

7-Day Reset Starter Plan

A gentle one-week structure built around reducing unnecessary load, noticing patterns, and creating a repeatable recovery rhythm.



Days 1–2 • Foundation

Reduce avoidable information, noise, and stimulation.

Use brief slow-breathing periods if comfortable.

Check your starting state each morning.

Do not add extra recovery tasks just to make the plan feel harder.

Days 3–4 • Awareness

Add one intentional midday break with the phone put away.

Notice which situations, environments, or demands raise your load.

Use the 2-Minute Reset when a brief interruption would help.

Write one short daily note about what helped.

Days 5–7 • Stabilization

Keep a simple morning / midday / evening rhythm.

Focus on repeatability rather than doing more.

Review the week for trends, not perfection.

Identify your highest-load triggers and most useful recovery tools.

End-of-Week Questions

What increased my load?

What helped me recover?

What should I protect or change next week?

Educational resource. Use current official guidance for high-stakes medical, legal, school, workplace, housing, or emergency decisions.