

5-Minute Clarity Reset

When Life Feels Full, Start Here

Clarity fades
when life gets noisy.

This simple reset
helps you return to yourself.

Five minutes.
One honest shift.

Clear the Noise (90 seconds):

What is taking up space in your mind right now?

List the tasks, conversations, or expectations that feel heavy or distracting.

Now gently cross out one thing that does not truly need your energy today.

Not everything urgent is essential.
Clarity often begins with subtraction.

Remember Who You Are (90 seconds):

At your best — grounded, steady, what three words describe how you want to show up today? (*Not what you need to accomplish. Who you choose to be.*)

- 1.
- 2.
- 3.

You don't rise to your to-do list.
You return to your identity.

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Choose What Matters Today (90 seconds):

What makes today worth showing up for with intention?

Choose one meaningful action that honors your three words.

Clarity builds through small, intentional pivots.

The fact that you paused — and noticed — matters.

Return to this reset whenever life feels heavy or slightly off.

Clarity is a skill. It grows every time you come back to yourself.

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For deeper clarity conversations, visit: www.bloombeyondco.com