


2-Minute Daily Reset Duo

Two guided audio resets for
calmer mornings and steadier
workdays

Includes Morning Reset, Desk Reset, and a Quick Use Guide



Quick Use Guide

Which reset should I use right now?

These two audio resets are designed for daily support.

Use them to begin the day more steadily, or to reset quickly when tension starts building.

USE THIS GUIDE TO CHOOSE THE BEST RESET FOR THE MOMENT YOU'RE IN

Morning Reset

- you wake up already tense
- your mind starts working before your body has settled
- you want a calmer start to the day
- you need a steadier tone before screens, work, or responsibilities

Best moment: within the first 30 minutes of your morning

Best result: a calmer, clearer, less rushed start to the day

Desk Reset

- tension is building during the workday
- you are between calls or tasks
- pressure starts rising fast
- you want to reset before a meeting, response, or decision

Best moment: any time you need a quick return to composure

Best result: more space, steadiness, and clarity before the next thing

Use both in the same day when...

- your morning already felt activated
- work pressure builds later in the day
- you want one reset at the beginning of the day and one during it
- you need a simple rhythm that helps your body feel more supported

Simple rhythm: Morning Reset to begin the day
Desk Reset before the next demanding moment

Reminder

These are not emergency audios.
They are daily support tools.

If everything feels too loud, begin with:

Day 1 - Calm the Body First