

# DAILY RESET RITUAL

HARMONY

ZEN

PEACE

ANURADHA KHODA

# LIVING WITH PURPOSE

**This short practice is designed to help you pause, reset, and reconnect with your purpose each day.**

**It takes 10–15 minutes and can be done morning, midday, or evening.**



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# **PAUSE & BREATHE (2 MINUTES)**

**Sit comfortably.**

**Close your eyes.**

**Take three slow and  
deep breaths.**

**Whisper:**

**“I am here”**

**“I am present”**

**“I am alive”**

**REPEAT 2 TIMES**

# **GRATITUDE RESET (2 MINUTES)**

**Think of three things you  
are grateful for today.**

**Write them down or say  
them aloud.**

**This shifts your focus from  
stress to abundance.**

**REPEAT 2 TIMES**

# **PAUSE & BREATHE (2 MINUTES)**

**Ask yourself:**

**What truly matters to me  
right now?**

**Am I living in alignment  
with my purpose today?**

**Write one sentence  
beginning with:**

**“Today, I choose to...”**

**REPEAT 2 TIMES**

# **RELEASE & RENEW (3 MINUTES)**

**On a blank page,  
write one thing you want to  
let go of today  
(worry, fear, negativity)**

**Tear it up, fold it away, or  
simply whisper:  
“I release this.”**

**Write one thing you want  
to welcome today  
(peace, courage, clarity)**

**REPEAT 2 TIMES**

# WHY IT WORKS

**This ritual clears your mind**

**Re-anchors you in  
gratitude, and  
helps you carry your  
purpose into action every  
single day.**



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# **BONUS TIP**

**Use a journal or notebook  
to track your daily resets.**

**Over time, you'll notice  
patterns of growth,  
alignment, and clarity.**



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