

CBT DAILY RESET

A one-page tool to observe your thoughts, shift perspective, and take a steadying action.

① FEEL What are you feeling right now?

Choose what fits, or write your own.

Tired Anxious Frustrated Empty Lonely I feel okay today

Other : _____

② THINK What's the loudest thought in your head?

Write it down, just as it is.

③ REFRAME If a close friend had this thought, what would you say?

Speak kindly to yourself the way you would to them.

④ ACT What's one gentle action you could take today?

Check or write one that feels manageable.

Take a walk Breathe for 2 minutes Drink water Tidy a small space

Something else : _____

⑤ NOTICE After doing it, what shifted inside you?

Even small changes matter.

How do you feel now? Lighter More grounded No change Still heavy

What did you notice while doing it?

