

Low-Energy Reset

Just One Thing Today

Do: [_____]

☐ ☒
To do / Done

Body Signals

① [_____]

② [_____]

Permission to Pause

- ✓ I can be imperfect
- ✓ I can rest
- ✓ No self-blame
- ✓ Listen to music

A Small Reward

1. Take a warm bath
2. Read a favorite book
3. Have a cup of hot tea

To do/ Done



① [_____]

② []



Permission
to Pause



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Permission to Pause

A Small Reward

