

THE 10-MINUTE RECOVERY RESET

A PRACTICAL RESET FOR WHEN YOU'RE STUCK,
OVERWHELMED, OR SHUTTING DOWN.



A SMALL RESET CAN CHANGE YOUR WHOLE DAY.

THE RECOVERY SYSTEM

THE 10-MINUTE RECOVERY RESET

**A PRACTICAL RESET FOR WHEN YOU'RE STUCK,
OVERWHELMED, OR SHUTTING DOWN.**

You do not always need more discipline.

Sometimes you just need to understand what state you are in — and use the right response.

IDENTIFY → RESPOND → MOVE

THE RECOVERY SYSTEM RECOVERAGAIN.COM

WHY PUSHING HARDER DOESN'T WORK

When momentum disappears, the instinct is usually the same:

- Push harder.
- Focus harder.
- Force yourself to start.
- Try to "get back on track."

Sometimes that works.

Sometimes it makes the block worse.

Because not every kind of stuck is the same.

You may be experiencing:

- You still have energy, but you keep avoiding the task.
 - Too many things are competing for your attention.
 - Your capacity has dropped and even simple actions feel difficult.
-

DIFFERENT STATES NEED DIFFERENT RESPONSES.

Trying to solve all three with the same strategy often creates more frustration.

This reset helps you do something different:

IDENTIFY THE STATE. USE ONE RESPONSE THAT MATCHES IT. CREATE THE NEXT MOVE.

You do not need to fix the whole day.

YOU ONLY NEED TO CHANGE DIRECTION.

QUICK SELF-ASSESSMENT

Read the three descriptions below.

Choose the one that feels closest to what is happening right now.

Do not overthink it.

You know what you should be doing, but you keep avoiding the start.

You might notice:

- "I'll do it later."
- You switch to easier or more interesting tasks.
- You keep preparing instead of starting.
- You procrastinate even though you still have mental energy.
- The task feels heavier than it should.

If this sounds closest:

YOUR STATE IS PROBABLY RESISTANCE.

There are too many demands competing for your attention.

You might notice:

- Your mind feels crowded.
- Everything feels important.
- You do not know where to begin.
- You keep switching between tasks.
- You are opening tabs, apps, lists, messages or notes without making progress.

If this sounds closest:

YOUR STATE IS PROBABLY OVERLOAD.

Your capacity feels very low.

You might notice:

- Even small tasks feel difficult.
- Decisions feel exhausting.
- You feel mentally flat or disconnected.
- You are scrolling, lying down, staring or avoiding everything.
- You keep thinking: "I can't deal with this right now."

If this sounds closest:

YOUR STATE IS PROBABLY SHUTDOWN.

MY STATE RIGHT NOW

☐ Resistance ☐ Overload ☐ Shutdown

Pick one. Start there.

● RESISTANCE

CREATE MOVEMENT

When you are resisting a task, waiting to feel motivated can keep you stuck.

Instead, create a tiny amount of movement.

Do not focus on completing the task.

Focus only on crossing the starting line.

INSTEAD OF
"Finish the presentation."

TRY
"Open the presentation."

INSTEAD OF
"Work out."

TRY
"Put my shoes on."

INSTEAD OF
"Clean the kitchen."

TRY
"Put away one thing."

Your job is not to finish.

Your job is to make the first movement easier.

MY TINY FIRST MOVEMENT

**DO ONLY THAT.
THEN SEE WHAT HAPPENS.**

● OVERLOAD

REDUCE

When too many things are competing for your attention, trying to manage all of them at once usually creates more noise.

So do the opposite.

Reduce.

For the next few minutes, stop trying to hold everything equally.

Ask yourself:

“WHAT CAN I TEMPORARILY REMOVE FROM MY ATTENTION?”

Close unnecessary tabs.

Ignore the task that can wait.

Remove one source of input.

Put the phone away.

Stop checking messages.

You are not solving everything.

You are creating enough mental space to see clearly again.

WHAT I CAN REMOVE FOR NOW

Once you have reduced the noise, ask:

“WHAT DESERVES MY ATTENTION NEXT?”

LESS NOISE. MORE SPACE. ONE NEXT MOVE.

● SHUTDOWN

ONE SMALL WIN

When your capacity is very low, demanding full productivity usually adds more pressure.
Do not try to rescue the entire day.

