

Ten Minute Reset:

Use the 10-Minute Reset to Finish the
Year With Grace

While it might be really nice, you don't need a full day of reflection—
just ten intentional minutes.



Minute 1–2: Breathe and notice your body.

Minute 3–5: Write down what drained you this month.

Minute 6–8: Write down what sustained you.

Minute 9: Choose one boundary that will protect your energy
next month.

Minute 10: Choose one leadership habit you want to take
into the next month.

Sometimes the most productive
thing you can do is pause.

Reset & Reflect

Week 1

What has drained you?

What has sustained you?

What boundary needs to be stronger?

What habit do you want to build?

Week 2

What has drained you?

What has sustained you?

What boundary needs to be stronger?

What habit do you want to build?

You don't have to overhaul your life;
sometimes ten quiet minutes can change
your whole day.

Deepak Chopra

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Reset & Reflect

Week 3

What has drained you?

What has sustained you?

What boundary needs to be stronger?

What habit do you want to build?

What has drained you?

What has sustained you?

What boundary needs to be stronger?

What habit do you want to build?

Week 4

You don't have to overhaul your life;
sometimes ten quiet minutes can change
your whole day.

Chopra