

The Back to Me Reset Guide

5 simple prompts to quiet the noise
and feel like yourself again.

Created by Coach D

Command Your Calm™ | The Mind Gym LLC

Welcome from Coach D

You do not need another long list of things to fix about yourself.

You need a quiet moment to hear yourself again.

This guide was created to help you pause, breathe, and notice what has been weighing on your mind, body, and spirit. These five prompts are simple on purpose. They are designed to help you come back to yourself without shame, pressure, or overthinking.

As you move through this guide, answer honestly. You do not have to write perfectly. You do not have to have all the answers. Just begin with what is true right now.

This is your reset moment. A place to quiet the noise, name what you are carrying, and begin returning to calm authority.

Before you begin

Find a quiet space. Take one slow breath in and one slow breath out. Place one hand on your heart or your lap and tell yourself: “I am allowed to come back to me.”

The 5 Reset Prompts

Use these prompts slowly. You can complete them in one sitting or return to one prompt each day. The goal is not to perform. The goal is to notice, release, and reconnect.

1 What feels like too much right now?

This prompt helps you name the pressure instead of carrying it as a vague heaviness. When everything feels tangled, naming what feels like too much gives your mind a place to start.

2 What have I been carrying that is not mine?

This prompt helps you separate responsibility from overfunctioning. Sometimes exhaustion comes from carrying other people's expectations, emotions, urgency, or decisions as if they belong to you.

3 Where do I feel pressure in my body?

Your body often notices the truth before your words do. Tightness, fatigue, headaches, shallow breathing, stomach tension, or heaviness can be signals that your system needs care and attention.

4 What thought keeps repeating in my mind?

Repeating thoughts can become internal noise. This prompt helps you catch the thought that keeps pulling your energy, confidence, or peace away from the present moment.

5 What is one small way I can come back to me?

This prompt moves you from awareness to agency. You do not need a dramatic life change to begin. One small action can help you reclaim your energy, voice, boundary, or peace.

1 What feels like too much right now?

Why this prompt matters

This prompt helps you name the pressure instead of carrying it as a vague heaviness. When everything feels tangled, naming what feels like too much gives your mind a place to start.

Small reset: Circle the one thing that feels heaviest. You do not have to solve it yet.

Write your response

Notice one word, one feeling, or one decision that is beginning to surface.

2 What have I been carrying that is not mine?

Why this prompt matters

This prompt helps you separate responsibility from overfunctioning. Sometimes exhaustion comes from carrying other people's expectations, emotions, urgency, or decisions as if they belong to you.

Small reset: Write one responsibility, expectation, or emotional burden you are ready to put down.

Write your response

Notice one word, one feeling, or one decision that is beginning to surface.

3 Where do I feel pressure in my body?

Why this prompt matters

Your body often notices the truth before your words do. Tightness, fatigue, headaches, shallow breathing, stomach tension, or heaviness can be signals that your system needs care and attention.

Small reset: Place a hand on that area and take three slow breaths before writing.

Write your response

Notice one word, one feeling, or one decision that is beginning to surface.

4 What thought keeps repeating in my mind?

Why this prompt matters

Repeating thoughts can become internal noise. This prompt helps you catch the thought that keeps pulling your energy, confidence, or peace away from the present moment.

Small reset: Write the thought exactly as it appears. Then ask: “Is this truth, fear, pressure, or habit?”

Write your response

Notice one word, one feeling, or one decision that is beginning to surface.

5 What is one small way I can come back to me?

Why this prompt matters

This prompt moves you from awareness to agency. You do not need a dramatic life change to begin. One small action can help you reclaim your energy, voice, boundary, or peace.

Small reset: Choose one action you can take in the next 24 hours.

Write your response

Notice one word, one feeling, or one decision that is beginning to surface.

Closing Reflection

Look back over your responses. Do not judge them. Listen to them.

Your words are showing you where you may have been overextended, where your body has been signaling pressure, and where your inner authority wants to return.

Complete these reflection sentences:

One thing I am noticing about myself is...

One thing I am ready to stop carrying is...

One boundary, reset, or small action I need is...

Today, coming back to me means...

Ready to go deeper?

The Back to Me Reset Guide helps you notice what has been weighing on you.

Command Your Calm™: The Back to Me Experience helps you change the pattern, restore vitality, and come back to yourself with calm authority.

A soft invitation from Coach D	When you are ready for support beyond reflection, Command Your Calm™ gives you a guided process to move from emotional overload to restored agency. You will learn how to recognize burnout signals early, quiet self-abandoning patterns, protect your energy, and rebuild calm confidence one intentional step at a time.

Learn more about the program

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