



HOMework RESET

When nothing's happening.

Break
the stuck
pattern.

SOUND FAMILIAR?

You've been sitting there.
The book is open.
It's been 20 minutes.
Nothing is happening.
Everyone is getting frustrated.



**Time for a
reset – not more pushing.**

STEP 1: RESET IT PROPERLY



1. CLOSE THE BOOK

Stop what you're doing.
Give your brain
a clean break.



2. TAKE A SHORT BREAK

5–10 minutes is enough.
Step away. Breathe.
Reset.



3. CHANGE SOMETHING

Change breaks the loop.
Try one of these:

- location
- position
- who is sitting where

STEP 2: RESTART DIFFERENTLY



DON'T GO BACK TO THE BEGINNING

Starting over can feel
overwhelming.
Go in from somewhere
easier.



PICK THE EASIEST THING

Find the lowest hurdle.
The easiest question.
The smallest step.



GET ONE THING DONE

One sentence.
One answer.
One step forward.
That's the goal.

WHY THIS WORKS

You're not fixing homework.
You're breaking the stuck pattern.

This reset:

- ✓ lowers the pressure
- ✓ restarts momentum
- ✓ makes starting feel possible again
- ✓ prevents the spiral

WHAT TO AVOID



Don't keep pushing.
More pressure =
more resistance.



**Don't expect a long
study session.**
Short, focused bursts
work better.



**Don't lecture or talk
through it.**
It escalates. Reset
first, talk later.



Don't wait for motivation.
Action creates motivation,
not the other way around.

QUICK REFERENCE: THE RESET IN 4 STEPS



★ ONE SMALL STEP IS ENOUGH TO GET MOVING AGAIN.



You don't need to finish it all.

You just need to get unstuck.