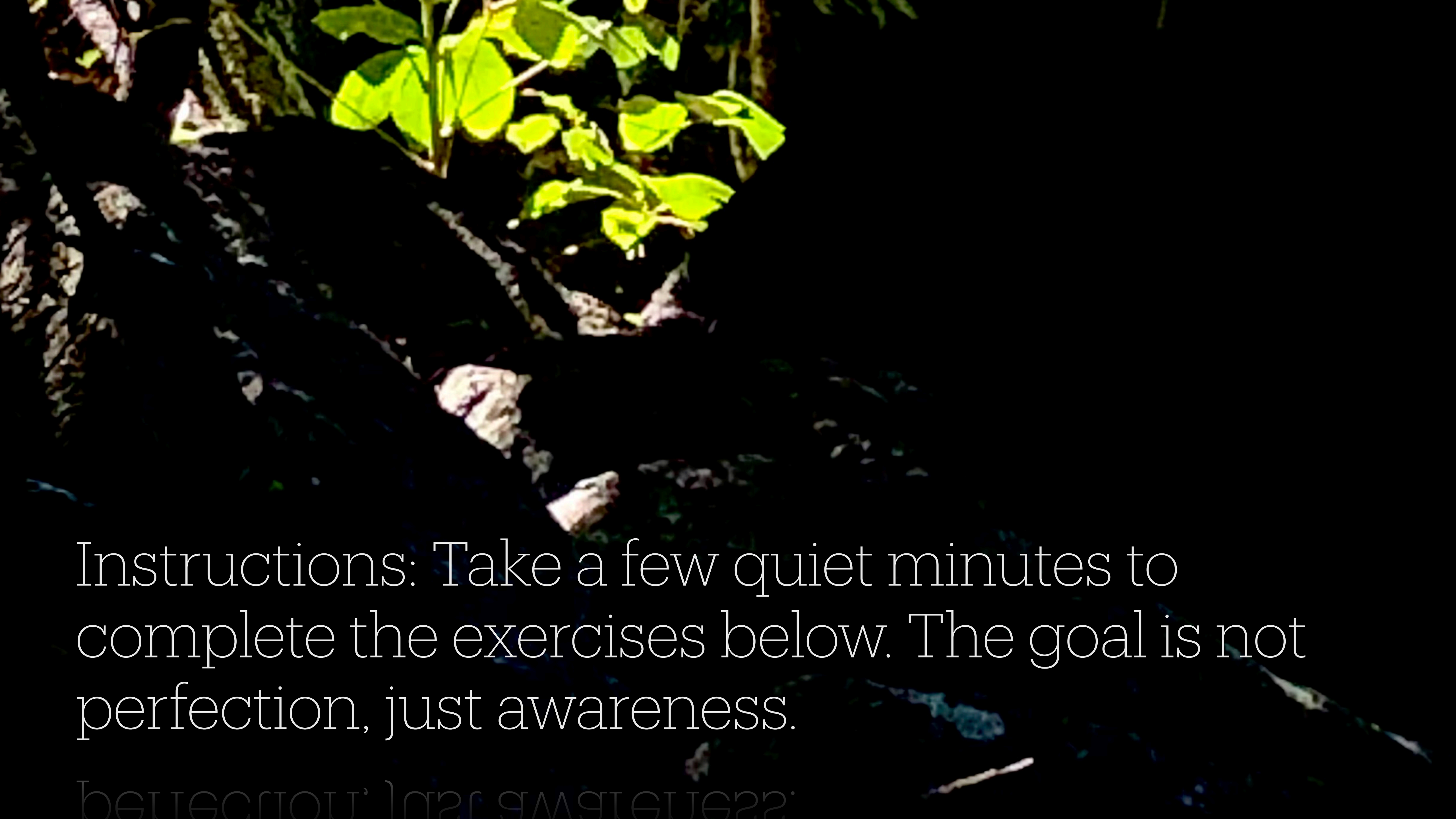


The Peace Reset

A simple 10-minute exercise to help clear mental noise and regain peace.

Alex Sideratos





Instructions: Take a few quiet minutes to complete the exercises below. The goal is not perfection, just awareness.

perfection, just awareness.

1. What Is Taking Up Space In Your Mind Right Now?

List the three things currently occupying your thoughts the most.

1. _____
2. _____
3. _____

2. The Control Test

For each item below, decide whether it is something you can CONTROL, something you can INFLUENCE, or something you need to LET GO of.

