

5-MINUTE RESET ROUTINE

Quick, powerful resets to recenter your mind and body anytime, anywhere.

Morning Reset

Start your day grounded and focused.

1. Deep Breathing (60 seconds)

Inhale for 4 counts, hold for 4, exhale for 6. Repeat 4 times. This calms your nervous system and increases oxygen flow.

2. Gratitude Check (90 seconds)

Name three things you're grateful for right now. Say them out loud or write them down. This shifts your mindset to abundance.

3. Body Scan (90 seconds)

Close your eyes. Notice any tension in your jaw, shoulders, or hands. Consciously release it. This connects you to your body.

4. Set Your Intention (60 seconds)

Choose one word or phrase for how you want to show up today (examples: calm, confident, present). Repeat it to yourself.

Midday Reset

Recharge when energy dips or stress builds.

1. Quick Stretch (90 seconds)

Stand up. Roll your shoulders back 5 times. Reach your arms overhead and stretch side to side. Shake out your hands and feet.

2. Hydration + Snack Break (60 seconds)

Drink a full glass of water. Grab a light, nourishing snack if needed. Physical fuel directly impacts mental clarity.

3. Mindful Pause (90 seconds)

Step away from screens. Look out a window or close your eyes. Notice 3 things you can see, hear, or feel. This brings you back to the present.

4. Priority Check (60 seconds)

Look at your to-do list. What's the ONE thing that would make the rest of your day feel successful? Do that first.

🌙 Evening Reset

Wind down and let go of the day.

1. Brain Dump (90 seconds)

Write down everything on your mind. Worries, to-dos, random thoughts. Getting it out of your head clears mental space.

2. Gentle Movement (60 seconds)

Do some light stretches or a few yoga poses. Forward fold, child's pose, or seated twist. Release physical tension.

3. Reflect on a Win (60 seconds)

Think of one thing you did well today, no matter how small. Acknowledge yourself. This builds self-trust and positive momentum.

4. Prep for Tomorrow (90 seconds)

Choose your outfit, prep breakfast, or write down your top 3 priorities. This reduces morning decision fatigue and sets you up for success.

Use these resets anytime you need to recenter. Even 60 seconds can shift your entire day.

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