

MX METHOD



A 7-NIGHT WIND-DOWN

The Evening Reset

Most people don't fall behind because they're lazy —
they fall behind because they never land. This is how
you close the day, land in your body, and start every
morning already ahead.

*Safe in your body. Honest in your identity.
Powerful in your choices.*

MINAMICHAEL.COM



The Evening Reset

A 7-night wind-down to land after work & start fresh

THE ANCHOR • SAME EVERY NIGHT

- 1 **Mark the transition.** Change clothes, wash your face, or step outside for two minutes. Work is done.
- 2 **Land.** Feet on the floor, one full breath, one line in a journal: *what am I setting down tonight?*
- 3 **Screens off** thirty minutes before bed.

MONDAY	Reset the body 10 minutes of slow mobility — neck, shoulders, hips, spine. Undo the desk. Warm shower after.
TUESDAY	Reset the mind 5-minute brain-dump on paper — everything looping in your head. Then close the notebook. It's held now, not carried.
WEDNESDAY	Reset the space Tidy one surface for 10 minutes — nightstand, desk, kitchen counter. A calm room is a calm nervous system.
THURSDAY	Reset with stillness 10 minutes lying down — legs up the wall or flat, just breathing. No podcast, no scroll. Let the day drain out.
FRIDAY	Reset the week Look back: one thing that went right, one thing to leave behind. Then actually leave it behind.
SATURDAY	Reset for rest Your lightest night. Warm drink, low light, something that isn't a screen — a book, a bath, music.
SUNDAY	Reset forward 5 minutes: pick the one thing that matters most for the week ahead. Not a list — one thing. Set it down and sleep on it.

Safe in your body. Honest in your identity.
Powerful in your choices.



Your Reset Week

Check the box when you land. One honest line for what you set down.

☐ **MONDAY** Reset the body

WHAT I SET DOWN TONIGHT

☐ **TUESDAY** Reset the mind

WHAT I SET DOWN TONIGHT

☐ **WEDNESDAY** Reset the space

WHAT I SET DOWN TONIGHT

☐ **THURSDAY** Reset with stillness

WHAT I SET DOWN TONIGHT

☐ **FRIDAY** Reset the week

WHAT I SET DOWN TONIGHT

☐ **SATURDAY** Reset for rest

WHAT I SET DOWN TONIGHT

☐ **SUNDAY** Reset forward

THE ONE THING THAT MATTERS MOST THIS WEEK

Safe in your body. Honest in your identity. Powerful in your choices.