

ZEN MOMENTS

Quick Reference Card

EXHAUSTED

3-Breath Reset

"I am here. I am enough. I begin again."

OVERWHELMED

60-Second Reset

Stop → Ground → Ask → Begin

CRITICIZED

24-Hour Container

Acknowledge → Contain → Ground → Evaluate tomorrow

COMPARING

Mirror Moment

"I am on my own path. That is enough."

CAN'T DECIDE

Body Compass

Feel each option in your body. Trust the signal.

CAN'T SLEEP

Tension Release Scan

Tense → Release → Breathe (feet to face)

FAILED

Self-Compassion Script

"This is hard. Everyone fails. I'll get through this."

BURNED OUT

Minimum Viable Day

Do only the non-negotiables. Everything else is bonus.

May you find peace in the moments that matter.

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