

5-Minute Mindset Reset

A simple daily worksheet for clarity and focus

Date: August 04, 2025

■ Morning Intention

What is one word that describes how you want to feel today?

■ Gratitude Snapshot

List 3 things you're grateful for this morning.

■ Focus Anchor

What is the ONE task that will move your goals forward today?

■ Mantra for Today

Write a phrase that will ground and energize you.

■ Reflection Space

Leave space for your thoughts, fears, or breakthroughs.
