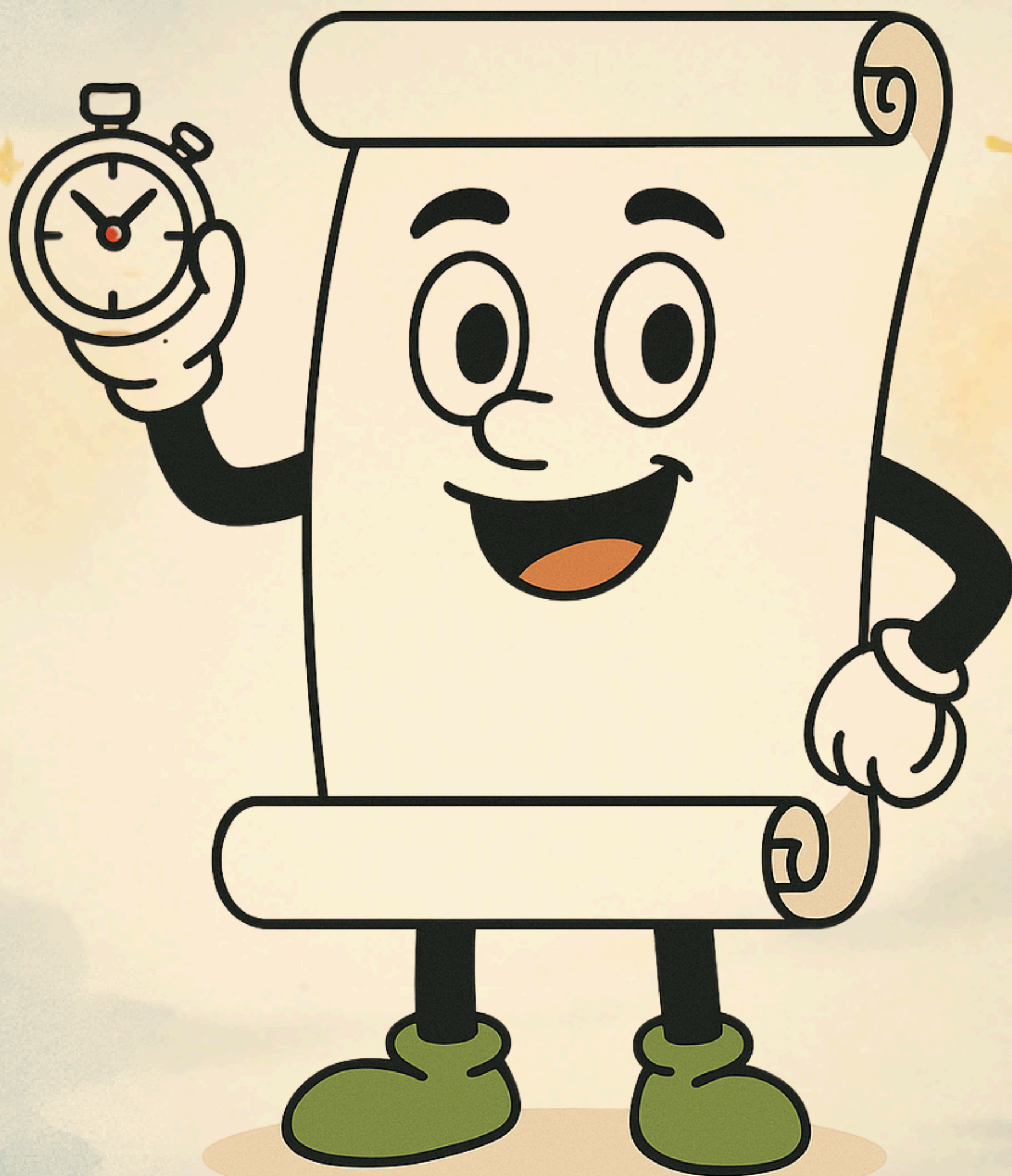


The 3-Minute Reset Challenge

Managing Fear One Calm Move at a Time



Calm isn't a myth. It's a practice.



Introduction

Fear doesn't ask permission.

It floods your body, hijacks your breathing, and steals your ability to think clearly.

But here's the truth:

You don't need an hour to reclaim control.

You just need 3 minutes and the right reset.

This 3-day challenge gives you one powerful, body-based reset each day. Use it when fear spikes.

No fluff. No overthinking. No equipment.

Just RESULTS.

Each reset only takes about 3 minutes to complete but we give you one per day, for three days, so you can build the habit without pressure.

This isn't a 3-day fix. It's a reset you can return to for life. Come back to them anytime your body starts sounding the fear alarm.

