



The Mindful Reset

Workbook

By Yvonne Franklin



One breath, one soft reset, then the next right step.

★ A Gentle Arrival (Check-in) ★

You're allowed to come back. This is built for that.

Take only what feels supportive. You can pause at any time.

Right now, I feel: (Circle one)

Calm / Tense / Tired / Overwhelmed / Numb / Hopeful / Other: _____

In my body, I notice:

What feels loud today?

What would feel like a small kindness right now?

One tiny step I can take:

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Breathing Room (One Longer Exhale)

Try this once: inhale gently... exhale a little longer than you inhaled

After one longer exhale, I notice...

- If my breath had a texture today, it would feel like...
- A place I can picture that feels safe/steady is...

Anchor phrase for today:

I can soften here. / One step at a time. / I'm safe enough right now.

Soft Reminder: Take only what feels supportive. You can pause at any time.

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Chapter Three

Tiny Reset Menu

(Pick One)

- One slow breath
- Drop shoulders
- Look at something, not a screen
- Hand on heart
- Name 3 things

What I chose:

When I'll use it:

After I used it, I noticed:

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When the Mind Gets Loud

(Gentle Grounding)

What my mind is saying right now

Write here:

Grounding exercise:

- 1 thing I can see:

- 1 thing I can feel:

- 1 thing I can hear:

If I spoke to myself like a kind friend, I'd say:

A softer next thought could be:

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Returning to Yourself (Needs & Boundaries)

Reflection prompts:

- **About needs:**

- **Boundaries:**

- **Small joys:**

- **Signals of drifting:**

- **Ways to come home to yourself:**

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Carrying Calm Forward (Your Pocket Reminder)

Calm anchor phrase:

What to remember:

Three places to practice:

1. 1.

1. 2.

1. 3.

What to try when things feel loud:

Note to future self:

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This workbook provides a collection of prompts, exercises, and reflective questions intended to encourage mindfulness and facilitate personal resets. It includes check-in prompts, breathing exercises, reset options, grounding techniques, and strategies for recognizing personal needs and boundaries. The workbook can serve as a tool to nurture self-compassion and help you return to a more centred state.