

# 3 Simple Habits for a Daily Reset

Small choices that build energy and momentum all day



# Why a Daily Reset Matters



This Isn't a Quick Fix—and That's a Good Thing

Most days don't need a dramatic overhaul.  
They need a better starting point.

When your day begins with intention, your choices tend to follow.

When it begins rushed or scattered, everything feels harder than it needs to be.

This guide offers a simple daily reset—three small habits designed to help you feel more intentional, energized, and motivated as your day unfolds.

No perfection required.  
No all-or-nothing thinking.  
Just a better way to begin.



# How This Reset Works

- This is not a checklist to master
- You don't need to do everything, everyday
- The habits can be done in any order
- Consistency matters more than intensity

Think of it as a rhythm, not a rulebook.

Some days you'll do all three.

Some days you'll do one and that still counts.

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# 1) One Intentional Choice

Start your day by making one choice you can feel good about.

It doesn't have to be impressive. It just has to be intentional.

Examples:

- Drinking water before coffee or your normal
- Eating a nourishing breakfast
- Stepping outside for fresh air or a walk
- Taking a few moments to yourself before everything begins

Small wins build confidence and fuels momentum.

***One good choice makes the next one easier.***

## 2) Move Your Body



Movement wakes up your energy—physically and mentally.

This doesn't have to be a workout.

5-10 minutes is enough:

- Walking
- Stretching
- Light strength
- Yoga
- Make a small routine of your own

Movement shifts your state and changes how the rest of your day feels.

***Move first. Let everything else flow from there.***

## 3) Daily Inspiration



What you take in first shapes your mindset.

Before anything else, or while you are moving, give your mind something uplifting.

This might be:

- A podcast
- Music
- A quote or short reading
- An encouraging voice while you move

This habit can be done along with your daily movement.

***Fuel your mindset early.***

# You've Got This!



You don't need to change everything.

You just need to start well.

These small habits create a ripple effect—helping you feel more energized, motivated and more connected to what matters throughout your day.

Start tomorrow.

Start imperfectly.

That's how momentum builds.



# Your Daily Reset

*Print this page or save to your phone.*

- One Intentional Choice
- Move Your Body
- Daily Inspiration

Today I want to feel

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