

MINDSET - 4U

UNLOCK YOUR FULL POTENTIAL!

THE 5-MINUTE MIND REBOOT

YOUR DAILY PRACTICE SHEET

Feeling overwhelmed? Over-thinking? Stuck in a loop?
Your 5-Minute Mind Reboot is here to help you hit 'reset' and regain clarity.

How to Use This Sheet:

Watch the "5-Minute Mind Reboot" video, then use this sheet to reinforce your practice. You can print it out and fill it in daily, or use it as a guide for mental check-ins.

Your 5-Minute Mind Reboot: Steps for Instant Clarity

(Follow along with the video, or use these steps on your own anytime you need a quick reset.)

Find Your Anchor (1 minute):

ACTION: Sit or lie down comfortably. Gently close your eyes or soften your gaze.

FOCUS: Take 3 deep, slow breaths. Feel your body. Feel your feet on the ground, your hands resting. Notice the sensation of your breath.

Your experience: What sensations do you notice in your body right now?

Acknowledge & Release (1 minute):

ACTION: As thoughts (worries, to-dos, judgments) float into your mind, simply notice them. Don't engage. Don't judge.

FOCUS: Silently say, "Oh, there's a thought," and then gently bring your attention back to your breath. Imagine exhaling any tension or mental noise with each out-breath.

Before Reboot (Quick Check): On a scale of 1-10, how overwhelmed or scattered do you feel right now? (1 = totally calm, 10 = completely overwhelmed)

My current number: _____

