THE 3-MINUTE HOLIDAY RESET

A Daily Anchor for the Busiest Week of the Year



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but the ability to remain
centered within it."

AVAIYA UNIVERSITY

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How to Use This Journal

The holidays often feel like a marathon. This journal is your "water station." It is divided into three parts:

1. **Morning (60 Seconds):** To set your internal compass.
2. **The Mid-Day "Emergency" Reset:** A tool to use when things feel overwhelming.
3. **Evening (60 Seconds):** To close the day with grace.

🌻 Morning: The Intention Setter

Complete this before you check your email or social media.

1. The One Word: If today had a "theme" (e.g., *Patience, Presence, Ease, Play*), what would it be?

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2. The "Essential One": What is the **one** thing that *must* happen today for me to feel successful? (Keep it small: "A 10-minute walk" or "Laughing with my sibling.")

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⚡ The Mid-Day SOS: The 5-4-3-2-1 Technique

Use this whenever you feel your heart rate rising or your "buttons" being pushed.

Pause and find:

- **5** things you can **see** (a decoration, a cloud, a chair)
- **4** things you can **touch** (your sleeve, your skin, a table)
- **3** things you can **hear** (distant music, your breath, a heater)
- **2** things you can **smell** (pine, coffee, cold air)
- **1** thing you can **taste** (mint, water, or just the inside of your mouth)

🌙 Evening: The Grace Reflection

Complete this right before sleep to signal to your nervous system that the day is done.

1. The "Human" Moment: Where did things get messy today? (e.g., I lost my temper, I felt lonely). **Forgive yourself for this now.**

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2. The Micro-Gratitude: What was one tiny, beautiful thing that happened today? (e.g., the way the light hit the tree, a hot cup of tea, a dog wagging its tail).

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3. Permission Slip: I give myself permission to let go of today's expectations and rest. (Check the box: ☐)

We're so grateful that you chose to invest in your personal growth with us.

Every item we create at AVAIYA is designed to support your journey toward a more intentional and fulfilling life. We believe that personal development is one of the most powerful investments you can make, and we're honored to be a part of yours.

Thanks for letting us be a small part of your story.

Discover more about yourself and us at www.avaiya.com

-iKE & Ande

