

## 25 Ways to Reset in 10 Minutes

Feeling overwhelmed? A reset timer is a simple way to pause, breathe, and refocus. Just a few minutes can help you trade chaos for calm and step back into your day with peace and purpose. 🧡

### **Me System (Your personal well-being)**

- Do a 10-minute prayer walk—just you, God, and a sidewalk.
- Write down 3 things you're grateful for and 1 thing you're letting go of today.
- Stretch or do breathwork (try box breathing: in-4, hold-4, out-4, hold-4).
- Put on a worship song and *just* listen—no multitasking.
- Brain dump your thoughts in a journal (no editing, just flow).

### **Food System (What's feeding you and your people)**

- Plan dinner for the next 3 days using what's already in your fridge/freezer.
- Start a grocery list based on quick pantry inventory.
- Prep one produce item (chop veggies, wash fruit, etc.).
- Toss expired or questionable items from the fridge.
- Batch-label containers or zip bags for grab-and-go snacks.

## **Home System (The physical space around you)**

- Do a 10-minute pick-up blitz—set a timer and go room by room.
- Wipe down your most-used surfaces (counters, sink, table).
- Light a candle and put on background music—set a calm vibe.
- Restock high-traffic items (TP, paper towels, laundry soap).
- Gather all items to return (to stores, people, library, etc.) into one bag.

## **Work System (Your job or business)**

- Clear your inbox down to the next 5 action items.
- Prioritize your top 3 tasks for the day.
- Follow up on one pending message or email.
- Organize your digital desktop or close unused tabs.
- Record a quick voice memo or video update for your team.

## **Family System (Connection and care for your people)**

- Send a quick “thinking of you” text to each kid or loved one.
- Set a timer and do a mini tidy-up together (make it a game).
- Ask a silly or meaningful question at the dinner table.
- Leave a sticky note of encouragement on their mirror or lunchbox.
- Pray out loud for your family—short and sweet, but powerful.