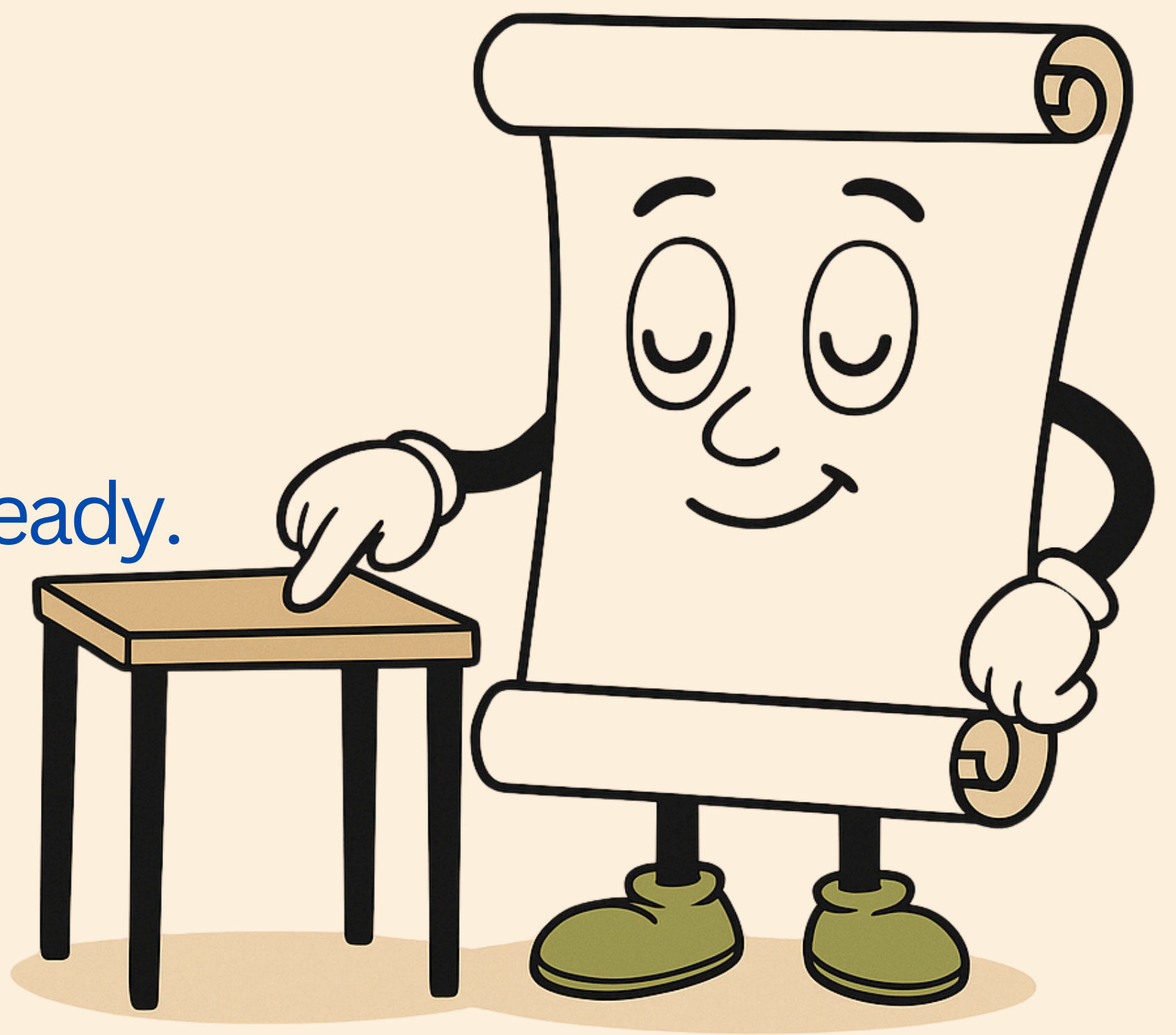
Let's Get Started!

DAY 1 RESET: Ground + Breathe

What to do:

1. Sit or stand. Press your feet firmly into the floor.
2. Place one hand over your chest and one hand on something solid (a table, a chair, or a wall).
3. Begin the Woosah Breathing Reset:
 - Inhale “woo” for 4
 - Exhale “sah” for 4
 - Repeat 4 times
4. Whisper softly:

“I’m here. I’m safe. I’m steady.
I am calm. Woosah.”



Why it works:

Combining breath with grounding touch tells your nervous system you’re safe. It stabilizes your physical state and helps your brain catch up.

