

Reset Mode Checklist

Home Reset Ritual

Lower the lighting
Signal to your body that the workday has shifted.

Clear one surface
Reduce visible clutter in one shared space.

Silence notifications for 30 minutes
Nothing urgent needs you right now.

Step outside for five minutes
Even if it's just the porch or driveway.

Name one thing you carried today
Acknowledge it without solving it.

Shift the atmosphere
Light a candle or adjust the room to feel calmer.

Sit without planning tomorrow
No logistics. No fixing. Just pause.

Choose one small reset for the next day
A short walk. A solo hour. A shared coffee.