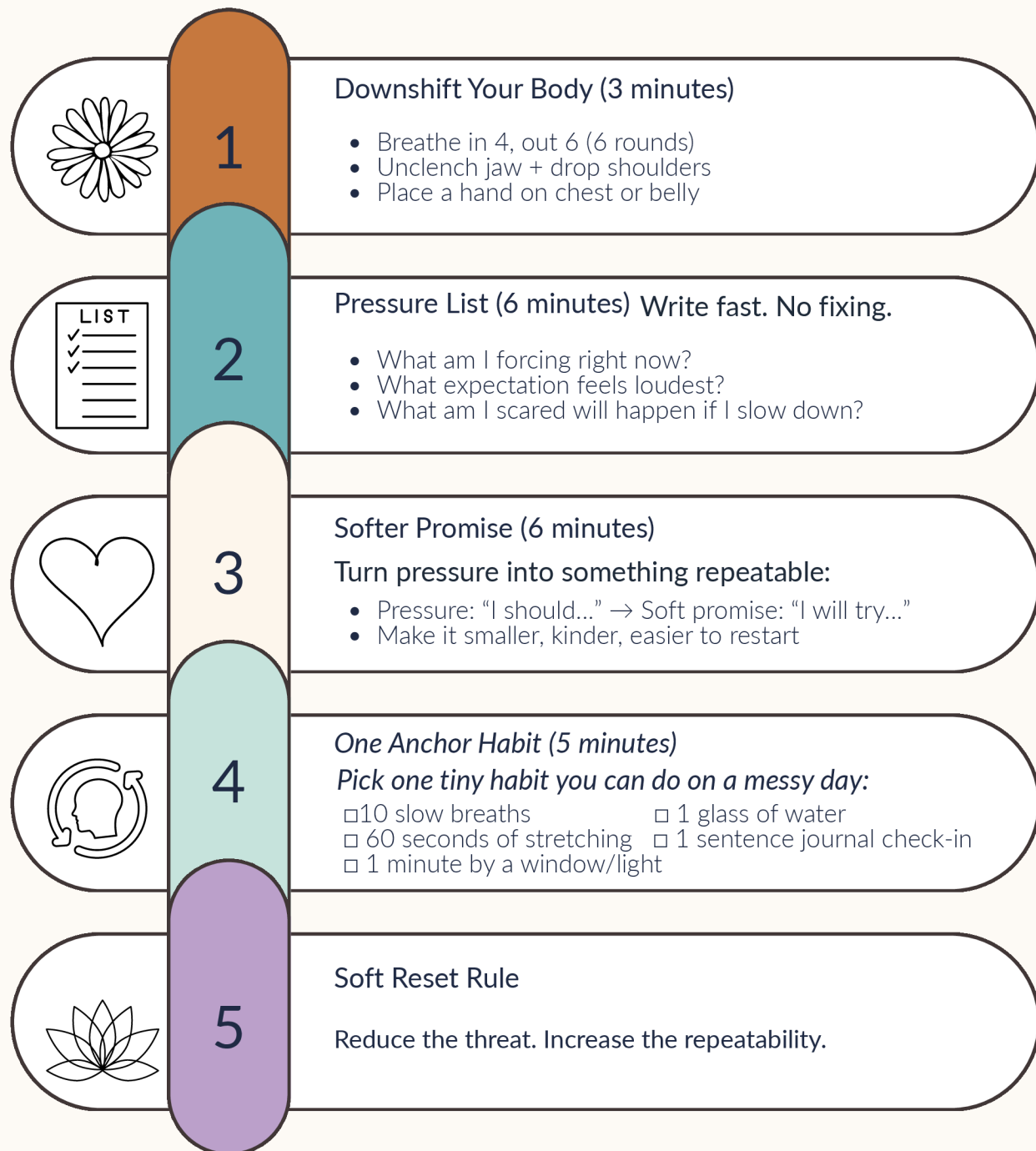


The Soft Reset Guide

A 20-Minute Nervous System New Year Reset (No Hustle Required)

If your goals feel heavy, your nervous system may be overwhelmed —not lazy. Try this quick reset to feel steady again.



The Goal Softener

Turn hustle goals into steady goals your nervous system can trust.

Help them convert hustle goals into nervous-system-friendly goals.

1) My Hustle Goal (what I'm pressuring myself to do)

2) What part feels threatening or overwhelming?

☐ too big ☐ too strict ☐ too many changes ☐ no recovery time ☐ perfection pressure

Other: _____

3) My Soft Reset Version (smaller + repeatable)

Use this formula:
I will ____ for ____ minutes, ____ days/week, after/before ____.

4) My "Minimum Version" (for low-energy days)

Even on hard days, I can do:

5) My 7-Day Soft Track (tiny consistency builder)

Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐
Day 5 ☐ Day 6 ☐ Day 7 ☐

Consistency comes from safety, not pressure.

