

Gentle Reset Starter Kit

A 10-Minute Toolkit to
Steady, Reset, or Amplify Your Day

How It Works (90-Second Quick Start)

INSIDE THIS PACKAGE, YOU WILL FIND:

- 90-SECOND QUICK START GUIDE
- SIX **SIGNAL ONE-PAGERS** FILLED WITH ACTIONABLE STEPS, AND A HANDY
- 7-DAY MINI CALENDAR

You can choose to print it out or keep it conveniently on your phone.



STEPS TO ACHIEVE SMALL WINS:

Identify Your Current Signal:

Choose from Fear, Anxiety, Joy, Hope, Anger, or Peace.

Take Immediate Action:

Complete the first micro action listed on that page, ensuring it takes less than 2 minutes.

Assess Your Progress:

If it feels beneficial, consider a second action. If not, switch to a different signal.

Celebrate Your Success:

Mark one small win on the mini calendar provided in this kit.

Optional:

Capture a photo of the action you accomplished—visual proof can help build momentum.

Joy — Tiny Actions

Give it a try. If it proves beneficial, continue with it.

SIMPLE PRACTICES FOR DAILY JOY

Savor: Take a moment to pause for 10 seconds when something feels good and acknowledge, "This counts."

Move Joy Forward: Revisit one positive experience that worked well for you today.

Micro Share: Send out a message of appreciation to someone.

Sunlight or Fresh Air: Spend at least 3 minutes outside.

Playlist: Listen to one uplifting song that resonates with you right now.

Tiny Treat: Indulge in a small treat you can afford, like tea, a piece of fruit, or reading five pages of a book.

Capture a Moment: Take a photo of a moment you'd like to cherish.

***End the Day**:* Conclude your day by listing one delightful experience.





Anger — Tiny Actions

Give it a try. If you find it beneficial, continue with it.

STEPS TO MANAGE EMOTIONS EFFECTIVELY

Stop Signal: Physically step back and let your hands rest at your sides.

Breath Set: Inhale for 3 counts, hold for 3, and exhale for 6; repeat this sequence five times.

Name It Privately: Acknowledge your feelings by saying to yourself, “I’m angry because... and I can choose my next move.”

Heat Release: Perform 20 wall push-offs or take a brisk walk around the room.

Draft a Message: Write a message you won't send immediately; then wait for 30 minutes before deciding.

Identify a Boundary or Repair: Choose one boundary to set or one action to take for repair.

If Conversation is Necessary: Begin with facts, express one feeling, and make one request.

****Exit Script**:** Say, “I’m taking a pause. Let’s reconvene at ___.”





Fear — Tiny Actions

Give it a shot. If it proves beneficial, continue with it.

STEPS TO OVERCOME FEAR AND TAKE ACTION

Identify the fear: in a single sentence, then add: “and I’m allowed to take one small step.”

Stand tall: keep your feet planted, relax your jaw, and focus on a fixed point.

Courage micro-step: dedicate 60 seconds to the task, then pause.

Ask for the minimum: pose one clarifying question or send one email.

Borrow a plan: utilize a proven checklist rather than creating one from scratch.

Shrink the goal to a 3-minute version.

If you feel stuck: write down the worst-case scenario** on paper, then outline a “handle plan.”

Conclude with a tiny win: file, send, or schedule one small task.





Peace - Tiny Actions

Give it a try. If it proves beneficial, continue with it.

DAILY MINDFULNESS PRACTICES

Routine: Brew a beverage, stretch, or clean surfaces while taking slow, deep breaths.

Single Task Focus: Concentrate on one task at a time—no tabs or phone distractions, just complete it.

Quiet the Feed: Take a break from social media for 30 minutes.

Gratitude in Motion: Express thanks while tidying up a small area.

Hydration + Protein Snack: Stay hydrated and enjoy a nutritious snack.

Ambient Calm: Dim the lights and introduce soft sounds for a peaceful atmosphere.

Go Outside: If possible, step outside and observe the horizon line.

****End of Day Reflection**:** Create an 'enough list' to acknowledge what was sufficient today.





Anxious -Tiny Actions

Give one a try. If you find it beneficial, continue with it.

SIMPLE STEPS FOR GROUNDING AND SELF-CARE

Breathing Exercise: Inhale for 4 counts, exhale for 6 counts; repeat this five times.

Grounding Technique: Identify five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste.

Safety Check: Ask yourself, "Am I physically safe right now?" Note "yes" or seek support if needed.

Worry Management: Set aside a 10-minute window later today to address your worries.

Setting Boundaries: Choose one thing to say "no" to or "not now."

Body Awareness: Relax your shoulders, lengthen your exhalation, and unclench your hands.

Tidy Up: Spend two minutes organizing a small area you can control, such as your desk, sink, or inbox.

***Reach Out**:* Text someone you trust and ask, "Can I borrow some calm?"





Hope — Tiny Actions

Give it a try. If it proves beneficial, continue onward.

PRODUCTIVITY STEPS FOR SUCCESS

Identify Strengths: Write down three things you accomplished successfully this week.

Focus on a Needle Mover: Choose a task that can significantly impact your progress and set a timer for 15 minutes.

Seek Assistance: Send one message asking for help or delegate a single task.

Resource Evaluation: Determine which tool or template could simplify this process.

Leverage Past Success: Use a previous achievement as a guide for today's tasks.

Segment the Task: Break it down into three phases: start, middle, and finish.

Start with the Easiest Step: Tackle the simplest initial task to create momentum.

****Conclude with a 'Tomorrow Preview':**** Write one line outlining your next step for tomorrow.





7 -Day Mini Calendar

Celebrate one small victory each day.

Maintain a positive attitude and keep progressing.

Day 1

Signal : _____

Tiny Win : _____

Day 2

Signal : _____

Tiny Win : _____

Day 3

Signal : _____

Tiny Win : _____

Day 4

Signal : _____

Tiny Win : _____

Day 5

Signal : _____

Tiny Win : _____

Day 6

Signal : _____

Tiny Win : _____

YOU ACCOMPLISHED SOMETHING REMARKABLE.

Keep this kit within reach.

Whenever you feel uncertain or overwhelmed, simply select a page and take the smallest step forward. Missed a day? No worries—just pick up right where you left off.

For complete 7-day workbooks for each signal,
head over to gentlecheckin.com.

[Kind plans. Real progress.](#)

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