



# THE DIAMOND RESET



*10 Minutes to Come Back to You*

A simple reset for your body, mind, and next step.

MOVE • RESTORE • RECENTER • STEP FORWARD

*A little space can change the way you move through the day.*

FREE RESET



# Come back to you.

*No equipment. No perfect routine. Just ten intentional minutes.*

0-1½ MIN

## ARRIVE

Stand or sit comfortably. Inhale through your nose for 4 counts, then exhale slowly for 6. Repeat 4 times.

Let your shoulders drop as the exhale gets longer.

1½-4½ MIN

## GROUND + MOVE

### 3-MINUTE GROUNDING FLOW

**30 sec Heel-to-floor press**

Stand tall and press through both feet. Notice heel, big toe, and little toe.

**45 sec Shoulder roll + reach**

Roll shoulders back 4 times. Reach one arm overhead and side-bend gently; switch.

**60 sec Slow squat + rise**

Take 6-8 comfortable squats. Inhale down, exhale to stand. Use a chair if helpful.

**45 sec Fold + roll up**

Soften your knees, fold forward for 2 breaths, then slowly stack your spine to stand.

4½-6½ MIN

## RESTORE

Place both feet on the floor. Relax your jaw and shoulders. Take 3 slower breaths. Sip water if you have it nearby.

6½-8½ MIN

## REFLECT

Ask yourself: What am I carrying right now that I do not need to carry into the rest of today?

8½-10 MIN

## STEP FORWARD

Choose one small next action that would make the rest of your day feel clearer, lighter, or more intentional.

Move with care. Keep the range comfortable and skip anything that does not feel supportive.



YOUR RESET CARD

# Notice. Choose. Continue.

*One honest check-in is enough.*

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RIGHT NOW, I FEEL

I AM READY TO RELEASE

I NEED MORE OF

MY NEXT SMALL STEP

DIAMOND NOTE



*You do not need to change everything today. Choose the next right step.*

YOU'VE STARTED THE RESET



# What if you gave yourself seven intentional days?

*This was the pause. The full Diamond Reset is the practice.*

The 7-Day Diamond Reset builds on what you just experienced with one simple rhythm each day: Move, Restore, Reflect, Elevate, and a Diamond Note to carry forward.

## 7 DAYS

Release, Ground, Strengthen, Create Space, Reconnect, Elevate, Step Forward.

## FILLABLE

Reflection and action fields designed to work from your phone or tablet.

## DOABLE

10-20 intentional minutes a day - enough structure to support you without becoming another obligation.

*Ready to keep going?*

EXPLORE THE 7-DAY DIAMOND RESET

GEM.FITNESS

@DIAMONDSANGELSWELLNESS

For general wellness and educational use only. Move in a way that feels safe for your body.