

# □Daily Reset Practices



## **Morning Centering Routine (5 Minutes)**

1. Sit comfortably and breathe deeply for 30 seconds.
2. Place one hand on your heart, one on your belly.
3. Set a gentle intention: "Today, I move with clarity and calm."
4. Visualize soft golden light surrounding your body.



## **Midday Breath Pause**

1. Inhale for 4 seconds, hold for 2, exhale for 6 seconds.
2. Repeat five breathing cycles.

3. Silently affirm: "I return to center."



### **Night Release Journal Template**

- What did I carry today that wasn't mine?
- What drained my energy?
- What restored me or brought peace?
- What can I release before I sleep?

***These daily reset practices help calm the mind, release tension, and reconnect you with your true self.***



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