

The Reset.

Ninety seconds in the car, before you open the front door. A way down from the day, so you walk in as the man you meant to be.

You can't leave work at work by willpower. The body doesn't get the memo just because the laptop's shut. **You need a transition, and most men don't have one** — so the day comes through the door with you, and the first person to meet it is a six-year-old with his shoes off.

Three moves, ninety seconds

0–30 SECONDS

Land

Engine off. Feet flat on the floor, back against the seat. Feel the weight of yourself in it.

Look up. Name five things you can actually see through the windscreen.

30–60 SECONDS

Read

Where is the day sitting in you? Jaw. Shoulders. Chest. Hands on the wheel.

“What am I still carrying?”

Then say the day to yourself in one sentence. Out loud, if you can.

60–90 SECONDS

Choose

One word for who you want to be when the door opens. Steady. Patient. Present. Whatever's honest.

Drop your shoulders. Then go in.

Where else this works

- The last minute of the commute, before the platform
- On the stairs, before bedtime
- Standing at the kettle when it's already gone wrong
- The car park, before you go back in to work

If it doesn't feel like much

- It isn't meant to. It's a gear change, not a fix.
- Your mind will wander. That's the practice, not a failure.
- You're not aiming to feel calm. You're aiming to notice what you're carrying before you hand it to someone.

The energy you walk in with sets the tone for everyone in the house. **Ninety seconds is cheaper than an evening.**