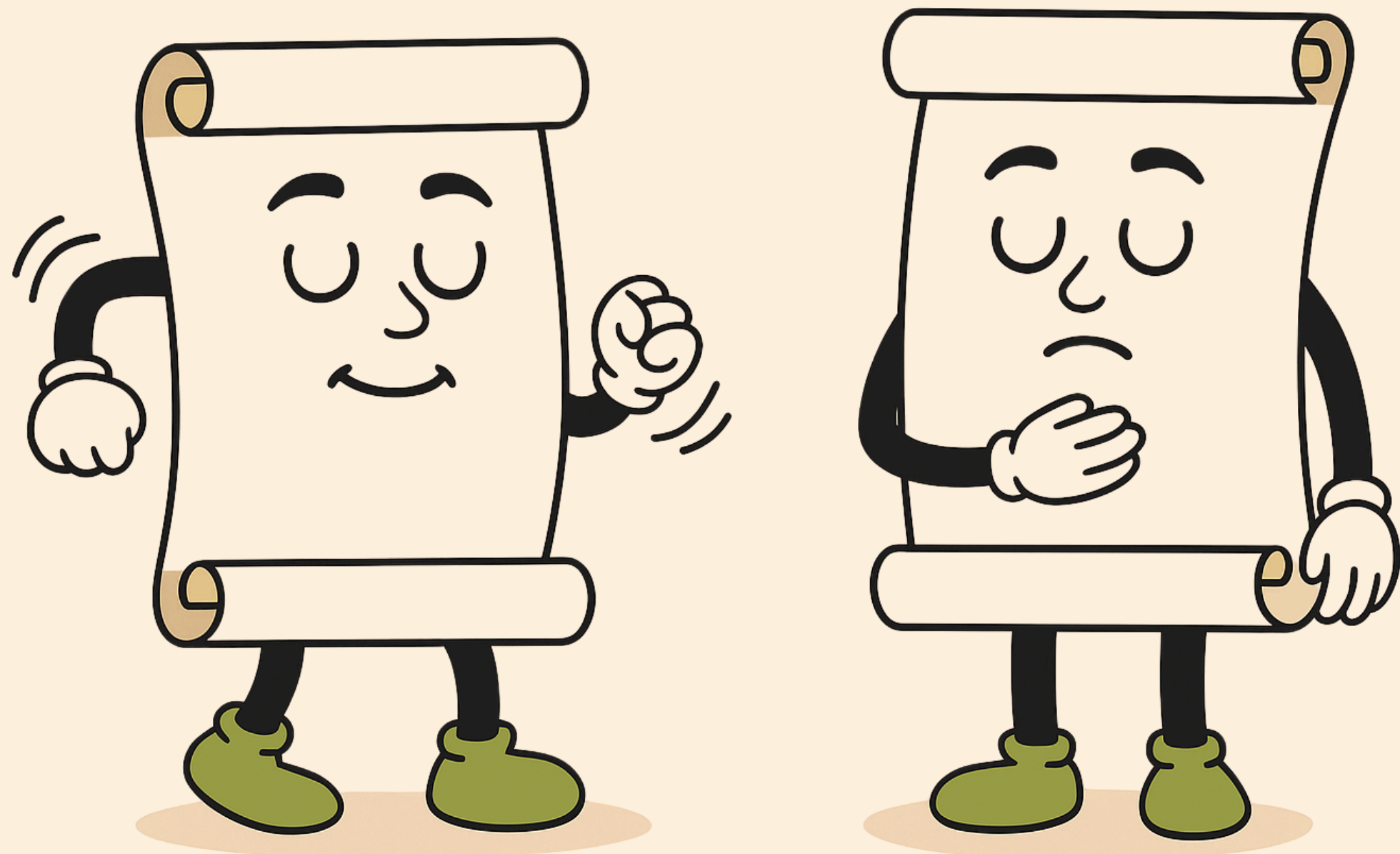
Affirmation:

You’re not spiraling. You’re stabilizing.

DAY 2 RESET: Shake + Reclaim

What to do:

1. Stand up. Let your arms hang loose.
2. Begin shaking out your hands, then your arms. Let the movement travel to your shoulders, then your legs. No rules—just movement.
3. After about 20–30 seconds of shaking, stand still.
4. Close your eyes. Take a deep breath in and out.
5. Say this out loud:
6. “This fear isn’t me. I’m back in my body. I lead now. Woosah.”



Why it works:

Fear freezes your system. Shaking breaks that pattern. You’re physically telling your body, “We’re done running. We’re done hiding. We’re in control now.”