Thought / Problem: _____

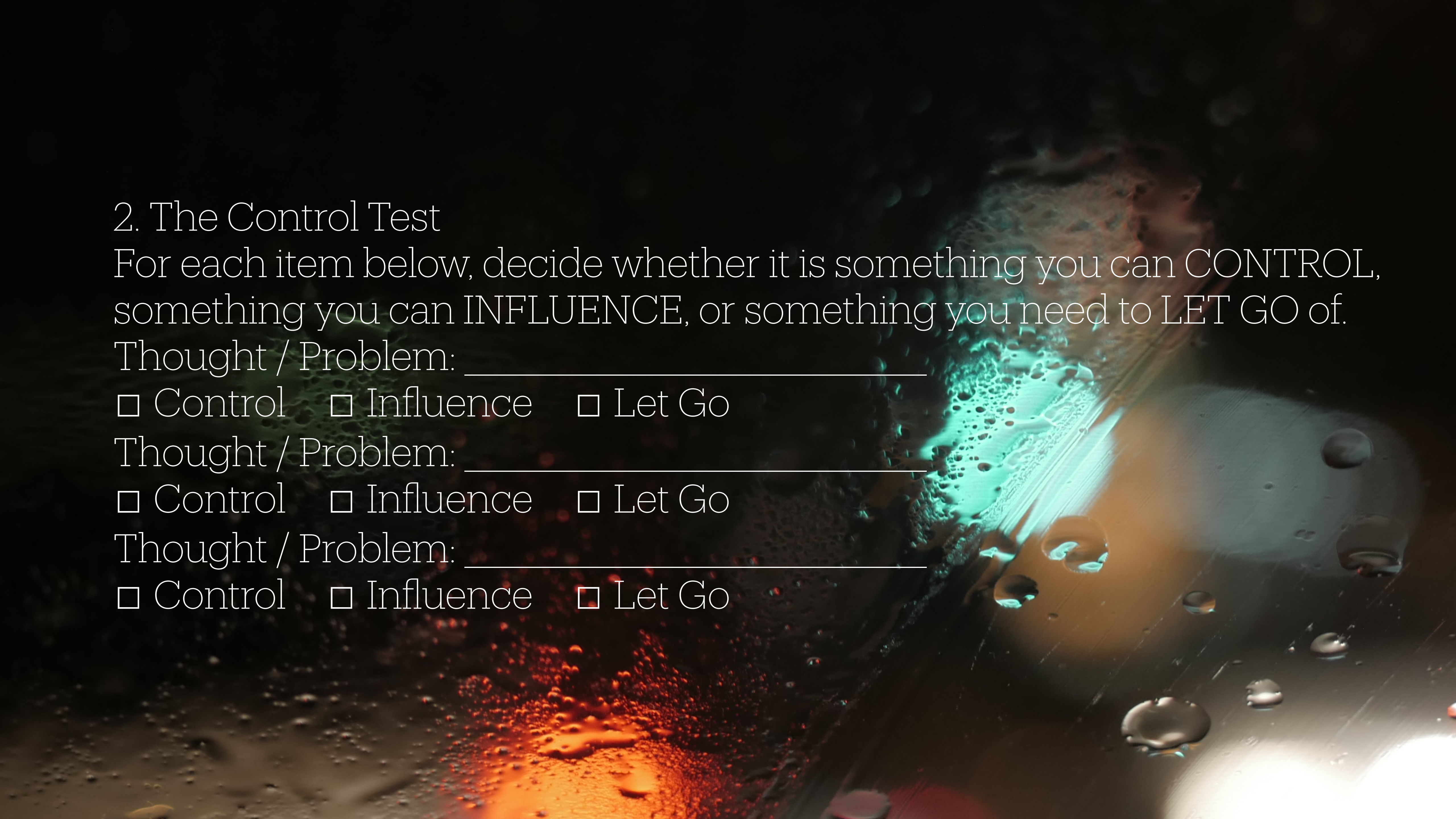
Control Influence Let Go

Thought / Problem: _____

Control Influence Let Go

Thought / Problem: _____

Control Influence Let Go



3. The Noise Audit

Mark the biggest sources of mental noise in your life.

- Social Media
- News
- Notifications
- Work Stress
- Comparison
- Overthinking
- People Pleasing
- Perfectionism
- Other: _____

4. The 10-Minute Peace Reset

Choose ONE small daily habit for the next 7 days.

- Walk without your phone
- Sit quietly for 10 minutes
- Journal your thoughts
- Limit social media
- Focus on one task at a time
- Other: _____

5. Reflection After One Week
Did anything feel calmer or clearer?

A photograph of a residential street at sunset. The sky is filled with vibrant orange and red clouds, with the sun low on the horizon. The street is lined with houses, trees, and utility poles. A large palm tree is prominent on the right side. The text is overlaid in the center of the image.

Reminder: Peace is rarely found by
adding more things to life.
It's usually found by removing a few.