



# Executive Movement Reset

## Reflection Card

Movement often creates clarity. Use these three reflection points after a run, ride, or workout to capture what matters before the day becomes noisy again.

1

### What became clearer while I moved?

What idea, insight, priority, or realisation surfaced once your mind had more space?

2

### What am I carrying that does not need to be carried today?

This might be a worry, a piece of pressure, someone else's problem, or an expectation you do not need to hold right now.

3

### What is one decision or conversation I should simplify this week?

Choose one thing that would become easier if you approached it more directly, calmly, or clearly.