

5-Minute Weekly Reset

A free Calm Circuit Studio starter sheet for clearing open loops and choosing the right next system.

Step 1: Clear the mental tabs

Write every open loop, task, worry, reminder, or loose idea. Do not organize yet.

Open Loop	Tiny Next Action	Done?

Step 2: Pick only three

Choose the three actions that would make the week feel lighter. The goal is motion, not a perfect plan.

Top 3	Why it matters	When

Step 3: Choose your system

If this is loudest	Start with
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Focus and open loops	ADHD Focus Command Center
Money and bills	ADHD Money Guardrail System
Shop/product growth	Etsy Seller Profit and Listing SEO OS
Content pressure	AI Content Engine for Solo Brands
Client/business chaos	Freelancer Client and Income OS