

The 5-Minute Clarity Reset

A gentle freebie for a calmer next chapter.

Make space for clarity.

A mindful pause can change the direction of your day.
Use these five prompts to notice what matters to you.

Your reflection journey

- 01 Notice what you feel
- 02 Name what drains your energy
- 03 Reconnect with what you need
- 04 Choose one gentle action
- 05 Begin with intention

A simple way to begin

Find a quiet moment. Write a few words for each question.
There is no score, no deadline, and no perfect answer.

A self-reflection guide; not a substitute for professional healthcare.

Pause & reflect

Three prompts to bring your attention back to yourself.

01 What am I feeling right now?

One honest word or sentence is enough.

02 What has been taking my energy?

Name one worry, situation, thought or expectation.

03 What do I need more of?

Perhaps rest, clarity, confidence, support or a fresh start.

Choose your next step

You do not need to change everything at once.

04 What small action would support me?

Choose something gentle and realistic for this week.

05 When will I give myself that space?

Make room for a simple moment, not a perfect plan.

Ready for a personal conversation?

Explore coaching and request a preferred time:

lightcoral-meerkat-544798.hostingersite.com/booking/

Booking times are requests until personally confirmed.