

Daily 5-Minute Reset

A simple evening routine to clear your mind and prepare for tomorrow

As the day winds down, our minds can feel cluttered with everything that happened and everything that's coming. This simple 5-minute reset helps you let go of the day's stress and set a peaceful tone for restorative sleep.

Your 5-Step Reset

1. Breathe

Find a quiet spot. Take slow, deep breaths - in through your nose, out through your mouth. Feel your shoulders drop with each exhale.

2. Reflect

Spend one minute on what went well today. Acknowledge one win, no matter how small. Gratitude rewires the brain for positivity.

3. Release

Write down one worry about tomorrow. Visualize it floating away as you exhale. You will handle it when the time comes - not now.

4. Visualize

Picture tomorrow going smoothly. See yourself waking up refreshed, handling your priorities, and feeling content.

5. Intend

Set one small intention for tomorrow. Something achievable that aligns with what matters to you.

"Each evening is an opportunity for renewal. Embrace the calm of this moment. Tomorrow holds infinite possibilities when we start grounded and peaceful tonight."

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