

Peak Reset™ – Team Kickoff Workshop Script

1. Welcome & Introduction (2 min)

“Today we’re introducing something simple—but powerful. It’s called the Peak Reset™. Think of it as a 5-minute mental reboot, done 3 times a day, to help us shift from chaos back to clarity.”

2. Why We Need It (3 min)

“Let’s be honest—our days get hijacked. We get busy, distracted, and lose sight of what matters most. We shift into reactive mode, and before we know it, the day’s gone and we’re not sure what we actually accomplished.”

3. What Is a Peak Reset™? (2 min)

“It’s a structured pause. Three times per day, we take five minutes to stop, ask a few smart questions, and reset our focus. It’s not fluff—it’s neuroscience. Our brains need space to think clearly.”

4. How It Works (5 min)

- Schedule your Peak Resets: Morning, Midday, and Afternoon
- Ask: 'What was I doing? What matters most now?'
- Review your Result Packet™, scoreboard, or daily list
- Reset your mental clarity and reengage with purpose

5. Try It for 3 Days (2 min)

“We’re asking everyone to try this for three days. Set your reminders. Use the tracker. Check in with your team. It takes 15 minutes a day—and can change your output dramatically.”

6. Closing & Q&A (2 min)

“This is a simple behavior with a big payoff. If we all build this habit, we’ll make better decisions, reduce stress, and finish each day with more wins. Let’s give it a real shot.”