



# THE 90-SECOND RESET

*Stop overthinking. Regain control. Move forward.*

## WHAT IT IS

When your mind gets stuck replaying one moment, this is how you reset it.

## THE PROBLEM

The moment is over.

But your mind keeps taking you back there.

## THE TRUTH

You don't need to solve every feeling.

You need to stop living inside it.

## FEEL → RESET → MOVE



Acknowledge the emotion.

"I'm frustrated."

"I'm embarrassed."

"I'm anxious."

Give it a moment, not your whole day.



Shift the question.

Instead of "Why is this happening?"  
ask:

"What do I need right now?" or

"What is the next best step?"



Take one small action immediately.  
Momentum breaks the spiral.

## THE ATHLETE MINDSET

Athletes don't stay in "that" moment too long.

They reset quickly and refocus.

That's the difference, and it's a skill you can use too.

**You don't need a perfect plan.  
You need a fast reset and a next step.**