



The **GLOBAL POSITIVE RESET**

Your Free 3 Day Sample

A taste of the 30 day mindset practice that helps you think more clearly, feel lighter, and show up differently.

5 minutes a day. That's all it takes.

By Global Positive News

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You're In
**THIS IS YOUR
RESET**

Day 1 Starts Now...

Day 1 Journal

You Are Not Behind
WEEK 1 - Awareness



Reframe: You're not late. You're learning.

Write down one pressure you can release today:

Action:

Cancel one unnecessary obligation.



Day 1 Affirmation



Read this out loud. Or write it down. Or both.

"I am exactly where I need to be.
I don't have to have it all figured
out today. I just have to show up —
and that is enough."



Day 2 Journal

You Are Allowed to Start Small

WEEK 1 - Awareness

Reframe: You don't need a big plan. You need one honest step.

Write down one small thing you can do today that your future self would thank you for:

Action:

Do that one thing before noon.



Day 2 Affirmation



Read this out loud. Or write it down. Or both.

"I don't have to do everything. I just have to do the next right thing. Small steps still move me forward, and forward is enough."



Day 3 Journal

You Already Have Good in Your Life
WEEK 1 - Awareness

Reframe: You're not starting from nothing.
You're building on what's already here.

Write down three things that already went right this week, however small:



Action:

Tell one person something you appreciate about them.

Day 3 Affirmation



Read this out loud. Or write it down. Or both.

"There is already good in my life,
and I am allowed to notice it.

Gratitude is not pretending things
are perfect. It is choosing to see
what is real and right."



What comes next

*You've just taken your first 3 steps.
Imagine what 30 days could do.*

*The full Global Positive Reset gives you 30
days of journal prompts, mindset reframes,
affirmations, and a reflection system, all
in 5 minutes a day.*

Get the full Reset for \$47



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