



RESET DAILY PLANNER

*A three-minute ritual to start and end your day with intention - because
lasting change begins with small, consistent habits.*

RESET. REALIGN. FLOURISH.

A NOTE FROM RESET

You signed up because something in you is ready for a change. This is where it starts — five simple, holistic principles, that only ever ask for small, repeatable actions. Motivation is a feeling that comes and goes — a small habit is a decision you can make again tomorrow. That's not a mindset trick, it's behavioral psychology.

○ **NOURISH** — Nutrition & Hydration

Small, steady fuel — starting with a glass of water.

○ **MOVE** — Movement

Any movement counts, as long as it happens today.

○ **RESTORE** — Sleep & Recovery

Rest is not optional — it is where progress consolidates.

○ **REFLECT** — Journaling & Mindfulness

A few honest minutes, phone away, before or after the day.

○ **GROW** — Goals & Habits

One small step toward who you are becoming.

Every morning and evening — run through your two-minute reset ritual.

This is a sneak peak for the full Weekly Reset System — more is coming.

SET THE TONE

TODAY'S FOCUS

DATE

ONE WORD FOR HOW I WANT TO
FEEL TODAY

TODAY'S ONE PRIORITY — WRITE IT, DON'T JUST TICK IT

THREE THINGS TO GET DONE

- ☐ _____
- ☐ _____
- ☐ _____

APPOINTMENTS & REMINDERS

DAILY RITUAL

Two minutes, twice a day.

MORNING

- ☐ **NOURISH**
Water, a protein-rich breakfast, or whatever actually fuels you today.
- ☐ **MOVE**
A walk, a stretch, or real exercise — any form counts.

EVENING

- ☐ **RESET**
Screen-free wind-down — read, stretch, journal, or just sit.
- ☐ **REFLECT**
Look back at today's one priority — did you follow through?
- ☐ **GROW**
Work on your project, a few pages, a new skill — minutes still count.

RESET.



*You showed up for yourself today.
That's enough.*

Your next reset is only a day away.

www.resetwellness.eu

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