

THE 5-MINUTE RESET

**Simple Mindset Shifts to Get
Unstuck (and Moving Forward
Again)**

GVMINDSET|FITNESS COACHING

INSTRUCTOR



HEY, I'M GARY

LIFE COACH AND PERSONAL TRAINER

Men don't need more motivation. They need structure.

By the time most guys hit 30, they're stuck in survival mode—drained, distracted, and disconnected from the discipline that used to drive them. I know what that feels like. And I also know it doesn't have to stay that way.

That's why I coach men through a system that helps them rebuild clarity, discipline, and daily structure.

No "rah-rah" pep talks. Just frameworks, accountability, and habits that lock in until they become automatic.

The result? Men walk out of survival mode, rebuild confidence, and finally feel like they're in control of their lives again.

This guide is a taste of that system. Each reset takes only a few minutes, but the shift you'll feel is real. Use them anytime life feels heavy—and notice how quickly things start to move forward.

The 5-Minute Reset

01

RESET #1: SLOW DOWN, BREATHE, DO ONE THING

Life can hit you fast, and when it does, it feels like you need to fix everything at once. That's how overwhelm keeps you frozen.

👉 Here's the move: Stop. Take one deep breath. Then name one thing you can do right now to move forward. Just one. It's not about fixing your whole life in a moment—it's about proving to yourself you're not powerless.

02

RESET #2: STACK WINS BEFORE BED

Ever lay down at night and think, "I didn't do enough today"? That voice will keep you feeling unworthy no matter how much you've actually done.

👉 Tonight, write down 3 wins from your day. Doesn't matter how small. "Got out of bed when I didn't want to." "Chose water instead of soda." "Didn't snap when I wanted to." You'll realize you're stacking progress without even noticing.

03

RESET #3: CATCH THE LOOP

We all have thoughts that play on repeat. "I'll never change." "I'm not good enough." They sound like truth—but they're just loops.

👉 Write it down. Then ask: "Is this helping me or holding me back?"

Most of the time, you'll see the loop for what it is: dead weight.

04

RESET #4: THE JUST “ONE” RULE

Your mind will quit before your body does. That’s why when you don’t feel like working out, cleaning up, or making that call, your brain whispers: “Skip it.”

👉 Instead, tell yourself: “Just one.” One rep. One step. One action. What usually happens? One becomes two. Two becomes done.

05

RESET #5: ASK THE SCARY QUESTION

Here’s a question I avoided for years: “What if nothing changes?” That thought scared me into action more than anything else. Because staying the same is the most dangerous option.

👉 Then flip it: “What if just one thing changes?” You don’t have to overhaul everything at once. One change is enough to break the cycle.

READY FOR YOUR RESET STRATEGY SESSION?

YOU’VE ALREADY TAKEN THE FIRST STEP BY DOWNLOADING THIS GUIDE.

NOW IT’S TIME TO PUT IT INTO ACTION.

IN JUST 30 MINUTES, WE’LL:

- ♦ **IDENTIFY THE #1 BLOCK HOLDING YOU BACK**
- ♦ **CREATE YOUR PERSONALIZED RESET PLAN**
- ♦ **LEAVE YOU WITH 3 CLEAR, ACTIONABLE STEPS TO MOVE FORWARD**

THIS ISN’T A FREE “CHAT.” IT’S A FOCUSED BREAKTHROUGH SESSION DESIGNED TO GIVE YOU CLARITY AND MOMENTUM.

👉 **YES, I’M READY TO RESET**

RESET STRATEGY SESSION (\$97)

TALK SOON,
GARY