



Freemium: 7 Steps to Take Back Control of Your Life and Restore Peace

A practical, coach-guided reset to calm your nervous system, clarify your values, set boundaries, and rebuild self-trust—without 'fixing everything' at once.

Who This Is For & What Problem It Solves

Who it's for: People who feel overwhelmed, emotionally drained, or stuck in the same patterns; High-responsibility individuals (caretakers, leaders, parents, helpers); Anyone recovering from burnout, transition, or heartbreak; People who know what they "should" do but struggle to follow through.

What problem it solves: Most people try to "think their way out" with willpower and planning. But if your nervous system is dysregulated, your boundaries are leaky, and your actions aren't aligned with your values, you'll keep repeating cycles.

01

Regulate first

03

Choose a direction

02

Clarify next

04

Commit with boundaries
and micro-actions



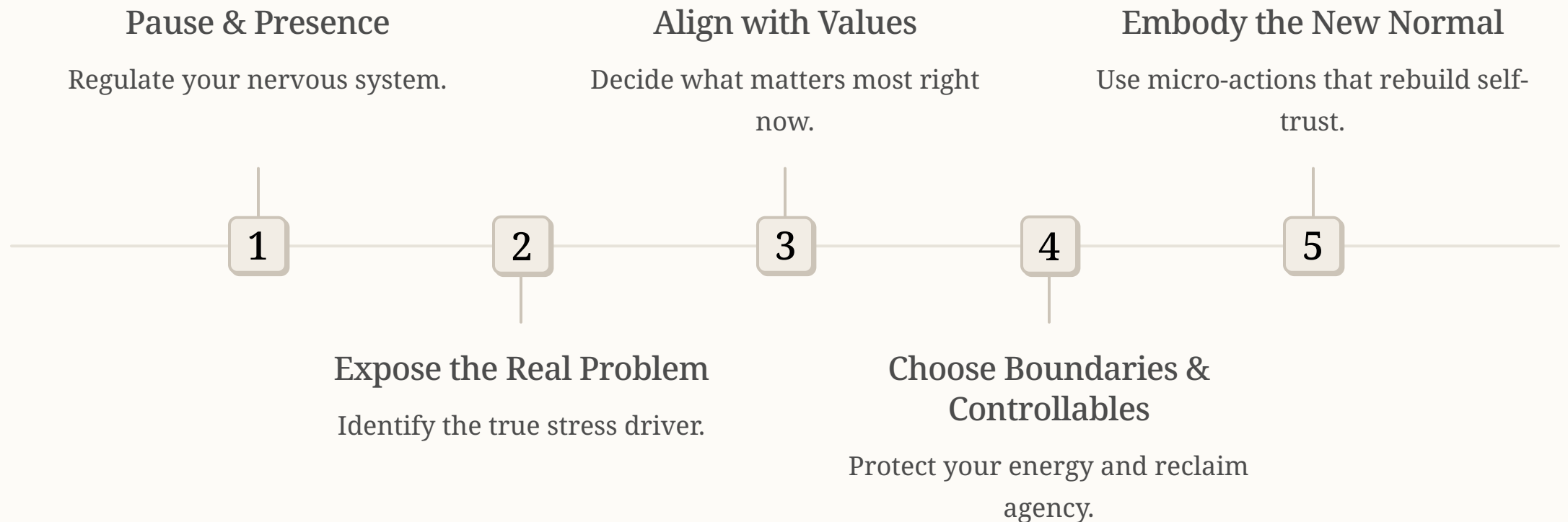
Learning Outcomes: What You'll Be Able to Do

1. Identify whether your lack of control comes from overwhelm, avoidance, misalignment, or boundary breakdown.
2. Use a simple nervous system regulation routine to interrupt anxiety spirals.
3. Clarify your top values and use them as a decision filter.
4. Name your top 3 controllables and stop wasting energy on what you can't control.
5. Set one clear boundary using a script that reduces guilt.
6. Create a "Minimum Viable Day" plan for hard seasons.
7. Rewrite unhelpful internal narratives using reframing and self-compassion.
8. Design a 7-day reset that rebuilds self-trust through micro-commitments.

The PEACE Reset Framework

Framework Name: The PEACE Reset Framework.

