

The Small-Step Reset Worksheet

PERFORMANCE PSYCHOLOGY FOR EVERYDAY LIFE

Falling off is normal. Returning faster is performance.

Apex Psychological Consulting

Core reframe: Have you ever fallen off track and then made it mean something bigger about who you are? Missing a workout, losing focus, procrastinating, reacting emotionally, or avoiding an obligation is not unusual. The real problem starts when one disruption turns into an identity story. Use this page to turn the disruption into information and choose the next useful action.

1 Name what happened

2 Catch the story

3 Choose the next useful action

1. What threw you off track?

Write the specific disruption, not a judgment about yourself.

2. What story did your mind add?

Check any that showed up, then write your version.

- ☐ "I always do this." ☐ "I have no discipline."
☐ "I already messed up." ☐ "I will start later."

My version:

3. Turn disruption into information

What factors were most likely involved? Check what applies. This is data, not identity.

- ☐ Tired ☐ Overwhelmed ☐ Anxious ☐ Frustrated
☐ Unstructured ☐ Avoiding something important ☐ Distracted ☐ Overcommitted

One honest sentence about what threw me off:

4. Choose the next useful action

Not the biggest action. Not the perfect action. The next useful one.

One small action I can take today:

Make it easier by changing this:

Examples: 5-minute walk, open document, send message.

5. Shorten the recommitment gap

The skill is returning faster after disruption.

My usual gap is:

- ☐ Minutes ☐ Hours ☐ Days ☐ Weeks

One cue that helps me return faster:

Today, I do not need a grand reset. I need the next useful action:

A small recommitment counts. The goal is not perfection; the goal is return.