Look for one very small win.

Something you can actually do.
For example:

**stand up,
open the curtains,
put one object away,
step outside for one minute,**

**drink some water,
wash your face,
sit somewhere different,
open the document without working on it.**

The action does not need to be impressive.
It only needs to be possible.
A small win does not solve everything.
But it can give you the first signal that movement is still available.

MY ONE SMALL WIN

**DO THAT ONE THING.
THEN REASSESS.**

THE 10-MINUTE RECOVERY RESET

1**IDENTIFY****WHAT STATE AM I IN RIGHT NOW?**☐ Resistance ☐ Overload ☐ Shutdown**2****RESPOND****● RESISTANCE → CREATE MOVEMENT**

Stop thinking about finishing.
Create one tiny action that gets you moving.

● OVERLOAD → REDUCE

Remove one source of noise or demand from your attention.

● SHUTDOWN → ONE SMALL WIN

Choose one action that feels genuinely possible.

3**MOVE****WHAT IS THE NEXT ACTION?**

4**CHECK**

After doing it, ask:

“DO I FEEL EVEN SLIGHTLY MORE ABLE TO MOVE?”☐ Yes ☐ No**If yes:**

Take another small step.

If no:

Make the next move smaller.

YOU ARE NOT TRYING TO BECOME PERFECTLY PRODUCTIVE IN TEN MINUTES.

YOU ARE TRYING TO INTERRUPT THE PATTERN.

IDENTIFY THE STATE. USE THE RIGHT RESPONSE. CREATE THE NEXT MOVE.

ONE RESET CAN GET YOU MOVING. A SYSTEM HELPS YOU FIND YOUR WAY BACK EVERY TIME.

Maybe this reset helped you create a little movement.
Maybe the task feels slightly lighter.
Maybe you finally know what kind of “stuck” you were dealing with.

That matters.

But one reset does not solve the bigger problem.

Because if you keep falling into Resistance, Overload or Shutdown without knowing how to recover consistently, the same cycle keeps repeating.

You lose momentum. → You avoid what matters. → You fall further behind. → Pressure builds. →

The task becomes heavier.

And eventually you are not just losing productivity.

YOU ARE LOSING TIME, OPPORTUNITIES AND ENERGY EVERY TIME YOU DERAIL AND DO NOT KNOW HOW TO FIND YOUR WAY BACK.

THAT IS WHAT THE RECOVERY SYSTEM WAS BUILT FOR.

- recognize your personal Resistance, Overload and Shutdown patterns;
- use different recovery strategies depending on the state you are in;
- recover faster instead of repeatedly starting from zero;
- learn from derailments instead of repeating the same cycle;
- understand what actually triggers your derailments;
- build your own Personal Recovery Protocol;
- understand what helps you maintain Flow;
- build your own Flow Playbook for staying on track more consistently.

You do not need another productivity system telling you how to perform when everything is going well.

THE RECOVERY SYSTEM
COMPLETE DIGITAL BUNDLE
A complete 3-part system to break out of mental overload, get back in action, and stay on track—every day.

THE RECOVERY SYSTEM
Identify patterns, manage derailments, rebuild.

THE RECOVERY WORKBOOK
A practical tool for identifying patterns, managing derailments, and rebuilding momentum.

MAINTAIN THE FLOW
A practical guide to protecting momentum, staying on track, and maintaining flow.

DAILY RECOVERY PROTOCOL
A practical guide to staying on track and maintaining flow.

DIGITAL ACCESS
Access on any device, anytime, anywhere.

PRINTABLE WORKBOOK
Printable pages to reflect, plan, and take action.

3-PART SYSTEM
Guide + Workbook + Flow Tool.

STEP-BY-STEP FRAMEWORK
Practical tools to move from overload to control.

BUILT FOR RESULTS
Simple. Actionable. Designed to work.

IDENTIFY THE STATE. MANAGE THE SHIFT. WIN AGAIN.

One complete system designed to help you understand how you derail — and build your own way back.

GET THE FULL RECOVERY SYSTEM

<https://recoveragain.com>

STOP LOSING DAYS TO THE SAME CYCLE. BUILD A WAY BACK YOU CAN USE AGAIN AND AGAIN.

**YOU DO NOT NEED TO WIN THE WHOLE DAY.
YOU JUST NEED TO KNOW HOW TO RECOVER.**