



A Short Mindfulness Exercise: “The 90-Second Reset”

This practice helps you step out of old patterns and into the present moment with compassion and awareness.

Time: 90 seconds

Use when: You feel stuck, self-critical, or disconnected.

Step 1: Pause and Breathe (20 seconds)

Close your eyes or soften your gaze.

Take a deep inhale through your nose.

Exhale slowly through your mouth.

Feel the breath move through your body.

Notice your feet on the floor. Your seat. Your heartbeat.

Step 2: Name What’s True (30 seconds)

Ask yourself gently:

- “What am I feeling right now?”
- “What might I be believing?”
- “What does this part of me need to hear?”

No fixing. Just noticing.

Step 3: Offer Compassion (30 seconds)

Place your hand over your heart.

Say quietly, or just think:

“I see you. You’re allowed to be here.”

“It’s okay to feel this. I’m here with you.”

Let yourself soften.

Step 4: Choose One Next Kind Step (10 seconds)

Ask: *“What’s one small way I can care for myself next?”*

Trust the answer.

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