

# DAILY RESET REFLECTION SHEET

A gentle check-in to realign your energy and intention

## TODAY I FEEL:

Name your emotion honestly—no judgment.

## I WANT TO INVITE IN:

What energy, feeling, or mindset would support you today?

## ONE THING I CAN RELEASE IS:

A thought, tension, pressure, fear—write it down and let it go.

## A WORD OR PHRASE TO CARRY WITH ME:

A personal mantra for the day.

## GENTLE REMINDER:

A space for an affirmation, quote, or note to self.