

The Evening Reset Workbook

A 5-Step Routine to Disconnect from Work, Recenter Your Mind, and Show Up Fully for Your Family
By Manny Romero, LMFT – Men's Reset Intensive

Welcome

You're not failing as a husband or father — you're just running on empty. Every man who works hard for his family knows what it feels like to come home exhausted, distracted, or short-tempered — even when his heart is in the right place.

This workbook is designed to help you consciously transition from your work day into your evening and home life. By implementing these practices, you'll cultivate a greater sense of presence, reduce stress, and connect more deeply with yourself and your loved ones. Let's begin creating evenings of calm and intention. This workbook is designed for men by men.

You don't need perfection — you need a reset. This is how you get it.

Step 1: Release the Day

This step is about intentionally letting go of the stresses and preoccupations of the workday. It's a mental and emotional declutter to help you arrive home with a clear mind.

Reflection Prompts:

- What is still running through my mind from today? (write it down, all of it)
- What are three things you accomplished today that you're proud of?
- What's one thing you're choosing to leave behind as you transition into your evening?

Write down your responses in a notebook or your phone notes app to the prompts above.

Step 2: Recenter Your Energy (10-Block Breath Reset)

Breath work is an actual reset. It's a way to hijack your nervous system so that you can break the loop of overwhelm and overthinking and recalibrate to being present. It helps you focus on what truly matters and make conscious choices about how you spend your time.

Your body doesn't know you're home until you tell it.

This short breathing exercise resets your nervous system, clears mental noise, and helps you walk in

calm, grounded, and in control.

Instructions:

1. Sit in your car before walking in.
2. Close your eyes.
3. Take 10 block breaths:
 - a. Inhale through your nose – 4 counts
 - b. Hold – 4 counts
 - c. Exhale through your mouth – 4 counts
 - d. Hold – 4 counts (That's one block. Repeat ten times.)
4. On the final breath, take a strong inhale through your mouth, filling your lungs completely. Hold for as long as possible. Exhale slowly through your mouth. Hold again for as long as possible. Let your body relax.

Reflection:

What energy do I want to bring into my home right now?

Calm Grateful Playful Focused Loving

Note: You're not just catching your breath — you're reclaiming your power.

Step 3: Reconnect with Your Higher Purpose

Reminding yourself of what matters can ground you in the present moment and reduces mental chatter. This practice enhances your awareness and appreciation for the things that matter most.

Reflection:

Answer the following question.

Who am I coming home for today? Who do I want to be for them? If I only have an opportunity to do 1 thing for them today what would that be (This has to be a specific and actionable thing, e.g., a hug, a kiss, read a book to the kids, hold my wife's hand).

Visualization Exercise (1–2 minutes):

Close your eyes. Picture walking through your front door.

See your family's faces light up as you enter — feel the energy shift.

Take a slow breath in and think, *This is what I work for.*

Breathe out and let go of everything else.

That's your reset.

Step 4: Re-Engage with Presence

Talk is cheap, Actions speak louder than words. Let's create one intentional moment of connection tonight.

What will you choose to do to connect with each member of your family today:

- 5 minutes of play on the floor with your kid
- Ask your partner: "What's something that made you smile today?"
- Go for a short walk together after dinner
- Read a book with your child
- Hold your partners hand for 2 minutes.

Step 5: Reflect Before Rest

End your day grounded, not guilty.

Reflection isn't about judging how you did — it's about noticing what worked, what didn't, and learning from it.

Every man who leads at home will have moments where things don't go according to plan — arguments happen, patience runs thin, or energy runs out. That's life.

The key is to **plan for imperfection.**

When things go sideways, your job isn't to get it right — it's to repair, reset, and return to presence. Reflecting each night helps you stay anchored, humble, and consistent.

Reflect:

- When was I most present today?
- When did I feel most disconnected?
- What do I want to do differently tomorrow?
- Finish with: "I'm proud of myself for showing up, even when I didn't feel like I had it in me."

The Reset Commitment

I commit to taking 5 minutes at the end of every workday to reset my energy before walking into my home.

Signature _____ Date _____

Conclusion

You've Learned to Reset Your Day — Now Reset Your Life

Mr. Therapist offers coaching for men who want to show up calm, confident, and connected at home. You'll learn the exact tools to manage stress, build presence, and lead your family with strength that lasts.

👉 Ready to take the next step? contact us at manny@mrtherapistmft.com or (949) 466-1560 call/text "Reset" for a free consult call!

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