3R Daily Reset System

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Create a daily rhythm that includes rest, reflection and brief recovery breaks.

What this guide covers

- Plan pauses during the workday.
- Reflect on activities that affect your energy.
- Explore a short reset routine for stressful moments.

Who this is for

For busy professionals looking for practical recovery habits.

Putting the ideas to use

Try one comfortable break or reflection practice and adapt it to your needs.

Book details

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Download availability: After payment, download the complete ZIP package or the included PDF separately.