



5-Minute Creative Reset



A tiny pause for moms who need a soft place to land.

1 A tiny pause

Today I feel: _____

2 One thing I can set down for five minutes:



3 One small thing I can notice

Something I see: _____
Something I hear: _____
Something I feel: _____



4 A soft little reset

Circle one:

- Tea
- Music
- Stretch
- Step outside
- Doodle
- Breathe
- Sit quietly

5 One kind sentence for myself today:



Small steps, softer days.