



Reset & Restart

When you're stuck, overwhelmed, or frozen - start here

You're here because you noticed you stopped working. That's actually a huge win!

Self-awareness is the first step. Let's figure out what's happening and get you moving again - even if it's just one tiny step.

1 What are you feeling right now? (Check all that apply or write below)

☐ Overwhelmed ☐ Anxious ☐ Tired ☐ Bored ☐ Confused ☐ Stuck

2 What task were you trying to do when you stopped?

3 What specifically feels hard about it? (Too big? Unclear? Boring? Don't know where to start?)

4 Can you break this task into ONE tiny 5-minute step? What would that be?

5 If that task still feels too hard, what's a "Quick Win" you CAN do right now? (Something easy that moves ANY goal forward)

Your Reset Action Plan



- ☐ Stand up and stretch for 30 seconds (seriously, do it now)
- ☐ Drink some water or grab a snack if needed
- ☐ Set a timer for 5 minutes and do the tiny step you wrote in Question 4 or 5
- ☐ After 5 minutes, celebrate! You did something. Keep going or take a real break.

Remember: Any action is better than no action. Even 5 minutes of progress is a win! 🎉