

Daily Reset

This reset is small on purpose.

*If you're feeling scattered,
overwhelmed, or stuck, doing
less is how we get momentum.
You're not broken. You're just
overloaded.*

This is your reset button.

Step 1: Mood Check

How are you feeling right now?

- ☐ Tired
- ☐ Anxious
- ☐ Stuck
- ☐ Overstimulated
- ☐ Okay-ish
- ☐ Other:

One word to describe your state:

Step 3: What Actually Matters Today
If you only did 1–3 things, what would help the most?

1

2

3

Reminder: One is enough.

Step 4: Dopamine Kick

Choose one

- ☐ Play your favorite song
- ☐ Text someone a kind word
- ☐ Step outside for 1 minute
- ☐ Drink water and stretch
- ☐ Laugh (even fake laugh)

Encouragement (From Future You)

"You don't need to do more. You need to pause."

"Reset. Don't quit."

"You're doing better than you think."

Step 2: Brain Dump

Write down whatever's bouncing around in your head

Mini Reminder

You reset your phone.

Now reset your mind.

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