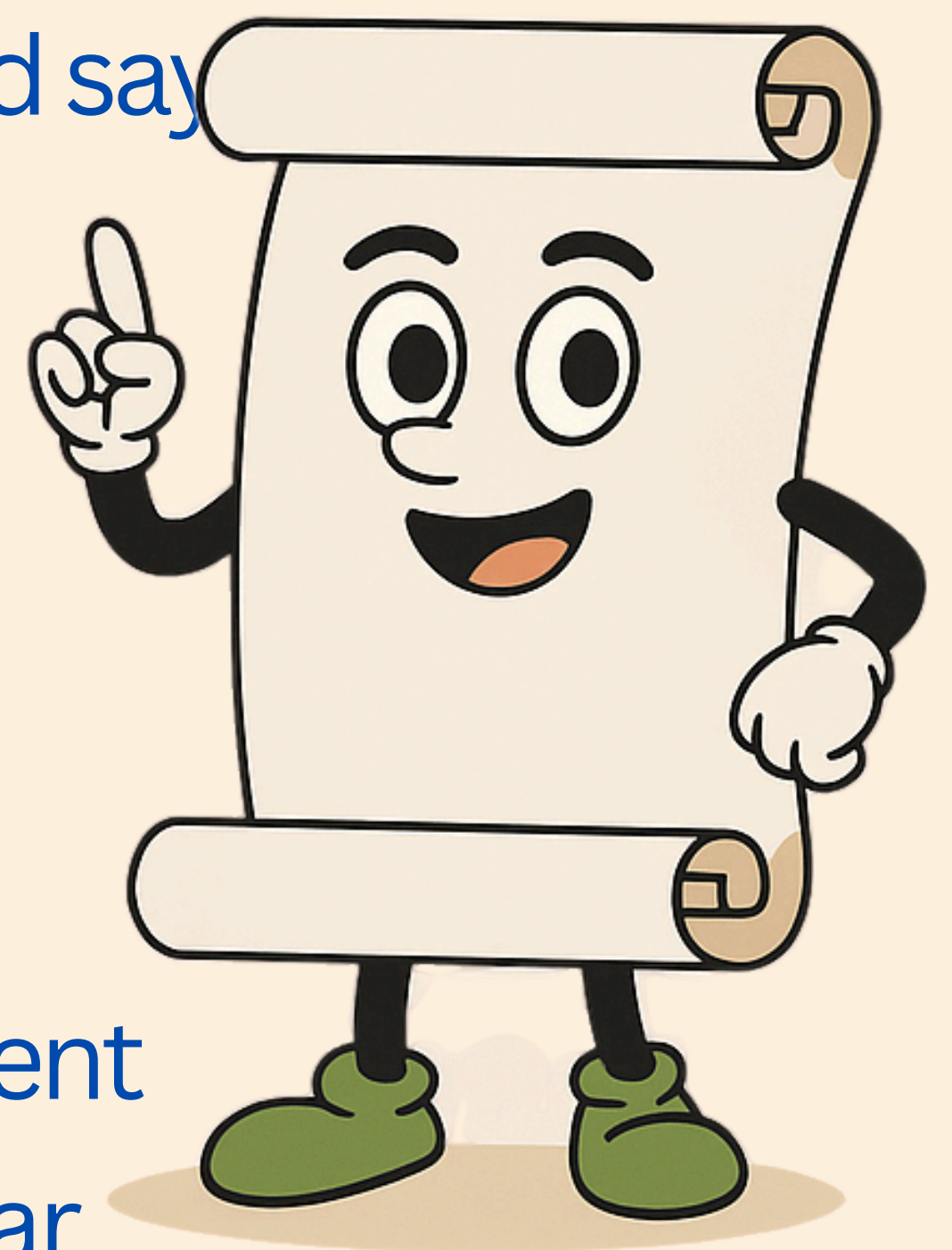
Affirmation:

You’re not frozen. You’re freeing yourself.

DAY 3 RESET: Sense + Lock In

What to do:

1. Look around the room and name 3 objects you can see.
2. Reach out and touch 3 textures (soft, rough, cool, warm) and describe them aloud.
3. Take one final deep Woosah breath:
 - Inhale “woo” for 4
 - Exhale “sah” for 4
4. Lock your focus on one calming object—maybe a candle, plant, or even one of your fingers and say “Right now, I’m safe. Right now, I’m grounded. Right now, I choose peace. Woosah.”



Why it works:

This anchors your awareness in the present moment. It gently pulls you out of the fear fog and reorients your brain to what's real: you're here, you're safe, and you're in control.

Affirmation:

You're not lost. You're present.

RESET COMPLETE

You just proved it! 3-minutes is enough to change your state.

Come back to these resets whenever fear tries to hijack your system.

Affirmation:

This fear doesn't control me. I'm back in my body. I lead now. Woosah.

Want more tools like this?

Grab Escaping Fear: Break Free In 6 Weeks and unlock a full transformation plan—mind, body, and soul.



Because managing fear isn't about pretending you're fine. It's about managing your fear, one calm move at a time.



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