

Quick 2-Minute Reset



1. What is taking up the most space in my head right now?

2. What happened today that I keep replaying?

3. What do I need to stop thinking about for tonight?

4. What is one thing I handled better than I expected?

5. What am I feeling right now, without trying to change it?



6. What can wait until tomorrow?

7. What is one small thing I want to remember about today?



8. If I could put one thought down and leave it there, what would it be?

9. What do I need from myself tonight: rest, honesty, reassurance, or space?



10. What would make tomorrow morning feel slightly easier?

