

# SAMPLER PAGE · A RESET FOR REGULAR LIFE

## EXPLANATION

When regular life piles up — not crisis, just pressure — this page gives you one small action to reduce tomorrow's stress. Fill in what's going on, pick one thing, do it.

## ENTRY

**What's going on right now** (1 sentence)

Right now I'm dealing with: \_\_\_\_\_

**The next right thing** (choose 1)

Make a call

Apply to one job

Eat, hydrate, meds

Other: \_\_\_\_\_

Pay one bill

Rest and reset

Clean one small area

**10 minute action** (set a timer)

Start time: \_\_\_\_\_ Stop time: \_\_\_\_\_

What I did: \_\_\_\_\_

## EXAMPLE

*If your brain is frozen, use this:*

*Today I will do ONE small task that reduces stress tomorrow.*

My one task is: \_\_\_\_\_

***Tomorrow will be easier because I did this today.***

## STEVE'S NOTE

*I use this page on days when everything feels like too much. Not because it fixes anything. Just because doing one small thing is better than doing nothing. That's actually the whole point.*