

Your Free 11-Day Reset Checklist

One small action each day. No complicated system and no pressure to do everything perfectly. Use this checklist to slow down, clear some mental clutter, and create a little more calm.

[] DAY 1	Reset One Small Space. Choose one small area that feels cluttered, such as your desk, kitchen counter, nightstand, or one drawer. Set a timer for 10 minutes and tidy only that space. When the timer ends, you're done.
[] DAY 2	Create five quiet minutes. Put the phone down, step away from the noise, and give your mind five uninterrupted minutes.
[] DAY 3	Write down what is weighing on you. Get the thoughts out of your head and onto paper. You do not need to solve them today.
[] DAY 4	Remove one unnecessary commitment. Find one thing you can postpone, simplify, delegate, or say no to.
[] DAY 5	Finish one small unfinished task. Pick something you have been putting off that can realistically be completed today.
[] DAY 6	Take a 15-minute reset walk. No productivity goal. Walk, notice your surroundings, and let your mind settle.
[] DAY 7	Turn off one source of noise. Mute a notification, unsubscribe from an email, or step away from something that constantly demands attention.
[] DAY 8	Choose tomorrow's top priority. Before the day ends, decide on the one thing that matters most tomorrow.
[] DAY 9	Make one routine easier. Prepare something tonight that will make tomorrow smoother - clothes, lunch, workspace, or schedule.
[] DAY 10	Notice what is working. Write down three things that feel even slightly better, easier, or clearer than they did on Day 1.
[] DAY 11	Choose one change to keep. Do not try to keep all eleven. Pick the one action that helped most and carry it forward.

Small changes. A clearer mind. A calmer life.

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