EXERCISE: Design Your Weekly Reset

Create one weekly anchor to reset space, time, and mind

MY WEEKLY RESET

Day : _____ Time : _____ Duration : _____

☐ 15 min ☐ 30min ☐ 45min

PHYSICAL RESET (space)	TIME RESET (schedule)	MENTAL RESET (brain)

What will make this sustainable?

Tip: Weekly beats daily. Consistency matters more than perfection.