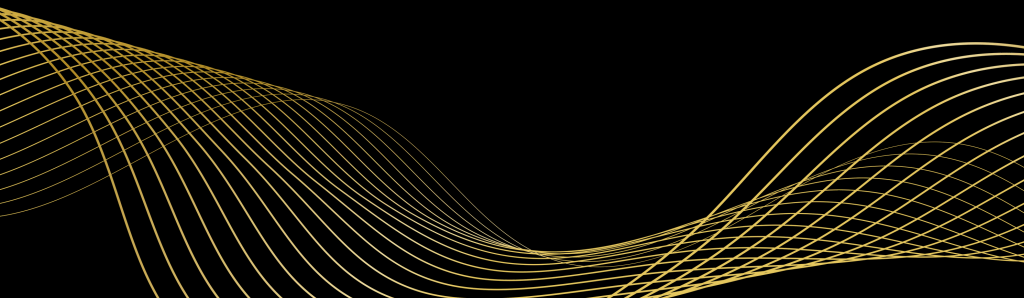




The Stuck Reset



When everything hits at once —
tasks, pings, demands — your brain
locks up and you freeze.



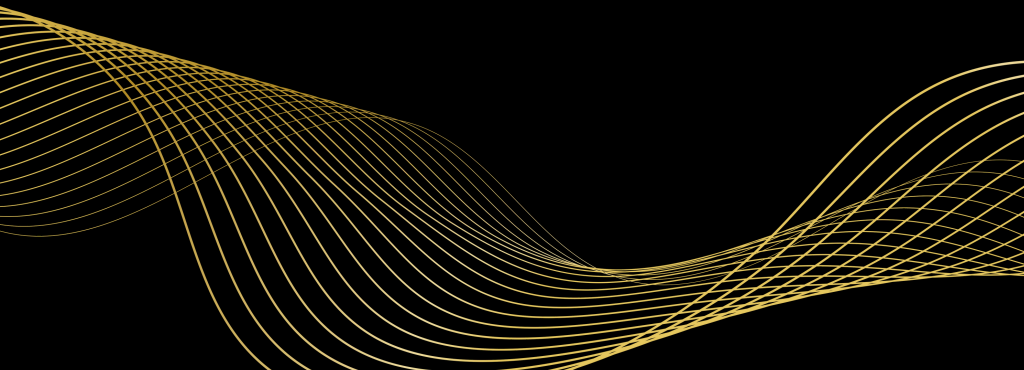


The 5-Minute Reset

- **Move Body (1 min)** → Shake off the freeze with a quick stretch, walk, or shake.
- **Ridiculous Small Step (2 min)** → Make it laughably easy: open the doc, type one line, send one message.



- **Reward (1 min)** → Smile, fist pump, sip tea – signal success.
- **Continue Momentum (1 min)**
→ Set a short timer and ride the wave forward.





Why It Works

Resets the freeze response with body movement and micro-action, creating a dopamine loop that unlocks flow.

The Outcome

From stuck → moving:
momentum activated, flow
restored.

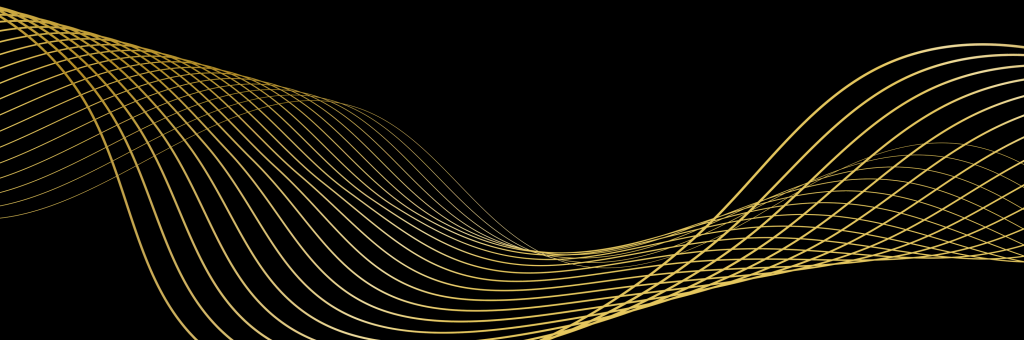




The Energy Reset



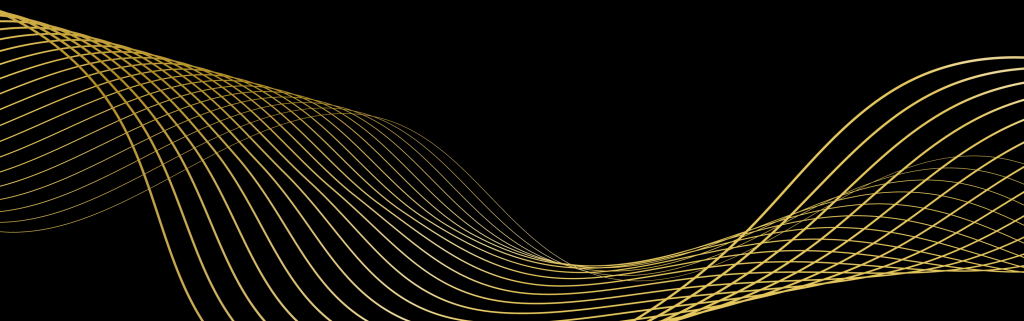
When your energy crashes —
sluggish, drained, or foggy-headed.