What it is: A life-coaching framework for restoring control and peace by moving through five stages:



Example: Imagine you're constantly anxious and snapping at people. You assume it's disorganization, but using PEACE Reset you discover it's dysregulation + boundary breakdown. You set one boundary (no work after 7pm) and focus on three controllables (sleep, food, one priority task).

Step 1: Stabilize Your Nervous System (So You Can Think Clearly)

Use this 3-minute regulation protocol when you feel anxious, overwhelmed, or scattered.

01

Step 1: 60 seconds

Put one hand on your chest and one on your belly. Inhale for 4 seconds, exhale for 6 seconds. Repeat for 5 cycles.

02

Step 2: 60 seconds

Ground yourself by naming 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste.

03

Step 3: 60 seconds

Ask: **What do I need in the next 10 minutes to feel 10% safer?**

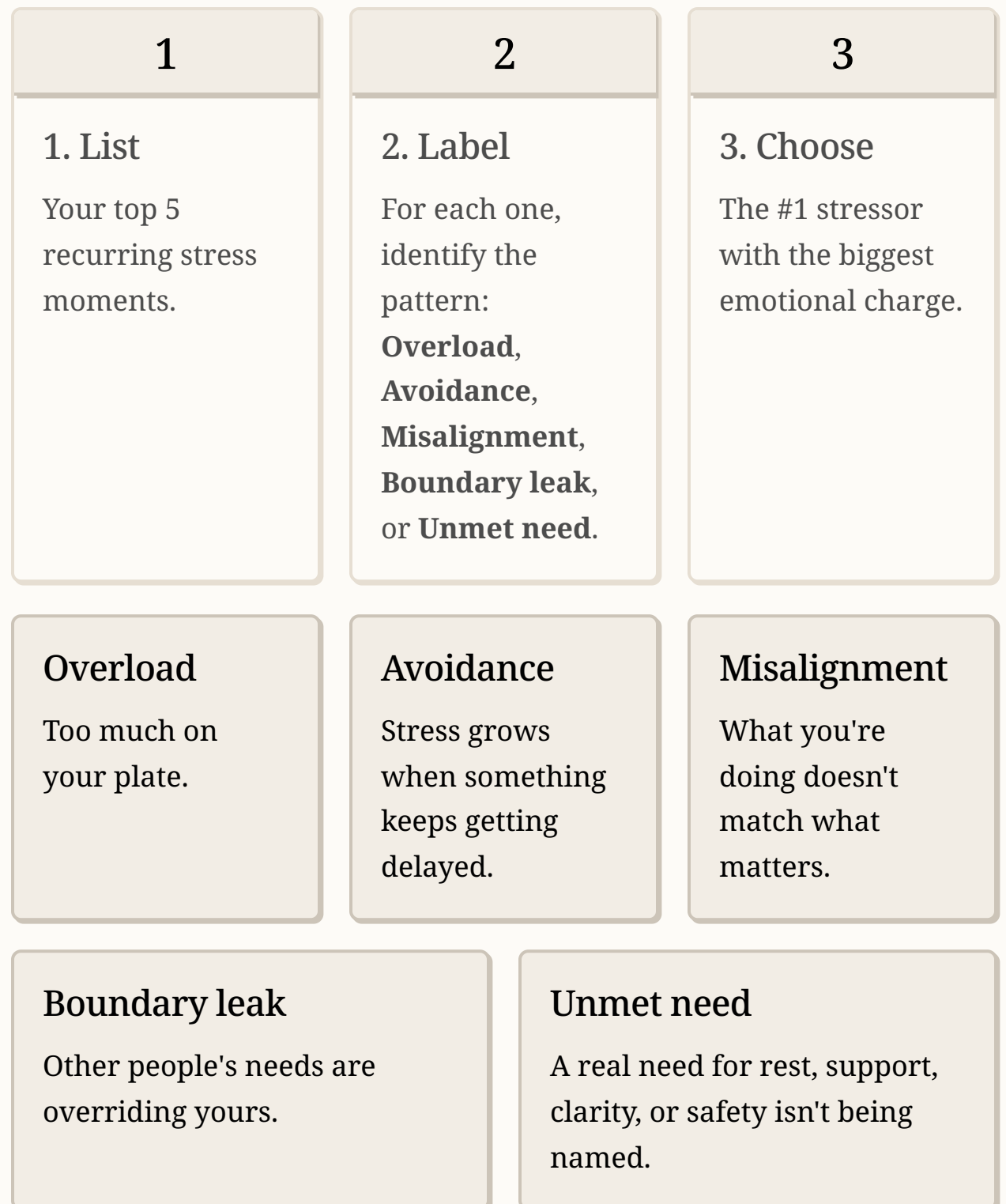
Coaching example: A client woke up anxious and used this exact protocol before checking email. By the end of 3 minutes, she felt calmer, more present, and able to think clearly instead of spiraling.

