

# Inspiring Motion

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Clarity Reset Kit

*+ Lite Version*

Clarity. Calm. Creative Motion.

# The Clarity Reset Kit (Lite Version)

A gentle starting point when your thoughts feel messy.

## 1. Quick Self-Check-In

Before you reset, get a pulse on where you are. Circle or check one or more.  
No judgment. Just data.

- ☐ I feel foggy or blurry
- ☐ I feel stuck and can't start
- ☐ I'm overstimulated or shut down
- ☐ I'm spiraling or emotionally overloaded

## 2. Choose One Reset Path

Choose the gentle nudge that feels most possible right now:

### Breathe & Regulate

- 4-4-4 Box Breathing: Inhale 4s, Hold 4s, Exhale 4s
- Add cold or pressure (ice cube, stretch, fidget)

### Clear One Thing

- Close one tab, move one file, say no to one task
- Lightly rename what's next: "Just one thing"

### Verbal Dump

- Open voice note or Notes app
- Say/write whatever is in your head for 90 seconds

### Micro-Movement

- Stand, stretch, step outside, shake your hands
- 30 seconds of motion = signal reset

### 3. Anchor Phrase

Repeat or write down what feels true right now:

"I don't need to fix everything. I just need one moment of clarity."

"Overwhelm is a wave — not a flaw."

"My brain is doing its best. I can meet it with grace."

### Was this helpful?

Your thoughts are always welcome and appreciated! (No pressure.)

Share what you would have liked to see or do instead:

<https://tally.so/r/mZgjZ0>