

# Morning Challenge & Reset Sheet

Life gets messy. Use this page to stay flexible,  
overcome obstacles, and bounce back with grace.

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## 1. My Top 3 Morning Challenges

What regularly gets in the way of your 5-minute habit?

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

## 2. Real-Life Solutions

How can you work around or reduce each challenge?

For Challenge #1, I will: \_\_\_\_\_

For Challenge #2, I will: \_\_\_\_\_

For Challenge #3, I will: \_\_\_\_\_

## 3. Replacing All-or-Nothing Thinking

- ☐ Instead of *"I missed today, I blew it,"* say:  
*"I can restart tomorrow. Progress over perfection."*
- ☐ Instead of *"I didn't have time,"* say:  
*"I had 60 seconds. I used them well."*

## 4. Reset Statement

Create one sentence you can say to yourself anytime you miss a day or get off track.

My reset phrase: \_\_\_\_\_

## 5. Visualize Your Comeback

- ☐ What does it look like to bounce back tomorrow?
- ☐ What's the minimum viable version of your habit?

I can restart with just: \_\_\_\_\_

## 6. Words I Want to Remember

Write motivational words to keep nearby.

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