THE 10-MINUTE RESET

Arrive as yourself.

ELEVATED BECOMING

One doorway, about ninety seconds, once a day.

Most days don't unravel in the big moments. They build up in the transitions: the drive home, the school run, the walk from one role into the next, carrying the last room into the next one. This page gives you one practice for that exact spot. Try it once and notice what changes. Repeat it, and it becomes how you move through your day.

1 Choose your doorway

One door you walk through every day at a change of pace: the front door after work, the car door after pickup, your bedroom door at night. Write it on your card (page 2). That doorway is now your cue. Linking a practice to a place you already pass every day is one of the best-researched ways to make it stick.

2 The Threshold Reset about 90 seconds

a Pause at the frame
Stop with the doorway beside you. Feel both feet on the floor, and let your weight settle into them.

b Two long sighs
Breathe in through your nose, then take one more small sip of air. Let it all out slowly through your mouth. Twice, then breathe as you normally would.

c Hand to sternum
Rest a hand at the centre of your chest. Let your eyes land on three things around you.

d One sentence
Say it quietly or in your head: *Right now I feel ___. And I'm choosing ___.* Then walk through.

If you feel lightheaded, go back to your normal breath. Shift, loosen a layer, or adjust anything that helps your body feel comfortable.

3 When you have ten minutes

0–1 min **Arrive.** Feet on the floor. Loosen a layer or open a window if you like. Two long sighs. Close your eyes, or rest them on one spot.

1–3 min **Lengthen the exhale.** In for a count of four, out for six. Let any sounds around you become part of the rhythm, then let the counting go.

3–5 min **Find where you are.** Move your attention slowly from feet, to hands, to the weight of your body. Where you find holding, let it soften a little on each exhale.

5–8 min **Name it, then choose.** Hand to your sternum. *Right now I feel ___.* Let it be true. Then: *And I'm choosing ___.* Notice where the choice lands: steadier breath, softer shoulders, more room in your chest. Stay with it.

8–10 min **Step forward.** Picture or sense the next part of your day, and find yourself walking in already feeling this way. Feel it now. Then open your eyes, look around, feel your feet, and go.

GUIDED AUDIO

Coming soon

The guided version is being recorded. Until then, read a step, then do it at your own pace. Any pace is the right pace.

When you're ready to go underneath it

The Threshold Reset changes the moment. **Block Clearance** works on what sits underneath: a live, guided group session online, once a month, where we clear the blocks that keep you stuck between who you've been and who you're becoming. Prefer to talk first? Book a free 15-minute discovery call at elevatedbecoming.com

YOUR THRESHOLD CARD

Keep it where the practice happens.

To print

1 Print this page on one side, at actual size.
2 Cut along the solid line. It's one continuous cut, handle openings included.
3 Fold on the dotted line, printing facing out. A dab of glue stick inside keeps it flat.
4 Hang it on your doorway. Thicker paper helps if you have it.

On your phone

Tap the card below to fill it in. So your ticks save, open this PDF in Adobe Acrobat Reader (free), Preview on a Mac, or your iPhone's Files app. Then set a phone reminder for the time you usually cross your doorway, and use the lock-screen image that came with this page as your visual cue.

cut along the solid line

Pause.

Arrive as yourself.

ELEVATED BECOMING

fold

When I cross

_____

I pause and come back to myself.

a Feet on the floor
b Two long sighs
c Hand to sternum
d One sentence

Right now I feel ___.
And I'm choosing

_____

MY CROSSINGS

☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐

Missed one? Just carry on. Repetition counts more than a perfect run. When the card is full, print a fresh one.

elevatedbecoming.com