

BONUS

# The Soft Reset Ritual

Bonus Workbook

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*Take your time. There are no wrong answers.*



## **Pause. Orient. Reconnect.**

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This is for the days when everything feels heavier. This is not about catching up. It is about returning safely.

## Step 1 — Pause

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***"No fixing. No explaining. No judgment. Just... pause."***

*Take three slow breaths. Notice how you feel right now:*

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## Step 2 — Orient

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*Right now, my energy is:*

Very low

Low

Medium

Recovering

*What I am noticing in my body / emotions:*

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## Step 3 — Reconnect

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*One gentle action I can take right now:*

*Examples: Open my planner • Read one supportive note • Choose rest — intentionally*

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# Permission

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***"You are allowed to drift. You are always allowed to return — softly."***

*What does returning without punishment feel like?*

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# Reflection

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*What did this reset teach you?*

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*Trust — not discipline — is what makes systems last.*