

Micro-Resets for Busy Days BeingReset.com



1. Three-Breath Reset (30–45 seconds)

Take three slow, deliberate breaths. On the inhale, feel life entering. On the exhale, let the noise leave. Notice how calm rises the moment you turn to the Inner Presence.

2. Shoulder & Jaw Release (15–20 seconds)

Drop your shoulders. Unclench your jaw. Exhale softly through the mouth and imagine tension flowing downward like melted wax.

3. One-Minute Awareness Check (60 seconds)

Pause. Feel your feet grounded beneath you. Notice three sounds around you, and three physical sensations. Awareness brings you instantly back to the Present.



4. Heart-Center Pause (20–30 seconds)

Place a hand over your chest and breathe gently into the heart area. Whisper inwardly: “I return to the Presence within.” Let calm expand outward.

5. Softening the Space Around You (20 seconds)

Relax the muscles around your eyes, mouth, and forehead. When the body softens, the mind softens.

6. One Clear Intention (15–20 seconds)

Ask silently: “What is the one thing needed right now?” Allow the answer to arise naturally.

7. Stillness Glance (10 seconds)

Look at a single point and hold a relaxed gaze for ten seconds. This re-centers the mind.



8. Gratitude Spark (10–15 seconds)

Choose one thing to appreciate, even if it is only the breath. Gratitude lifts your emotional vibration.

9. Release Sentence (5 seconds)

Say inwardly: "I let this go now." Let the words clear the mental field.

10. Divine Alignment Breath (20 seconds)

Inhale gently and say inwardly: "I AM." Exhale and say: "Here." Return to the Presence within.



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