MIND. HEART. SOUL.™

THE REGGIE RESET™

Before you react.

RECOGNIZE • EXHALE • SHIFT • EXECUTE • TRANSITION

Return to what you can control.

Carry the reset into the next pitch.

ASK YOURSELF

What can I control?

What matters most right now?

What is my next pitch?

One clear decision. One intentional action.

MIND • HEART • SOUL — A 30-SECOND CHECK-IN

MIND What am I feeding?

HEART What am I carrying?

SOUL What is anchoring me?

Build your mind. Guard your heart. Anchor your soul.

TAKE THE NEXT PITCH.™

REGGIE SANDERS

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