

January Reset Menu

Start slowly. Choose what feels supportive.

Gently Reset Your Space

- Clear one small surface

- Put away holiday items

- Open windows for fresh air

- Light a candle *or add something calming*

- Tidy one drawer - *stop when it feels 'enough'*

Reset Your Pace

- Choose one slower morning

 - Reduce one unnecessary commitment

 - Build in a small pause each day

 - Let go of 'catching up expectations'

 - Rest without earning it
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*You don't need to do everything.
One small step is enough.*



Continue Gently

Energy returns when pressure ceases



Support Your Energy

- Step outside in natural light

- Move your body gently

- Drink water or warm tea

- Eat simple, nourishing meals

- Notice when pushing makes things harder

Reset Your Attention

- Reduce noise or input

 - Limit news or social scrolling

 - Create a simple evening cue

 - Choose rest over productivity

 - Ask: *What would feel supportive today?*
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*This reset can be returned to anytime,
not just January*

