VENUS TRIBE™

Gentle Reset Starter Kit

A free Venus Tribe™ resource

For the days when everything feels like too much.

A practical, printable planning companion.

01

Start With What Is Actually Urgent

You do not need to solve your whole life today.

Take a minute and separate what feels loud from what genuinely needs your attention.

What is on my mind	Does it need action now?	Next smallest step

02

The Three-Thing Reset

Choose three things. Not fifteen.

Thing	Why it matters	When / who	Done

Everything else can stay on the list. It doesn't have to stay in your head.

03

Clear The Mental Clutter

A brain dump is allowed to be messy.

04

One Small Reset

Pick one area that would make today feel lighter.

- One email / phone call
- One appointment or document to organise
- One small home task
- One thing for myself
- One thing I can consciously leave for another day

What would make today feel 10% easier?

05

A Softer Week

Use this once a week, or only when you need it.

Must happen	Would help	Can wait	Who can help

Gentle reminder

Being overwhelmed does not mean you are failing. Sometimes the system around you is simply asking too much. Start with one thing.

If you found this helpful, The Family Support Planning System™ offers a fuller set of printable planning, communication and record-keeping tools for families navigating complex support needs.