



ONE CALM MINUTE

60-Second Inner Mastery Reset

A calm one-page practice for moments that feel hard, heavy, or unclear.

This is not about fixing everything. Keep it light: one small answer is enough. You can pause or stop at any time.

01 AWARENESS

What feels strongest in you right now?

It might be sadness, fear, anger, pressure, numbness, tiredness, grief, confusion, or something else. Just notice it.

Right now, I notice:

02 INSIGHT

What inner quality could support you?

Calm, courage, patience, kindness, honesty, trust, steadiness, rest, or another quality that feels slightly possible.

The quality I need most is:

03 MASTERY

What is one small, kind step I can take now?

Three slow breaths · drink water · pause for one minute · send one honest message · ask for help.

My next small step is:

I am allowed to move slowly.

I remain the chooser.

One thought I choose to take with me:

Take one gentle breath. Choose only what feels right for you.