



# Mini Reset Starter Kit



*A gentle 3-step guide to pause,  
breathe, and begin again.*

## Welcome, Mama

This is your gentle invitation to take a moment – just for you. Whether you're overwhelmed, exhausted, or just need a soft reset, start here.

These pages offer simple steps that require no perfection, no schedule, no guilt. Use what you need, when you need it. Come back anytime.

## How to Use This Kit

- Take a breath and read page slowly.
- Choose one reset idea that feels doable right now.
- Let this be a doorway back to yourself – not a checklist.

*“A small pause can reset everything.”*

Preview from *The Mom Reset Guide*



# Only Have 3 Minutes?

## *Try One of These...*



Drink a glass of water slowly



Breathe in for 6 counts, exhale for 6



Play one calming song



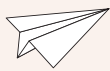
Hug your child or yourself



Tidy a small space (drawer, shelf, corner)



Sit by the window and do nothing



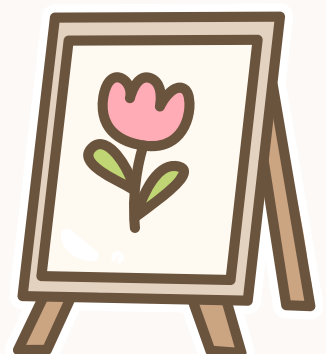
Put your phone on airplane mode



Whisper something kind to yourself



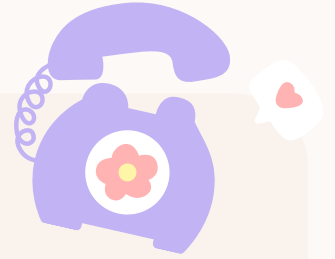
*"You're allowed to slow down."*





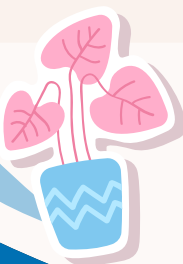
# How Burnt Out Am I?

*Check all that apply –  
no judgment, just awareness*



## Checklist Items:

- ☐ I feel tired even after sleeping
- ☐ I feel guilty by needing rest
- ☐ I snap, then feel bad about it
- ☐ I dread small daily tasks
- ☐ I feel like I'm constantly "on"
- ☐ I don't remember when I last feel good about myself
- ☐ I want to cry, but I don't know why
- ☐ I'm doing everything... and feels like it's never enough



*"If you checked even one box – it's okay to rest."*

# Mini Affirmation Cards

## QUOTES



*"You are allowed to pause."*



*"I matter — not for what I do, but  
because I exist."*



*"Peace is not a luxury.  
It is my birthright."*



Full printable affirmation deck available in The Mom Reset Guide.