

A Softer Reset

Five simple rituals to help you come back to yourself

Rituals do not need to be elaborate or performed perfectly. Use these as invitations, keep what feels supportive, and make each one your own.

01

Begin before the noise

Give yourself a few quiet minutes before checking messages or scrolling. Make coffee or tea, open the blinds, and ask: What do I need today?

02

Move to clear your mind

Take a walk, stretch, ride, or choose movement that helps you feel present. The goal is not performance. It is reconnecting with your body.

03

Make one space feel good

Choose one small area: your nightstand, kitchen counter, desk, or favorite chair. Reset it in a way that makes the next part of your day feel easier.

04

Create a closing cue

Let one familiar action tell your body the day is slowing down. Try skincare, red light, tea, a few pages of a book, or simply dimming the lights.

05

Notice what filled your cup

Before bed, name one moment that made the day feel more like yours. Write: Today felt more like mine when...

MAKE IT YOURS

Where could you use a little more support right now?

One ritual I want to return to this week:
