



WSC - Reset Routine

30 second summary:

- ✔ **Summary:** Under 3 minutes, reset your stress and emotions and optimize your next meeting
- ✔ **Main Outcome:** Your negative emotions stop, and your next meeting delivers more value and influence
- ✔ **Top Benefit(s):** Less stress, regrets, triggers; more learning, planning, focus and results during meetings, more time available at the end of the day
- ✔ **Next Steps:** Apply this habit at the end of each significant meeting or part of your day, and minimum 2X per day for 5 days in the next 14 calendar days.
- ✔ **Duration:** 5 minutes.
- ✔ **Target Audience:** Anybody willing to reduce stress and anxiety and enjoy their days more

Why it works

- ✔ **Before:**

When my clients talk about their day, many report feeling more able to focus on their priorities and manage their stress earlier in their day, and that this ability vanishes throughout the day as if the stress from each meeting/event was compounding into something that sucks the energy required to push back on distractions and focus. They hope for a way to “Reset” so they feel “like in the morning” but throughout the day.
- ✔ **After:**

This is exactly what this tool does: in less than 3 minutes, you reset your emotional and stress levels so you can manage your emotions better and not carry the related stress over; you then have more energy to plan what’s next (the Future) with more clarity and awareness which eventually drives more performance and frees up more time and energy for your priorities.

So, you finish the day more satisfied, less stressed and less tired.



TO DO

- ✔ **3X deep slow breaths**
After adjusting your body posture to: eyes closed, loose facial muscles, looking up and smiling
- ✔ **PAST (event/meeting):**
With same body posture, state what I just liked or learnt.
- ✔ **PRESENT:**
Identify my top need by assessing:
 - my Guts (Am I triggered?)
 - my Heart (Am I feeling sad or like a victim?)
 - my Body (Am I feeling tired? Hungry? In Pain?).Visualize my top need being fulfilled and how it feels.
- ✔ **FUTURE (next event/meeting):**
Visualize what I want to happen from TO DO to success and how I want to feel at the end
Reframe my TO DO until my expectations are 1) 100% achievable by me in the time available and 2) aligned with others
Visualize when I have disconnected the outcome from who I am
Visualize when I feel safer and therefore more available to enjoy the present with fun
State consequences for NOT DO and share as needed
Set timer for 80% of time available and start!

NOT DO

- ✔ Keep my eyes open during the experience (as it does NOT allow to access emotions)
- ✔ Skip visualizations (they allow to anchor at emotional level)
- ✔ Dwell on any step (habit more likely to stick if under 3 minutes)



Your next 2 weeks steps

✔ **Start NOW or schedule your first try:**

Apply TO DO right away (<30 minutes)

Once done, decide your commitment for the next 2 weeks

How are you feeling right after? Compared to before? What was the value for you?

What to adjust for you to commit for 2 weeks?

Visualize the next time you apply it and how you would like to feel

Celebrate that you have tried something new

✔ **Build your habit (-> more practice -> more results)**

Model: After [OTHER CURRENT HABIT] and at/when [TIME], I will [NEW HABIT] in [LOCATION].

Example: When I wake up and after I have used the bathroom, I will put my sports shoes on, go to the front door, put my sports clothes on, put the timer on for 5 minutes, and warm up outside.

Print your sticky habit

✔ **Total time:**

3m/day X 10 = 30 minutes in 2 weeks

✔ **How you measure success:**

You have applied at least 10X times in the next 2 weeks

✔ **What value you can expect:**

Less stress or tired; more focus and energy

✔ **How to get started:**

Print and fill your Habit template then apply right away