

# THE THRESHOLD RESET METHOD



A 3-STEP SHIFT FROM WORK MODE TO HOME MODE

*Use this before you enter home or before you leave your workspace. Takes under 10 minutes.*

## LEAVE

Set work down.

What is still running in my head from today?

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What was hard today?

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## RESET

Signal the shift.

Today I will do one:

- 3 slow breaths
- Cold water
- Short walk
- Other: \_\_\_\_\_

Done?  Yes  No

## ARRIVE

Choose how you enter.

My sentence for tonight:

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First 5-minute connection:

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## Example

### LEAVE

Client escalation still in my head.

### RESET

Short walk.

### ARRIVE

I will ask him one question and actually listen to the answer.

Hard day? Write just one line in each section. That's enough.