

# Back to Balance

## ◆ DAILY RESET CHECKLIST ◆

A simple 5-minute guide to calm the chaos and reset your day with intention.

### 1 Breathe (1 min)

Take 3 deep, grounding breaths

- Inhale for 4
- Hold for 4
- Exhale for 6
- Repeat x3



### 2 Feel (1 min)

Check in with yourself

- What emotion am I feeling right now?
- Where do I feel it in my body?
- What do I need most right now?

### 3 Focus (1 min)



Choose your "One Thing"

- What ONE task will make the rest of the day feel easier or lighter?
- Write it down or say it aloud.

### 4 Fuel (1 min)

- Grab water, tea, or a snack
- Move your body or stretch for 30 seconds
- Smile (seriously – it resets your brain)



### 5 Frame your Intention (1 min)

- Say or write:

"Today, I choose to feel \_\_\_\_\_ by \_\_\_\_\_."

Example: "Today, I choose to feel calm by letting go of what I cannot control"



live with  
intention