

Lifestyle Rhythm Reset Sheet

Your daily rhythm is the foundation of your well-being. When stress, fatigue, or dysregulation build up, it's often because your body's natural rhythm — sleep, nourishment, movement, and recovery — has fallen out of sync. This worksheet helps you identify where your rhythms need repair so you can restore steadiness and energy balance.

Whether you're healing from burnout, rebalancing hormones, or managing neurodivergent energy patterns, a rhythm reset supports your nervous system, digestion, and overall sense of calm.

Step 1: Morning Check-In

Morning Habit	Current Reality	Ideal Adjustment
Wake-up time		
Morning light exposure		
Hydration		
Breakfast (protein/fat/fiber)		
Technology use		
Emotional tone (rushed, calm, grounded)		

Step 2: Midday Regulation Audit

How does your energy feel mid-day?

Check the boxes that apply:

- ☐ Energized and focused
- ☐ Fatigued or foggy
- ☐ Overstimulated
- ☐ Forgetting to eat or drink water
- ☐ Craving sugar or caffeine

Reset options:

- ✓ Step outside for 5 minutes
- ✓ Protein snack and hydration
- ✓ 3 slow breaths before resuming work
- ✓ Short movement or stretch break

Step 3: Evening Wind-Down

Habit	Current Reality	Ideal Adjustment
Dinner timing		
Screen cutoff time		
Evening movement (walk, stretch)		
Reflection or journaling		
Sleep time consistency		

Step 4: The 24-Hour Reflection

Use this quick review to spot what's helping or hindering your rhythm.

- What's one thing that worked well today?
- What threw me off balance?
- How did I support (or stress) my nervous system?
- What one small thing will I repeat tomorrow?

Final Note:

A healthy rhythm is not about perfection — it's about noticing patterns and choosing what your body needs most. Progress is built through awareness and gentle recalibration.