

# THE 10-MINUTE CREATIVE RESET

*A simple pause for clarity and momentum*



There is no right way to do this. Take your time and answer honestly.

## **PAUSE · 2 minutes**

Take three slow breaths.

Feet on the floor.

Shoulders down.

Right now, my mind feels full because *(Write freely. No editing.):*

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## **CLEAR · 3 minutes**

List everything pulling at you right now *(Tasks, worries, ideas, obligations, etc.):*

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Circle one thing that matters most today.

## **CHOOSE · 3 minutes**

The one thing I will focus on next is *(Choose the simplest, truest answer.):*

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The smallest step I can take is *(Make it tiny. Make it doable.):*

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## **COMMIT · 2 minutes**

I will work on this for:

- 5 minutes
- 10 minutes
- 15 minutes

When I'm done, I will stop.

One clear step is enough.

Return to this reset whenever things feel scattered.