

8 WAYS TO RESET MY BRAIN

1. APPRECIATE NOW

20 years from now, you'll give almost anything to return to today. Name 3 things that the 94-yr-old you will miss and the 14-yr-old you is proud of. *Notice what's working.*

2. PAUSE FIRST

Before you react, pause and ask: So what? Is this worth my energy? You get to decide if a trigger deserves your attention. *Don't feed your Pet Peeves.*

3. NOTHING PERSONAL

You are responsible for you. Let others manage their own emotions, issues, and priorities. Take their behavior as information—not instruction—and *give them grace.*

4. LIVE TODAY

Whether you feel like it or not: Go live today. Pain, low periods, breakdowns are often followed by breakthroughs. *"That's just Dean."*

5. CHOOSE YOURSELF

Nobody is coming to save you. Nobody owes you anything—you owe yourself everything. Treat yourself like *you are someone you love.*

6. WHAT'S NEXT

You cannot change what happened. You can change what happens next. Find the lesson, forgive the past. *Do the next right thing.*

7. LET THEM

Other people's BS is not about you. Let them do what they will. Then say, 'Let me'—and choose your actions. *Breathe, Smile.*

8. IT'S A GOOD DAY

Today is a good day to do good. Look up, light them up: *notice, choose, and do good. Be the Sun.*



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Dr Harry Cohen and Dr Bill Crawford.