

THE 3-DAY NEUROSPICY RESET

STOP FIGHTING YOUR BRAIN. MAKE LIFE EASIER.



YOU CAN'T
SCREW
THIS UP

ONE annoying thing.
THREE tiny lessons.
ZERO life overhauls.

GOOD ENOUGH
IS STILL ENOUGH.

A tiny workbook for real brains on real days.

Use what helps. Ignore what doesn't. Change the system when the system stops working.

YOU CAN'T SCREW THIS UP.

Welcome to the Vortex.

DAY 1



THE THING MY BRAIN WON'T FREAKING DO

We're picking ONE. Not your entire life. One thing, Susan.

The thing my brain keeps making weirdly difficult is:

What usually happens instead?



NO LIFE OVERHAUL.
I MEAN IT. ■

When does it seem hardest?

- | | |
|--|---|
| ☐ I'm tired | ☐ I'm overwhelmed |
| ☐ I'm rushed | ☐ I'm bored |
| ☐ Too many steps | ☐ I forget it exists |
| ☐ I don't know where to start | ☐ I get distracted |
| ☐ No damn clue yet | |

THAT'S IT. SERIOUSLY. STOP.

We're not fixing your whole life today. We're investigating one recurring problem without turning it into evidence that you need to try harder.



NEUROSPICY RULE #1

We don't judge the problem. We investigate it.



MAKE IT STUPIDLY EASY

We're not trying harder. We're making the thing require less brain.



What's adding friction?

- | | |
|---|--|
| ☐ Too many steps | ☐ Can't see what I need |
| ☐ Stuff isn't where I use it | ☐ Too many decisions |
| ☐ I forget halfway | ☐ It's boring |
| ☐ It takes too long | ☐ I get interrupted |
| ☐ Don't know where to start | ☐ No clue yet ■ |

**MOVE.
THE DAMN BASKET.**

What could I REMOVE?

What could I MOVE?

What could I make more VISIBLE?

ONE thing I'm changing:

**REMOVE BEFORE
YOU ADD.**

No bonus points for doing life on hard mode.



NEUROSPICY RULE #2

Make the thing you want to do easier to do.

WHAT KIND OF DAY IS IT?

Build for the version of you who actually needs the system.



FULL

I've got some gas in the tank.

GOOD ENOUGH

We're functioning.

SURVIVAL

Keep the humans alive.

RESET

Well...that disappeared for a while.

**FULL → GOOD ENOUGH
→ SURVIVAL → RESET**

Reset is part of the system. Start again when you remember.



YOU CAN'T SCREW THIS UP.



Cut it out. Stick it somewhere Future You will actually see it.

FORGOT?

RESET.

STOPPED?

RESET.

DIDN'T FINISH?

GOOD ENOUGH.

SYSTEM QUIT WORKING?

CHANGE THE SYSTEM.

TODAY IS A DUMPSTER FIRE?

SURVIVAL MODE.



YOU ARE NOT BEHIND.

Start where you are.

**NOW GO MOVE
THE DAMN BASKET.**

THE 3-DAY NEUROSPICY RESET • NEUROSPICY VORTEX

