

1 Name the Midday Drift

Where are you right now? Be honest. Then name what's still running from the morning.

☐ Still sharp ☐ Running on residue

2 Park It. Not Now.

Whatever's still open — the message, the decision, the thing you keep almost thinking about. Log it, don't solve it.

3 The Distance Reset

Close-range focus reads as low-grade vigilance. Give your eyes something far away.

☐ Window or outside ☐ Soft, unfocused eyes For about _____ minutes

4 Movement Micro-Dose

Commit specifically. Not 'later.' Right after this session: I move for five minutes.

What: _____ When: _____

5 The Afternoon Headline

One sentence. If you can't say it simply, it's still a list.

3:00 CHECK

Did the first thing I did back at my desk match my headline?

☐ Yes

☐ Not yet

ANCHORS — "I reset at lunch. I return sharper." "Distance relaxes the system."
"My afternoon has a headline, not a scramble." "Park it. Not now."