

A scenic landscape featuring misty mountains and lush green foliage. The foreground shows dense green trees, while the background consists of rolling hills partially obscured by a thick layer of white mist. The sky is a clear, pale blue. Green leaves from a tree branch are visible in the top left and top right corners of the frame.

Two More Hope Resets

Your extra practices for hard days

By Global Positive News

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Welcome Back

You asked for two more, so here they are.

The fact that you wanted more tells me these little practices are doing something for you, and that genuinely makes my day.

Same as before. Two minutes each. No streak to keep, no perfect way to do it. Reach for whichever one fits the moment you're in.

Warmly,

Kristi
Global Positive News

PRACTICE 4

The Small Good Thing

When you can't see anything good.

On the heaviest days, hope isn't a grand feeling. It's noticing one small, good thing that's still true.

A warm drink. A message from someone who cares. A patch of sky. The fact that you're still here, still trying. It counts.

Your two minutes:

Find one small, good thing, right now, wherever you are. Rest your attention on it for a moment. There is always something, even on the hardest days. It just tends to be smaller than we expect.

PRACTICE 5

The Hopeful Line

When you need something to hold onto.

End your reset with one gentle line. Read it slowly. Let it be true for the next two minutes, even if you can't feel it fully yet:

“I don't have to have it all figured out today. This is temporary, I'm doing my best, and something better may be taking shape that I just can't see yet.”

Your two minutes:

Read it once more, slowly. Take a breath. That's it. You showed up for yourself today, and that matters more than doing it perfectly.

Before You Go

That's all five.

You now have five small practices to reach for whenever a day feels heavy. Use one, use them all, or just come back to the one that helps most.

And if things feel heavier than a hard day, please talk to someone you trust, or your doctor. You deserve real support, and there is no shame at all in reaching for it.

If you're in crisis, please call or text 988 (US Suicide and Crisis Lifeline). Outside the US, findahelpline.com will point you to support where you are.

And do tell me.

If I could make one thing to actually help, what would it be? Just reply to the email that sent you this. I personally read every one, and it helps me make things that actually help you.

Here's to a lighter, clearer you.

Kristi
Global Positive News



© 2026 Global Positive News. Please feel free to share this with anyone who needs it.

A note from Kristi:

The 2 Minute Hope Reset is shared with the hope of bringing a little more calm, hope, and positivity into your day. I am not a doctor, therapist, or licensed mental health professional, and this practice is not intended to replace professional medical or mental health care. Everyone's journey is unique, so results will vary and cannot be guaranteed. If you're struggling with your mental health or are in crisis, please reach out to a qualified healthcare professional. My sincere hope is that these simple steps help you pause, reset, and move forward with a little more peace, strength, and optimism.

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