

Respect Reset Tip

**You can't pour from
an empty cup.
What refill do you need
today?**



Respect Reset Tip

**If your calendar
feels too full,
what's one thing
you could decline?**



Respect Reset Tip

**It's okay to be
unavailable.
Even briefly.**



Respect Reset Tip

**Try blocking your first
15 minutes tomorrow.**

**Call it 'mental
arrival time'.**



Respect Reset Tip

**You don't have to
'earn' your break.
Take it because you
need it.**



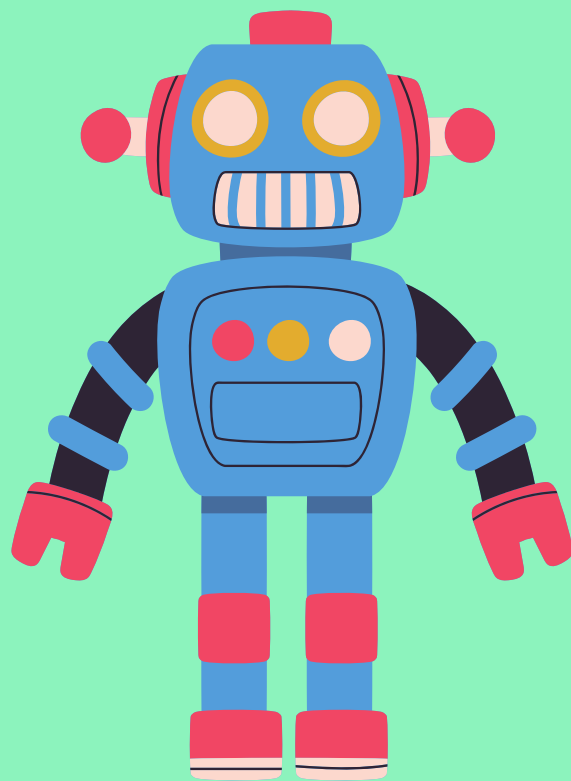
Respect Reset Tip

**Before you say 'Yes',
check your energy
reserves.**



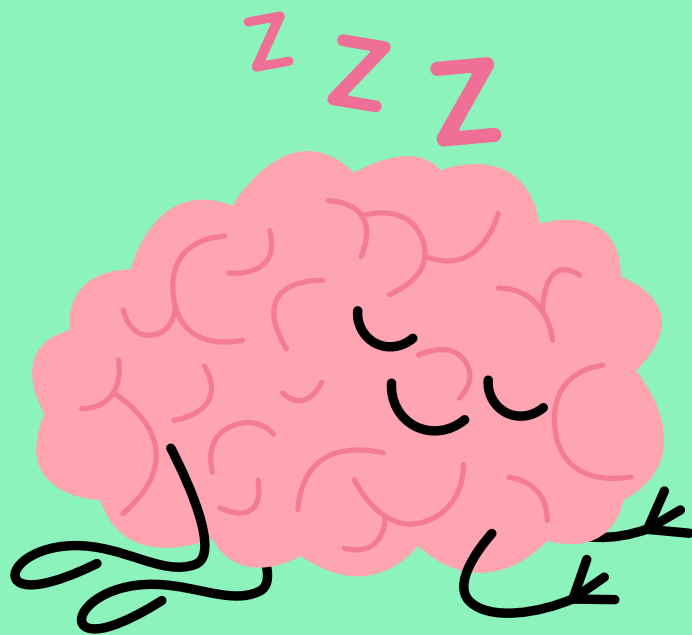
Respect Reset Tip

**You're not a robot.
Rest isn't optional,
it's human.**



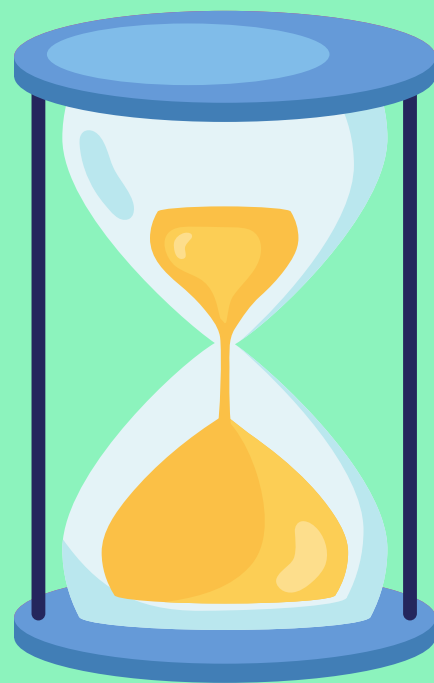
Respect Reset Tip

Feeling tired isn't
a flaw. That's your body
asking you to listen.



Respect Reset Tip

**Your time isn't infinite.
Spend it where it
matters the most.**



Respect Reset Tip

**What you protect, you
strengthen. Start with
your energy.**

