

10 MICRO RESETS

- Step outside for 2 minutes of silence
- **Sit in the car... alone** (no destination needed)
- Play one song loud—eyes closed
- Wash your face like it's a ritual, not a task
- Put your phone down for 10 minutes (yes... really)
- Light a candle in the middle of the day
- Drink something slowly—no rushing
- Write one honest sentence about how you feel
- Stretch your body like you've been holding tension (because you have)
- **Do absolutely nothing... on purpose**

This isn't escape.
This is reset.
And you deserve it—daily.

Ready for deeper resets? [Start with INITIATE.](#)