

Take a Minute for Yourself

Feel the release.

You are not behind and you are not weak. You are carrying a full plate with nowhere to set it down. Ten minutes and a pen is enough to put some of it down. No app, no account, no streak to keep.

1 BRAIN DUMP

about 5 minutes

Everything in your head, onto the paper. Do not sort it, do not fix it. Messy is correct.

2 THE ONE THING

about 2 minutes

Read the list back. Circle the ONE thing that would make tonight easier. Only one.

3 BREATHE

about 3 minutes

In through the nose. Pause. One sharp top-off. Long slow exhale through the mouth. Say it: "I am safe. I am calm." Repeat 4 times, then stop for the night.

Want the whole system?

Reclaim Your Peace & Power is 2 fillable planners: the 5-step stress reset, plus the pages that help you put the guilt down for good.

Both planners · \$19 · sskplanners.com