

The 5 Minute Personal Reset

Break reactive patterns. Gain Clarity. Choose intentional responses

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Pause. Listen. Respond
The Power Is in the Process.

Why This Matters

We all have moments where we react—and regret it.

A sharp tone.

A quick judgment.

A response that doesn't reflect who we want to be.

The problem isn't that you react.

The problem is staying in the pattern.

This reset gives you a simple process to:

- Slow the moment down
- Understand what's really happening
- Choose how you want to respond

This is where intentional change begins.

Step 1: Pause Before You Respond

When emotions rise, your first move is not to speak—it's to pause.

Even a few seconds creates space between:

What you feel and what you do

In the moment, try:

- Take one slow breath
- Delay your response
- Notice your body (tightness, tension, heat)

Reflection: What did I feel in that moment?

Step 2: Listen to What's Beneath the Reaction

Your reaction is not random—it's connected to something deeper.

Ask yourself:

- What triggered me?
- What am I making this mean?
- What is this really about?

Reflection: What was underneath my reaction?

Step 3: Choose an Intentional Response

Now you decide:

How do I want to show up in this moment?

Not based on emotion—but based on alignment.

Reframe the moment:

- What matters most here?
- What outcome do I want?
- What response reflects who I want to be?

Write your intentional response:

RESET IN ACTION

When You Don't Get It Right

You will still have moments where you react.

That doesn't undo your growth.

What matters is what you do next.

Reset Script (use this):

- “That wasn't the best way for me to respond.”
- “Let me try that again.”
- “What I meant to say was...”

REAL-LIFE RESET MOMENT

When You Feel Yourself Reacting:

You've had a long day.

You walk into the house, and immediately notice something that wasn't done— something you've already addressed before.

Without thinking, you feel it rise:

Frustration.

Irritation.

The urge to correct it—quickly and firmly.

You start to speak.

REAL-LIFE RESET MOMENT

Pause

Before the words fully come out, you stop.

Even for a moment.

You take a breath.

Listen

You ask yourself:

- What am I really reacting to right now?
- Is this about this moment—or something underneath it?
- What do I actually want to accomplish here?

Respond

Instead of reacting out of frustration, you shift.

Your tone softens.

Your response becomes intentional.

You address the situation—but in a way that aligns with who you want to be.

REAL-LIFE RESET MOMENT

Reflection

This is what a reset looks like in real time.

Not perfect.

Not scripted.

Just a moment where you chose awareness over reaction.

The moment doesn't have to be perfect.

It just has to be intentional..