

7 Days Procrastination Mini-Reset Log

Lost the morning? Seven days of kind 30-minute rescues.

What's in this free version

- 7-day Mini-Reset log (one row per rescue, not per day)
- Trigger + time lost + what pulled me back + next plan columns
- Upgrade map to the full 31-row tracker

How to use

Open the spreadsheet, fill one row per day for seven days, and notice the pattern. That's it. The full version adds a dashboard, settings, weekly reflection, and a guidebook — but seven honest days here is plenty to start.

Want the full toolkit?

Procrastination Recovery Mini-Reset (\$5.90) — Excel + Notion template + 12-page guidebook + printable.

<https://eiarstudio.gumroad.com/l/procrastination-recovery-mini-reset>

What's in the full version

- 31-row Mini-Reset Log with auto recovered-within-window, high-energy-reset, and 0-3 composite-score flags
- Recovery Toolkit (8 starter tricks: Reset Box, Pomodoro 25, self-compassion script, walk, cold water, close tabs, 7-word plan, next single action)
- 12-week Weekly Reflection with reset count and average time lost rollups

- Dashboard with recovered-within-window and composite-3/3 cards
- Guidebook PDF citing Pychyl, Sirois, Neff, Cirillo, Newport, APA, NIMH, Greater Good Science Center
- Notion template (hub-and-spoke, formulas, relations, rollups)

This tool is for organisation and personal tracking only. It is not medical advice and does not diagnose, treat, or recommend any dose or medication. Always consult your healthcare provider. Ozempic®, Wegovy®, Mounjaro®, Zepbound®, Saxenda® and related marks belong to their owners; eiarstudio is independent and not affiliated, endorsed, or sponsored by any pharmaceutical company.

If you are in crisis: US/Canada **988** · UK/Ireland Samaritans **116 123** · Australia Lifeline **13 11 14** ·
International directory: findahelpline.com.