



Calm Financial Reset

A gentle pause when things feel overwhelming

Before You Begin

If things feel overwhelming right now, you're not alone.

This is not a time to solve everything.

This is a moment to pause, reset, and return to a calmer place.

Take a slow breath before you begin.

This is something you can return to any time things start to feel overwhelming.

It's not about fixing--just resetting.



Step 1: Pause

Take 3 slow breaths.

Inhale slowly.

Exhale slowly.

Let your shoulders drop.

You do not need to rush.



Step 2: Notice Where You Are

Without judgment:

Right now, I feel:

- Overwhelmed
- Anxious
- Pressured
- Uncertain
- Tired
- Other: _____



Step 4: Separate the Moment from the Story

Gently ask:

What is actually happening right now (in this moment)?

What am I telling myself about it?



Step 6: Choose One Small Step

Not a solution-- just a step

One small, calm action I can take next:

Step 7: Support, Not Pressure

You don't need to push yourself forward.

What would support me right now?

- Taking a break
- Writing things down
- Talking to someone
- Looking at one piece of information
- Giving myself permission to pause
- Other: _____



Closing Reflection

You do not need to figure everything out right now.

You only need to:

- pause
- return to the present
- take one small step

That is enough.

Your thoughts...
