

THE QUICK RESET

FROM REBUILT: RESET PROTOCOL BY A.M. FETT

Print this page. Keep it visible. Execute when the noise gets too loud.

01 STABILIZE (STOP THE BLEEDING)

"You cannot fix the foundation while the house is on fire."

The 5-Minute Blackout

Disconnect from all inputs (phone, screens, music) for 5 minutes. Absolute silence.

Identify the Bleed

Write down the #1 thing draining your energy right now. Decide to explicitly ignore it for 24 hours.

One Micro-Win

Pick the smallest possible task you can complete in the next 10 minutes (e.g., clear your physical desk). Do it.

02 CONTROL (BUILD YOUR PERIMETER)

"Stop trying to control what you cannot touch."

The Control Audit

List everything stressing you out. Cross out everything that relies on someone else's actions.

Establish the Perimeter

What are the 3 things you have absolute control over today? (e.g., Your hydration, your response to a specific email, your bedtime).

 Drop the Rest

Give yourself explicit permission to let the crossed-out items burn for today.

03 REBUILD (CONSISTENT MOTION)

"You don't build identity by forcing it. You build it by showing up."

 Define the Baseline

What is the absolute minimum requirement for a "successful" day tomorrow? (Keep the bar embarrassingly low).

 The 80% Rule

You don't need to be operating at 100%. Aim for 80% capacity and forgive the rest.

 End of Day Review

Did you hit the baseline? If yes, the day was a win.

**SOFT ADVICE DOESN'T HELP WHEN LIFE GETS REAL. EXECUTE THE
PROTOCOL.**