Reset Your Brain

7 Days to Focus & Calm



By Imane Hifad

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INTRODUCTION

You are not lazy.
You are overstimulated.
In today's world, your brain is constantly attacked by notifications, endless scrolling, and information overload. This creates stress, destroys focus, and leaves you mentally exhausted.
This guide is not about motivation.
It's about resetting your brain.

In just 7 days, you will:

- **regain control of your attention**
- **reduce mental noise**
- **build a simple system for focus and calm**

Small actions. Powerful results.

CHAPTER 1 — THE OVERSTIMULATED BRAIN

Contenu :

Your brain is not designed for constant stimulation. Social media, fast content, and digital distractions flood your mind with dopamine, making it harder to focus on simple tasks. Over time, this creates mental fatigue, anxiety, and lack of motivation. Understanding this is the first step toward change.



CHAPTER 2 — DAY 1: AWARENESS

Contenu :

You cannot change what you don’t see. The first step is awareness. Track your screen time and identify your biggest distractions. Notice how often you check your phone without thinking. This simple observation will reveal patterns that control your behavior.



CHAPTER 3 — DAY 2: DOPAMINE DETOX

Contenu :

Your brain needs a break. Reducing fast dopamine sources like short videos helps your mind reset. Replace scrolling with simple activities like walking, reading, or sitting in silence. At first, it feels uncomfortable—but that's a sign your brain is healing.



CHAPTER 4 — DAY 3: FOCUS TRAINING

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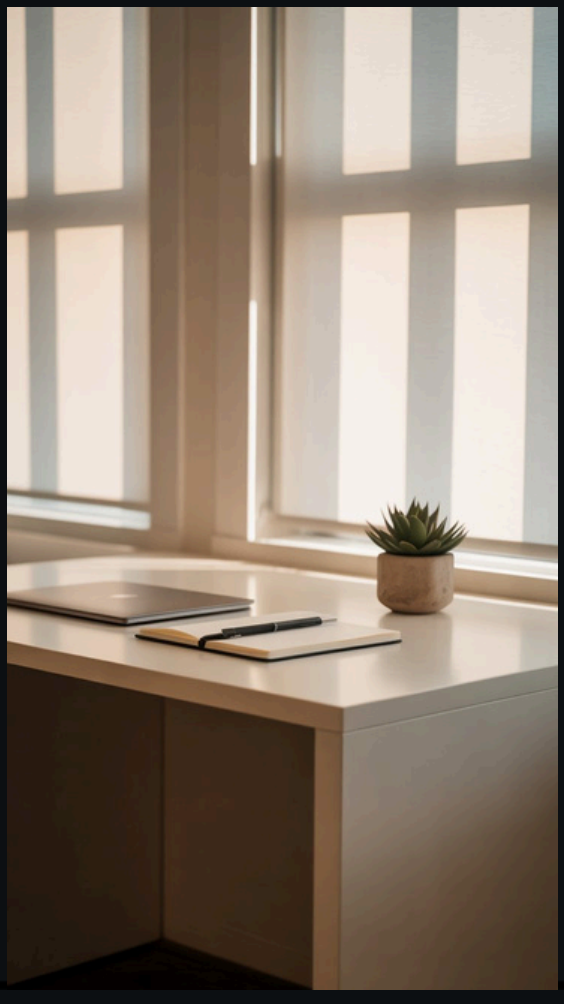
Focus is like a muscle. It needs training. Use short focus sessions (25 minutes) followed by breaks. During these sessions, eliminate all distractions. Over time, your brain learns to stay engaged for longer periods.



CHAPTER 5 — DAY 4: ENVIRONMENT RESET

Contenu

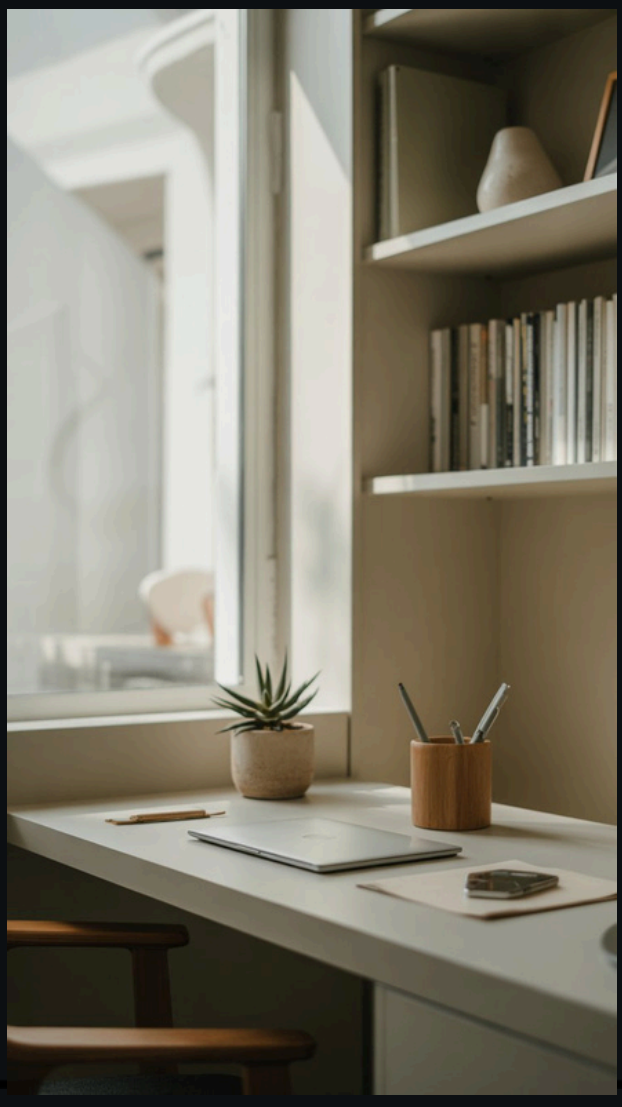
Your environment shapes your mind. A cluttered space creates a cluttered brain. Clean your desk, remove unnecessary items, and create a calm workspace. A simple environment makes focus easier and more natural.



