

A young woman with long brown hair is sitting at a wooden desk, leaning back with her eyes closed and a wide smile. Her right hand is behind her head, and she is wearing a blue denim shirt over a grey t-shirt. On the desk in front of her are a pair of glasses, a black smartphone, and a laptop. The background is a bright, out-of-focus indoor space with green plants and a window.

**2-minute Shift to Regain
Control (Without Adding
More to Your Day)**

Step 1: Set a 2-Minute Timer ⌚

Literally.

Use your phone. No distractions, no multi-tasking.



Step 2: Brain Dump the “Big 3.” 🧠

In those 2 minutes, quickly jot down:

- 1 thing that's *most urgent*
- 1 thing that's *most important*
- thing that's *draining your energy*

Don't overthink it. Write whatever pops into your head.

Step 3: Circle ONE



Look at your list and circle the one thing that would give you the biggest relief or forward momentum today.



Step 4: Take action 🚀

Take one tiny step toward it - just one.

(Example: If it's "my messy calendar," the action might be blocking 15 minutes for yourself.)

If you liked this tiny shift, you'll love the free series I've put together.

It's packed with simple, powerful moves you can use to change your days without changing your whole life.

Want in?

Tap [here](#) to join — it's free!

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