

Peak Reset™ — Your Daily Focus Realignment Ritual

Your Brain's Reset Button — Used Wisely

The Problem

Most professionals power through the day without pause. The result? Cognitive fatigue, reactive decisions, task drift, and mental fog. We end the day feeling busy, but not productive.

The Solution

Peak Reset™ is a structured 5-minute mental reset, practiced three times per day — morning, mid-day, and afternoon. It helps you step back, re-align with your most important outcomes, and refocus your energy with intention.

How It Works

- Schedule 3 Peak Resets per day (e.g., 9:30 AM, 1:00 PM, 3:30 PM)
- Ask: "What was I doing? What matters most right now?"
- Recheck your Result Packet™, Focus Scoreboard, or daily priorities
- Make adjustments if you've drifted or overloaded your plate

Why It Works

- Boosts clarity and mental performance
- Reduces decision fatigue and distraction
- Prevents task drift and reactivity
- Creates measurable increases in daily execution and energy

Try This:

Start tomorrow. Set three Peak Reset™ alerts. Take just 5 minutes at each to step back, reset, and refocus.

Do this for 3 days—you'll feel the difference in control, energy, and results.

Contact: Rick Drumm | rick@peakgrowthsolutions.com