

Five-Minute Spark Reset^{*}^{*}

A tiny ritual to clear the fog and find your spark.

^{*}^{*} 1. Breathe

Inhale for four. Hold for four. Exhale for six.

2. Reconnect

Questions:

What do I need right now?

What can I let go of for today?

What tiny joy is within reach?

3. Pick One Spark

Open a window.

Drink a full glass of water.

Stretch your arms overhead.

Light a candle.

Step outside for one minute.

Put on one favorite song.

Text someone kind.

Touch something soft.

Change the light in the room.

Sit down and close your eyes for ten seconds.

Move your shoulders

Clean one square foot of space

4. Shift Gently

Choose one.

Do the easiest next step.

Say no to something small.

Return to one thing that grounds you.

