Inner Smile
MIRACLE

Overthinking Reset Exercise

A gentle tool to move from mental noise into clarity.

---

1 **Brain Dump**

Set a timer for 3 minutes and write down everything that’s in your head (no filter).

2 **Ask yourself: “Is this something I can control right now?”**

- **If yes** → make a small plan.
- **If no** → say: “I release this for now.”

3 **Move your body**

Take 10 deep breaths or go for a 5-minute walk.

4 **Inner Smile Anchor**

Place your hand on your heart and repeat:

> *“I don’t have to solve everything right now. I am enough as I am.”*