



# 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.**



# TRUST YOUR PREPARATION

*How to Move Through Fear with Self-Trust*

## WHAT IT IS

When fear shows up right before action and you need to trust yourself enough to move anyway.

## THE PROBLEM

You're waiting to feel confident before making a move.  
So you hesitate, delay, and second-guess.

## THE TRUTH

Confidence is not what starts movement.  
Self-trust is.

## EXPECT → ANCHOR → MOVE



Expect the fear.  
Fear doesn't mean stop.  
It means you're in a moment that matters.



Remind yourself:  
You've handled hard things before.  
You've figured things out before.  
That's your "training."



Move anyway.  
Don't wait for fear to disappear.  
Act while it's still there.

## THE ATHLETE MINDSET

Athletes don't eliminate fear before big moments.  
They trust their preparation and go anyway.

**You don't need more time.  
You need more trust in yourself.**



# GO, THEN GROW

*How to Build Real Confidence Through Action*

## WHAT IT IS

A way to stop waiting for perfection and start building momentum through action.

## THE PROBLEM

You want the result before the repetition.  
So you delay instead of starting.

## THE TRUTH

You don't figure it out before you start.  
You figure it out because you start.

## GO → ASSESS → TRAIN → REPEAT



Take the opportunity even if you feel unprepared.  
Don't skip the moment.



Pay attention to what actually happened—not what you *expected*.  
Ask: What specifically felt off or unprepared?  
Not: What's wrong with me?



Focus your effort on the exact weakness exposed.  
Targeted reps—not random effort.



Momentum is built through repetition, not perfect starts.

## THE ATHLETE MINDSET

Athletes don't sit out because they might fail.  
They show up (even when it's hard), learn, and improve.

**Clarity doesn't come before action.  
It comes from it.**