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# Zoodle's 3-Minute Focus Reset

the fast, friendly reboot  
for spark-powered brains

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## WHY THIS WORKS

Your brain isn't slow or lazy — it's spark-powered.

Fast.

Creative.

Brilliant.

Occasionally chaotic.

The tiny reset (on next page) helps your brain switch modes:

from scattered → to steady

from overwhelmed → to focused

from “where do I even start?” → to  
*“ah, this feels doable.”*

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MINUTE 1:  
INFLATE THE BRAIN  
BALLOON

1. Breathe in for 5... feel your inner balloon inflate.
2. Hold breath in for the count of 5.....
3. Breathe out for 5... let the balloon wobble.
4. Rest while saying “I am”

Do 1—3 three times.

Your brain is already calming down.

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## MINUTE 2: TRACE THE ZIG-ZAG

Follow the zig.

Follow the zag.

Your brain loves a good wiggle.

Trace the line slowly with your finger.

No rules.

No pressure.

Just wiggles.

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MINUTE 3:

PICK WHAT MATTERS  
NOW

You don't need to organise everything.

Just choose *one tiny thing* to do next.

Say it out loud, or write it here:

**“Right now, I'm choosing to...”**

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## OUTRO

You did it — your brain just shifted modes.

Spark-powered minds work best with tiny, playful switches.

This reset is one of them.

Zoodle's proud of you.

Come join him for more cosmic brain hacks and ADHD-friendly tools on his page at [roromago.com/zoodle](http://roromago.com/zoodle).

**“micro steps win”**

Join the growing community and share your questions, concerns or progress.

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