The 5-Minute Reset

- **Cold Splash (30 sec)** →
Hands/face in cold water.
Shock your system awake.
- **Power Posture (1 min)** →
Stand tall, chest open. Signal
strength.





- **Energizing Breath (2 min)→**
Quick inhale/exhale bursts. Fire up your system.
- **Shake & Go (1 min) →** Shake out tension. Restart circulation.
- **Re-Engage (30 sec) →** Clap hands, say: “I’m on.”

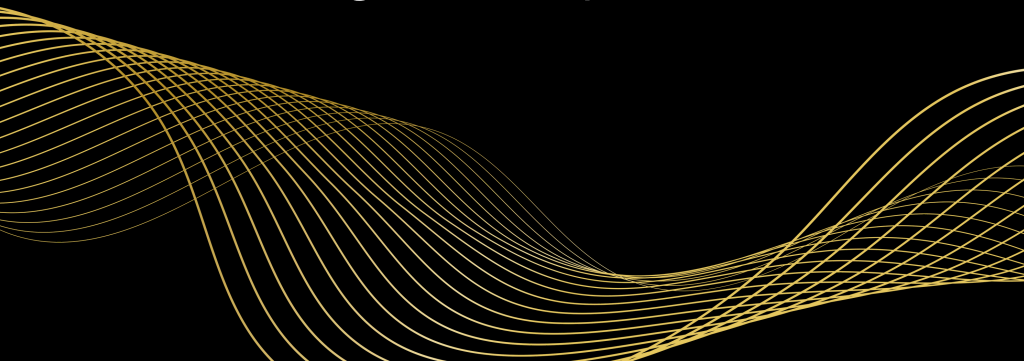


Why It Works

Cold + breath + posture trigger
noradrenaline and dopamine,
boosting alertness, sharpening focus,
and energizing your body.

The Outcome

From drained → recharged: sharp,
energized, fully awake.





Your Daily Reset Practice



Turn Resets Into Daily Power
Rituals

*Track your resets, see your progress,
and build unstoppable clarity &
energy.*





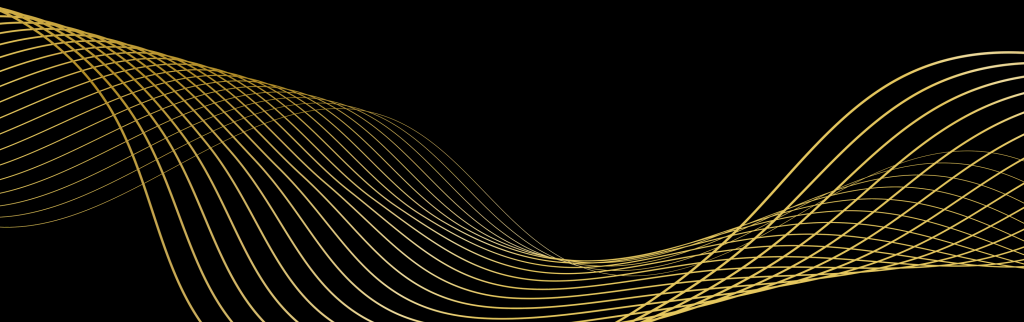
- Check which state you felt today.
- Tick which reset you used.
- Track progress with the 7-day grid.

This turns the kit into a daily habit-builder, not just a PDF — your system for lasting clarity and energy.



What's Next?

These 7 Resets give you the power to cut through overthinking, distraction, and energy crashes in minutes. But this is just the beginning.

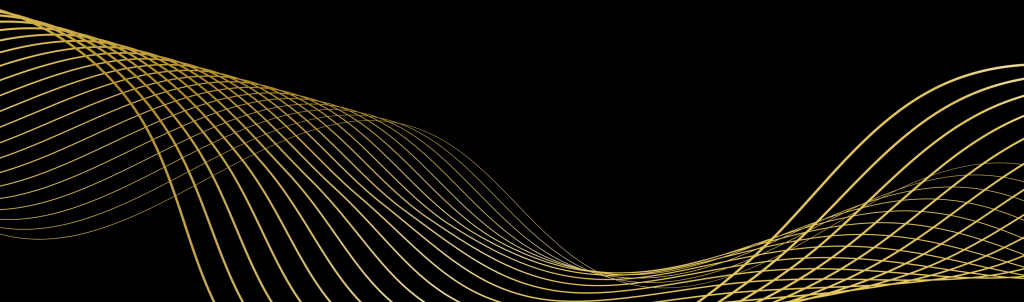




Level Up



Watch your inbox for [The Frame Shift Kit / The Ritual Kit] — your full system to shift your frame, rewire your mind, and unlock unstoppable clarity & momentum.





Go Deeper



You've unlocked the tools to reset in minutes. Now, if you're ready for a full transformation, send your inquiry [here](#). Coaching spots are limited — your momentum **starts now**.

