

The Gentle Reset Kit: A Companion Guide

12 visual routine cards, 3 phone wallpapers, a printable deck, and a 7-day email course – for brains that are already doing too much

No streaks. No shame. No "you should."

What This Is (and Isn't)

This kit is a set of visual anchors for the basics: water, food, rest, starting, stopping, leaving, and surviving the bad days. It is not a productivity system. There is nothing to optimize, track, or fall behind on. A card you glance at once this week already did its job. The bar is intentionally on the floor. That's what makes it reachable on hard days.

How to Use the Cards

- **Lock screen** – set the card you need most as your phone wallpaper. It becomes the first thing you see instead of notifications.
- **Print them** – the deck PDF prints one card per page. Fridge, bathroom mirror, desk, med cabinet.
- **Send one** – a card is an easy, low-pressure way to check on a friend without a wall of text.
- **Rotate** – you don't need all 12. Most people live on 2 or 3 cards at a time. That's the design.

Card	The moment it's for
Morning Reset	Before the doomscroll
Meal Anchor	"Did you eat today?"
Wind-Down	You made it through today
The 2-Minute Launch	When starting feels impossible
Shower Reset	Hygiene without the mountain
Leave the House	The exit ramp
Overwhelm Reset	When everything is too loud
Social Recovery	After peopling
Hydration Anchor	Water counts, all of it
Meds Anchor	No shame if you forgot yesterday
Transition Buffer	Between one thing and the next
Bad Day Protocol	Survival mode is a valid mode

The 7-Day Gentle Start

Your email course mirrors this. One tiny thing a day:

- **Day 1 – save one card to your phone. Done.**
- **Day 2 – morning: water before the scroll. Once.**
- **Day 3 – eat one thing without multitasking.**
- **Day 4 – try the wind-down card tonight.**
- **Day 5 – halfway. Notice what's working. Keep only that.**
- **Day 6 – one card is enough today.**
- **Day 7 – look back. You did more than you think.**

Skipped a day? The course doesn't care. Neither do we.

The Science Snack

Why do visual anchors work when lists don't? Because a list asks you to decide – to choose what matters, to prioritize, to start. That's exactly the part that's overloaded when you're running on empty. A card doesn't ask you to decide. It hands you one image and one tiny action: water now. The decision part of the brain gets to clock out. That's not a shortcut that cheats the system – it's the system working the way it was designed, once the load is light enough to move. This is why "just make a to-do list" fails on hard days but a single card on the fridge works. One is a job. The other is a hand on your shoulder.

When It's Not Working

Some weeks the cards won't help. That's not failure – that's information. Drop to the Bad Day Protocol: water, food, rest, cancel what can be cancelled. If you're in crisis, this kit is not the tool. Please reach out to a professional or a crisis line in your country. You deserve real support. For everything else: the cards will be here whenever you come back. No streak was broken, because there was never a streak.

Your Reset, Your Rules

The cards are a starting point, not a contract. Adapt them:

- Drawn a card you'd swap? Change it. Hide it. Make your own version.**
- The 2-Minute Launch too long? The 30-second version counts.**
- One card from the deck is your whole kit? That's the kit working.**

Reflection prompt: if you were to design one card for your brain – the one that would actually help on your worst day – what would it say? Write it. That's yours.

Keep Close

- **[/blog/why-visual-routine-cards-work](#)**
- **[/blog/what-is-executive-dysfunction](#)**
- **[/blog/executive-dysfunction-at-two-pm](#)**

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