



The 10-Minute DO NOTHING RESET



GIVE YOUR MIND AND BODY A REAL BREAK.

In a world that celebrates busyness, doing nothing can feel uncomfortable—yet it's one of the most restorative things you can do. This reset helps you slow down, rest your mind, and simply be.



How It Works (10 Minutes)

1. Set a timer for 10 minutes.
2. Get comfortable—sit or lie down.
3. Do absolutely nothing on purpose.
4. No phone. No scrolling. No cleaning. No problem-solving.
5. When the timer goes off, take a deep breath.



What Does “Do Nothing” Look Like?

Staring out the window. Daydreaming. Watching the clouds. Listening to the sounds around you. Letting your mind wander. Resting without guilt.



YOUR 10-MINUTE DO NOTHING

Use this space to reflect before and after your reset.

Before: What was on my mind?

After: How do I feel now?



Why It Helps

Rest is not a reward for productivity. It's a requirement for wellbeing. Doing nothing allows your body to rest, your mind to reset, and your nervous system to recover.



Gentle Reminders

- You don't have to earn rest.
- Stillness is productive.
- You are allowed to take up space without doing anything.

