

This Week's Mind Reset

Mindfulness, gratitude, and growth — a calmer, clearer you, one day at a time.

MINDFULNESS

- ☐ Meditate: 10 minutes
- ☐ Reflect

GRATITUDE

- ☐ Gratitude journal entry
- ☐ Affirmations

GROWTH & FOCUS

- ☐ Read: 15 pages
- ☐ Digital sunset
- ☐ Plan tomorrow
- ☐ Learn something new
- ☐ Set a boundary