



# MINI RESET MENU

By Sule Alat

A simple ritual menu for when you feel scattered, tired, or off-track — choose one and return to yourself.

## ✦ Body Resets

- Take a 5-minute stretch in silence. Let your breath guide the movement.
- Drink a glass of water slowly, noticing the sensation of receiving nourishment.
- Place one hand on your heart, the other on your belly. Breathe deeply.

## ✦ Mind Resets

- Write down 3 things you can do today — let go of the rest.
- Step away from your screen and notice 5 things around you.
- Close your eyes and count backwards from 10 with each breath.

## ✦ Soul Resets

- Light a candle and sit quietly with no goal — just be.
- Whisper an affirmation like: "I begin again with grace."
- Visualise yourself walking into a new chapter — soft, steady, empowered.

Keep this menu where you can see it.

You don't need to wait for the "perfect moment" to reset.

Even a single breath, taken with intention, is enough.

