

Brain Brightening — Daily Reset Card

Dove Wilson, LCPC, BCN

Morning (First 15 Minutes)

- Get light in your eyes
- Move your body
- No news / no scrolling
- One sentence: What matters today?

Midday Reset

- 3 minutes breathing (slow exhale or 5-7-8)
- Notice stress loop → name it
- Short movement break
- Choose next important action

Evening Protector

- Reduce stimulating content
- Device boundary
- Simple wind-down routine
- Reflect instead of ruminate

Sleep = Focus Multiplier

When sleep improves:

- Attention sharpens
- Emotional reactivity drops
- Dopamine stabilizes
- Follow-through increases

Small shifts. Repeated consistently.

