

Emotional Pulse Check

Monthly 🕒 10m

- List the three emotions you felt most often this month
- Note what triggered and what soothed each one
- Highlight one small emotional win
- Choose one gentle shift for next month

Purpose:

This builds emotional clarity – and helps you grow with intention.

Reset Cue:

"You're learning, not failing."



Boundary Recalibration

Monthly 🕒 10–15m

- Think back on moments you said "yes" when you wanted to say "no"
- Notice where your time or energy felt stretched too thin
- Identify one boundary that needs more protection
- Write a kind phrase to use next time

Purpose:

Healthy boundaries protect your peace and prevent quiet resentment.

Reset Cue:

"Boundaries are bridges to peace."



Gentle Habit Review

Monthly 🕒 15m

- List your current self-care habits: sleep, food, movement, digital time
- Circle the one that needs the most attention
- Choose one way to improve it — gently
- Add a reminder in your planner or mirror

Purpose:

Small habit shifts prevent bigger burnout later.

Reset Cue:

"Tiny care adds up."



Slow Reset Ritual

Monthly 🕒 20m

- Choose one day to go screen-free or obligation-free
- Plan three slow, nourishing activities
- Write them on a sticky note or planner page
- Treat the day like a mental health appointment

Purpose:

Rest resets your nervous system and restores balance.

Reset Cue:

"Stillness is productive, too."



Joy Tracker

Monthly 🕒 10m

- Recall three moments that brought lightness or joy this month
- Write down where they happened and who was involved
- Notice what these moments have in common
- Make a plan to invite more of them next month

Purpose:

Joy is a form of resilience — the more you notice, the more it grows.

Reset Cue:

"Joy is not an accident — it's a practice."

