

A Gentle Daily Reset

Five quiet prompts for grounding, gratitude, nourishment, reflection, and coming home to yourself

You do not have to answer every question or do this perfectly. Choose the prompt that meets you where you are today. A few honest words are enough.

1. Grounding

What can I feel beneath my feet, hands, or body right now?
What are three things I can see and one sound I can hear?
What would help this moment feel just 5% steadier?

2. Gratitude

What ordinary thing made today a little easier?
Who or what am I thankful to have beside me in this season?
What can I appreciate without pretending everything is perfect?

3. Nourishment

What is my body asking for: water, food, rest, fresh air, warmth, movement, or connection?
What is one simple choice I can make with care?
Have I eaten and rested enough to meet myself kindly?

4. Reflection

What felt heavy today, and what felt light?
What did I learn about myself?
Is there something I can set down before tomorrow?

5. Reconnecting

What helps me remember who I am beyond my responsibilities?
Where do I feel most like myself?
Who or what could I gently reach toward today?

A GENTLE NOTE FROM KIM MARIE

Some days healing looks like action. Other days it looks like sitting still long enough to hear yourself again. Both count.

Today, I need...
