

The 5-Minute Life Punch Reset

What to Do When Life Hits Hard

Inspired by the book, [Life Punch](#), by Douglas James Hood

When the Moment Hits

Life doesn't always give you time to prepare.

Sometimes it's a conversation.

A setback.

A wave of anxiety.

A moment you didn't see coming.

And just like that—you feel it.

Pressure.

Frustration.

Overwhelm.

You don't need a 30-day plan in that moment.

You need something simple. Anchoring. Immediate.

You need a reset.

This is a tool you can use anywhere, anytime—
in the car, at work, at home, in the middle of the storm.

Just 5 minutes.

1: The 5-Minute Reset

Pause

Before you react... pause.

Not forever. Just for a moment.

Take a breath.
Slow your mind.
Interrupt the spiral.

You don't have to solve everything right now.

You just have to stop the momentum of the moment.

2: Pray

It doesn't have to be long.
It doesn't have to be perfect.

Just be real.

"God, I need You right now."
"Help me."
"Give me clarity."

That's enough.

You're not talking to a distant God—
you're talking to a present Father.

You are not alone in this moment.

3: Perspective

“Will this matter in a week? A month? A year?”

Not everything that feels urgent is important.

Step back.

Zoom out.

What’s actually happening here?

What’s true—and what am I just feeling?

Perspective breaks the power of the moment.

4: Gratitude

This might feel counterintuitive—but it’s powerful.

Find *one thing* you’re grateful for.

Just one.

- A person
- A provision
- A moment
- A truth

Gratitude shifts your focus
from what’s wrong... to what’s still right.

And there is always something still right.

5: Move Forward

Now—take one step.

Not ten. Not the whole plan. Just one.

- Send the message
- Make the call
- Take the next right action
- Or simply choose peace and keep going

Progress doesn't require perfection.

It just requires movement.

The Life Punch Mindset

You don't control every hit life throws at you.

But you *can* control how you respond.

You can:

- Slow down instead of spiral
- Lean into God instead of pulling away
- Choose clarity instead of chaos

This is how you become steady...
even when life isn't.

Save This. Use It. Share It.

Come back to this when you need it.

Because you will.

And when you do—
you won't be starting from scratch.

You'll have a reset.

Want to Keep Going?

If this resonated with you, there's more.

Life Punch is filled with real stories—some deep, some light, all honest—designed to help you hold onto God and each other when life hits hard.

👉 Download your free chapter [here](#)

👉 Or grab your copy of [Life Punch](#)

Because your story isn't over.

And what you build after the storm...
might be stronger than anything before it.

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Be encouraged and keep holding on,



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