

THE RESET 7 DAILY ROUTINE

1. WAKE WITH INTENTION (15 minutes)

- No phone first thing.
- Sit quietly, pray, or meditate. (SAVERS or First 15)
- Ask: *"Who do I want to be today?"*
- Set 1 core intention for the day.

2. MOVE YOUR BODY (10-30 minutes)

- Walk, stretch, or light strength exercise.
- Movement resets mood and energy.

3. CLEAR YOUR MIND (5-10 minutes)

- Journal or do a brain dump.
- Write down worries, gratitude, and focus areas.

4. PRIORITIZE RUTHLESSLY (5-10 minutes)

- Select your "Daily 3" must-do tasks.
- These are non-negotiables for today.

5. CONTROL YOUR INPUTS (All Day)

- Limit social media, news, and negativity.
- Feed your mind intentionally with positive, educational content.

6. EVENING REFLECTION & RESET (5-10 minutes)

- Reflect on the day.
- Celebrate wins.
- Note lessons learned and set focus for tomorrow.

7. HONOR SLEEP (7-8 hours)

- No screens 30 minutes before bed.
- Stick to a consistent sleep schedule.
- Rest well to renew.

WEEKLY RESET (Sunday Planning Session)

- Review wins, lessons, and adjustments.
- Set your "Big 3" for the week.
- Prepare your environment (calendar, meals, workspace, contact/call list).