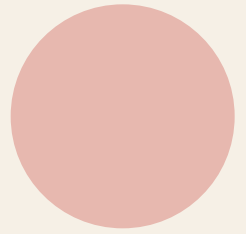


A TINY REAL-LIFE RESET



MAKE TODAY 10% BETTER



Maybe your whole life isn't the problem.
Maybe today just needs to feel a little better.

No morning-routine overhaul.

No fixing everything.

Just one small place to start.

THE RULE

Pick what feels hardest. Make it a little better. Stop there if you want.

FIRST: WHAT FEELS HARDEST?

Not what should be wrong. What actually feels hardest right now?

☐

MENTALLY FRIED

My brain has had enough input.

☐

SCATTERED

I keep bouncing between things and finishing none of them.

☐

TOUCHED OUT

I need ten minutes where nobody gets access to me.

☐

RESENTFUL

I am carrying something I wish someone else would own.

☐

RESTLESS

I need to move or change the energy.

☐

LONELY

I want connection, not more scrolling.

☐

BLAH

Nothing is exactly wrong. Nothing sounds especially good either.

☐

I DON'T EVEN KNOW

Everything just feels...off.

YOU DON'T NEED TO FIX EVRYTHING.

Circle what feels hardest. Make that one thing 10% better.

NOW: MAKE IT 10% BETTER

Choose the move that matches the feeling. Tiny is the point.

MENTALLY FRIED

10 minutes with no input. No podcast. No scrolling. No one talking at you.

SCATTERED

Write down everything for 3 minutes. Circle only the next 3 things.

TOUCHED OUT

Close a door. Sit in the car. Take a shower. Ten minutes where nobody gets access.

RESENTFUL

Name one thing you wish someone else would own. Ask, hand it off, or let it wait.

RESTLESS

Move for one song or take a 10-minute walk. You are allowed to stop there.

LONELY

Text the person you actually want to hear from. Not the group chat. That person.

BLAH

Put one tiny thing on the calendar that you would genuinely look forward to.

I DON'T EVEN KNOW

Do not solve your life tonight. Eat, drink water, go outside, then choose again.

YOU ARE NOT TRYING TO WIN THE DAY.

You are trying to make the next little part of it easier.

ONE BETTER HOUR

Use this when a small pocket of time appears before your brain turns it into errands.

I WANT THIS HOUR TO FEEL...

calm / useful / fun / connected / quiet / energizing / something else

ONE THING I CAN STOP DOING FOR THIS HOUR

ONE THING I ACTUALLY WANT TO DO

ONE THING THAT IS JUST FOR ME

WHAT CAN WAIT UNTIL TOMORROW?

IF YOU GET 30 MINUTES ALONE...

Decide what the 30 minutes is FOR before you sit down. Otherwise, if you are anything like me, it becomes laundry.

BEFORE YOU GO

MAKE LIFE BETTER. NOT PERFECT.

Sometimes 10% better is boring. Food. Water. Outside. Less input. One person. One thing off the list. Five minutes of movement. One chore left undone on purpose.

THE 10% BETTER CHECK

- ☐ Have I eaten?
- ☐ Have I had water?
- ☐ Would outside help?
- ☐ Do I need less input?
- ☐ Would five minutes of movement help?
- ☐ Do I need a person - or no people?
- ☐ What can I leave undone today?

YOUR LIFE GETS TO INCLUDE YOU TOO.

More joy. More movement. More connection. More room for you.

THEEVRYTHING.COM