

Today

TOP 3

Just three. Finish-able.

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

BRAIN DUMP

Everything in your head — no order needed.

| |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |

TIME STRIP

Block only what's fixed.

| | |
|-----|-------|
| 8 | _____ |
| 10 | _____ |
| 12 | _____ |
| 2 | _____ |
| 4 | _____ |
| 6 | _____ |
| eve | _____ |

THE ONE TO BREAK DOWN

Big task → first three tiny steps.

| | |
|--------------------------|-------|
| ● | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

DONE ♥

Write it after you do it. Small counts.

| | |
|---|-------|
| ● | _____ |
| ● | _____ |
| ● | _____ |

ONE KIND LINE TO CLOSE THE DAY

How to use your free page

Print one for each day — today's is enough to start. There's no right way; fill what helps, ignore the rest.

- 1 Brain dump first.**
Empty your head into the dump box — tasks, worries, the thing you keep forgetting. Looping thoughts quiet down on paper.
- 2 Pick only three.**
From the dump, choose your Top 3. Three is on purpose — it's a day you can actually finish.
- 3 Break down the scary one.**
Name it, then write the first three tiny steps. "Open the document" counts.
- 4 Keep a Done list.**
Write things down after you do them. Proof beats pressure.
- 5 End kind.**
One honest, gentle line to close the day. Tomorrow starts clean.

This is one page of The Daily Reset.

The full planner adds **Break It Down** (a standalone worksheet for "too big to start"), **The Week, Lightly** (a loose weekly map — rest included), and **Gentle Routines** (a no-guilt habit tracker) — \$14, print it forever. The family continues with the Weekly and Monthly Resets and Gentle Goals.

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