CHAPTER 6 — DAY 5: MENTAL CALM

Contenu :

Your mind needs silence. Breathing exercises help reduce stress and calm your nervous system. Just 10 minutes of controlled breathing can significantly improve clarity and reduce anxiety.



CHAPTER 7 — DAY 6: CONTROL YOUR INPUTS

Contenu :

What you consume shapes how you think. Replace useless content with meaningful information. Choose what enters your mind carefully. Your focus improves when your inputs become intentional.



CHAPTER 8 — DAY 7: BUILD YOUR SYSTEM

Contenu :

Lasting change comes from systems, not motivation. Build a simple daily routine: no phone in the morning, focused work sessions, and a calm evening without screens. Consistency is the key to long-term results.



CHAPTER 9 — BONUS: FOCUS HACKS

Contenu :

Small actions can create big results. Put your phone in another room, use airplane mode, drink water regularly, and sleep well. These simple habits strengthen your ability to focus and stay calm.



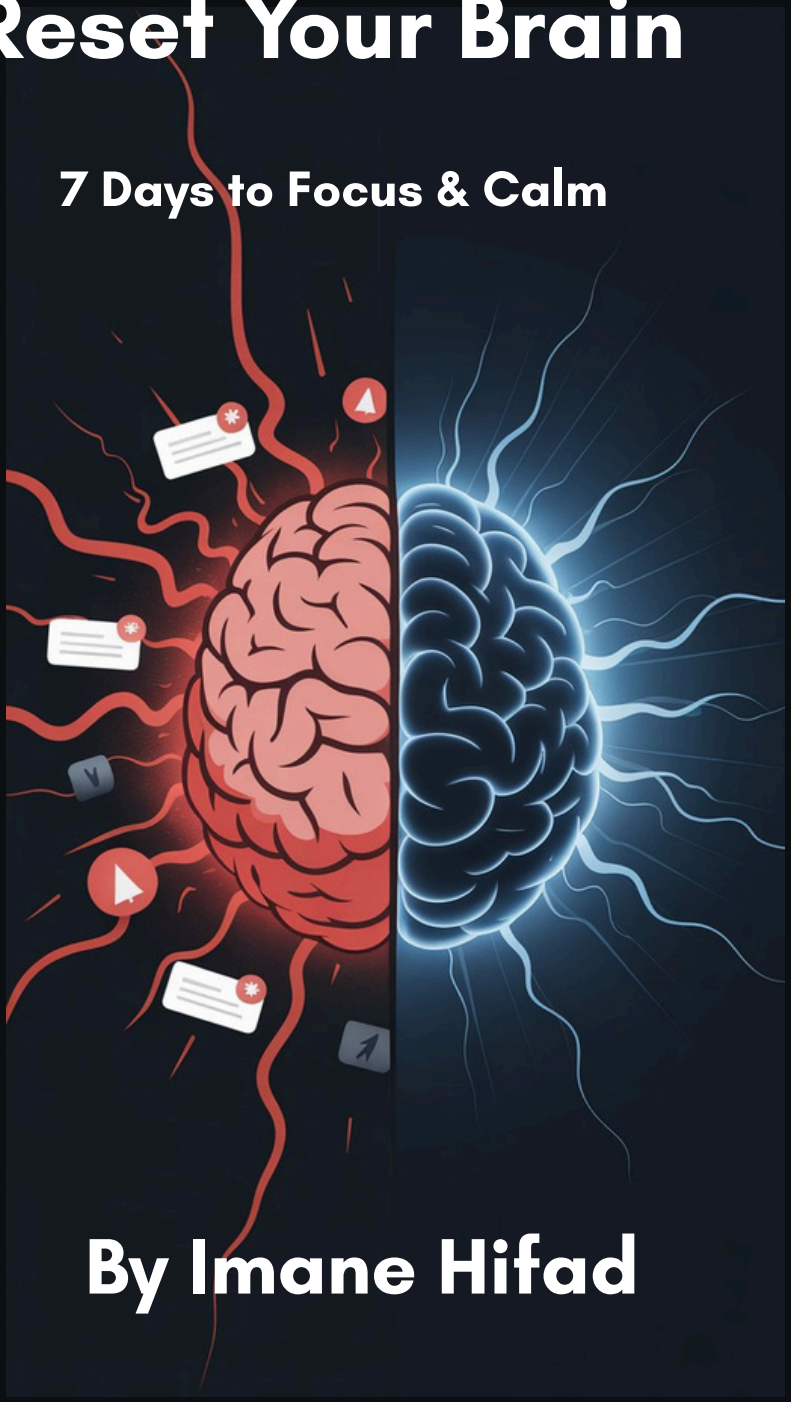
CONCLUSION

You don’t need more motivation.
You need a system.
Your brain is powerful—but only if you protect it.
Start small. Stay consistent.
In a world full of distractions, focus becomes your superpower.
Your reset starts now.



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