

# SAMPLER PAGE · MINI RESET CHECKLIST

## EXPLANATION

This page is for hard days. Not crisis. Not planning. Just the moment when you do not know where to begin. Do not think ahead. Do not solve everything. Just complete this checklist.

## ENTRY

- Drink a glass of water
- Take meds if needed
- Sit upright or stand up
- Take 3 slow breaths
- Look at today's Minimum Day
- Choose ONE small action
- Set a 10 minute timer

## EXAMPLE

*If your brain is frozen, use this:*

My one small action today is: \_\_\_\_\_

Timer starts at: \_\_\_\_\_ Timer ends at: \_\_\_\_\_

What I completed: \_\_\_\_\_

***The goal is not progress — it is preventing regression.***

## STEVE'S NOTE

*I made this for the days I couldn't think straight. You don't need a plan. You don't need to feel motivated. You just need to do the next thing on the list. That's it.*