

THE DECEMBER RESET

Quick Start Guide

Return to Your Baseline in 7 Days

PMBaseline Method
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Welcome

You haven't failed. You've drifted.

December is when we feel it most—the exhaustion, the fog, the sense that we're not quite ourselves anymore. Your baseline—the foundation your life stands on—has eroded slowly. Not through one big collapse, but through a thousand small compromises.

This guide gives you a 7-day protocol to return to yourself. Not through force. Not through perfection. But through three simple daily anchors that bring you back to your baseline.

What Is Your Baseline?

Your baseline is the foundation everything else stands on.

It's not your peak day. It's your average day.

When your baseline is steady:

- Your choices feel easier
- Your energy sustains
- Your mood stabilizes
- Your mind clears
- Your cravings soften

When your baseline erodes:

- Everything feels harder
- You reach for quick fixes
- You lose your rhythm
- You don't recognize yourself

The December Reset rebuilds your baseline through three daily anchors: Morning, Midday, and Night.

How The December Reset Works

Every day, you'll practice three anchors:



MORNING ANCHOR

Ground yourself at the start of each day



MIDDAY ANCHOR

Reset when you start to drift



NIGHT ANCHOR

Prepare for deep, restorative sleep

Choose from simple options based on your energy
each day.

No two days need to look the same.

The Morning Anchor

Your morning sets your dopamine curve for the entire day.

When you start intentionally, everything downstream improves: your focus, your mood, your decisions, your cravings.

Choose ONE morning anchor based on how you feel:

Option A: Baseline Reset (Default)

- 2 minutes: Deep breathing
- 5 minutes: Morning light
- 10 minutes: Walk or gentle movement
- 1 minute: Check-in
- Total: 10-15 minutes

Option B: Physical Wake-Up (For tired mornings)

- 1 minute: Cold water (face/neck)
- 5 minutes: Bodyweight movement (squats, push-ups)
- 10 minutes: Walk
- 1 minute: Check-in
- Total: 12-15 minutes

Option C: Quiet Morning (For anxious mornings)

- 3 minutes: Silence (just sit)
- 10 minutes: Reading (book, not phone)
- Hydrate
- 1 minute: Check-in
- Total: 12-15 minutes

Choose the one that feels most accessible today.
You can switch options any day.

The Midday Anchor

Midday is where you drift.

Stress accumulates. Decision fatigue sets in. Your dopamine depletes. You reach for your phone, for sugar, for anything to break the tension.

The midday anchor interrupts this cascade before it compounds.

Choose ONE:

Option A: NSDR (Non-Sleep Deep Rest)

- 10-20 minutes: Guided rest (YouTube "NSDR")
- Restores dopamine by up to 65%
- Total: 10-20 minutes

Option B: Zone 2 Walk

- 10-20 minutes: Walk outside
- No phone
- Conversational pace
- Total: 10-20 minutes

Option C: Work Sprint Reset

- 3 breaths (30 seconds)
- 10 minutes: One focused task
- Write one win (1 minute)
- Total: 11-12 minutes

Choose the one that feels most accessible today.
You can switch options any day.

The Night Anchor

Your nights shape your mornings.

Poor sleep creates a cascade: brain fog, emotional volatility, cravings, stress intolerance. Protecting your sleep is protecting your baseline.

Choose ONE:

Option A: Sleep Stack

- Devices away 45 minutes before bed
- Warm shower
- Light stretching (5-10 minutes)
- Evening check-in
- Total: 30-45 minutes

Option B: Reflective Night

- Journal 3 questions:
 - What drained me today?
 - What fueled me?
 - What do I need tomorrow?
- Light reading (10 minutes)
- Total: 15-20 minutes

Option C: Wind-Down Ritual

- Tea (caffeine-free)
- Soft lighting
- Calming music
- Simple space reset
- Total: 20-30 minutes

Choose the one that feels most accessible today.
You can switch options any day.

Your 7-Day Protocol

DAYS 1-3: THE MORNING ANCHOR

- Choose one morning anchor
- Do it for 3 days
- Notice what changes

DAYS 4-5: ADD THE MIDDAY ANCHOR

- Keep morning anchor
- Add one midday anchor
- Two touchpoints per day

DAYS 6-7: COMPLETE THE CIRCLE

- Morning + Midday + Night
- Full daily rhythm
- You've established your baseline

After 7 days, you'll have the foundation.
Your baseline will feel steadier.
You'll be ready for the full method.

The Baseline Quick Map

MORNING — Choose 1:

- ☐ **Baseline Reset**
- ☐ **Physical Wake-Up**
- ☐ **Quiet Morning**

MIDDAY — Choose 1:

- ☐ **NSDR**
- ☐ **Zone 2 Walk**
- ☐ **Work Sprint Reset**

NIGHT — Choose 1:

- ☐ **Sleep Stack**
- ☐ **Reflective Night**
- ☐ **Wind-Down Ritual**

THE BASELINE QUESTION:
Do I feel more like myself today?

If yes → continue
If no → return gently

What Is Your Baseline?

This Quick Start gives you the foundation—the 7-day protocol to stabilize your baseline.

The Complete December Reset includes:

- ✓ The full 4-week method
- ✓ Choice menus (Movement, Food, Dopamine, Check-ins)
- ✓ Weekly rhythms (Workout, Reflection Walk, Self-Respect Ritual)
- ✓ Hard days protocol
- ✓ Travel method
- ✓ Alcohol reset
- ✓ Psychology of momentum
- ✓ Complete appendix

112 pages. A complete system for returning to yourself—not just in December, but for life.

Ready for the complete method?
Learn more at winewithpete.me/december-reset