Do this today: Pick one consistent moment and do the 3-minute protocol daily for 7 days.



Step 2: Run the 'Stress Signal' Audit (Find the Real Driver)

Concept: Stress is data. We treat overwhelm as a signal pointing to: overcommitment, unclear priorities, misalignment with values, unprocessed emotion, or lack of boundaries.



Real coaching example: One client thought her stress was "having kids," but the real driver was that she couldn't ask for help. The problem wasn't the children — it was the boundary and support pattern underneath.

Do this today: Write your 5 stress moments and label each pattern.

Step 3: Reclaim Agency with the '3 Controllables' Practice

Concept: Peace returns when you invest energy into what you can control.

Not in My Control

- Other people's moods
- Past events
- Outcomes you can't force

In My Control

- My choices
- My boundaries
- My next action

1

1. Draw

Two columns: **Not in My Control** vs **In My Control**.

2

2. Brain-dump

Write out everything that's bothering you.

3

3. Pick 3

Choose exactly three controllables for the next 7 days: **Bedtime by 11, One hard conversation, 20-minute walk, Stop checking ex's socials, Therapy appointment.**

4

4. Act

Decide the smallest next action for each one.

Real coaching example: One client kept obsessing over her manager's mood, trying to decode every text and facial expression. Once she shifted attention back to her own controllables — her work, her boundaries, and her next conversation — her anxiety dropped fast.

Do this today: Pick your 3 controllables and write the smallest next action beside each.

Step 4: Clarify Your Values (Then Use Them as a Decision Filter)

Concept: When you don't know your values, you borrow other people's priorities and feel resentful. Values-based decision-making reduces guilt-driven choices.

Step-by-step (Values Clarifier)

Choose 10

Pick 10 values from:
peace, health, freedom,
connection, growth,
integrity, creativity,
stability, contribution,
spirituality, courage,
simplicity, joy, family,
excellence, learning.

Narrow to 5

Remove the values that
feel aspirational, trendy,
or less essential.

Narrow to 3

Ask: “Which 3 values, if
honored, would make
me respect myself?”

Define each one

Create a one-sentence
definition for each of
your top 3 values.

Use the filter

Ask: “Does this choice
increase or decrease
alignment with my top 3
values?”

Real coaching example: one client kept accepting projects until she learned to set a clear boundary: “I can do X by Friday, or Y by Tuesday—choose one.”

Do this today: Pick your top 3 values and write one sentence defining each.

Step 5: Set One Boundary That Protects Your Peace (Without Over-Explaining)

Concept: Boundaries are instructions for how to treat you and how you will treat yourself. Most people struggle because they over-explain, wait until they're furious, or confuse boundaries with controlling others.

Step-by-step (Boundary in 4 Parts)

Part 1: Name the situation (neutral)

"When meetings run past 5pm..."

Part 2: Name your limit (clear)

"...I'm not available after 5pm."

Part 3: Offer an option (if appropriate)


"I can meet 3–5 or tomorrow 9–11."

Part 4: Hold the line (repeat, don't debate)

"That doesn't work for me. Let's choose another time."

Real coaching example: A friend started trauma-dumping late at night, and the boundary was: "I care about you, but I can't hold heavy conversations after 9pm. Let's talk tomorrow when I can be fully present."

Do this today: Write one boundary using the 4-part structure and practice saying it out loud three times.



Step 6: Create a 'Minimum Viable Day' (MVD) for Hard Seasons

Concept: Peace is built by consistency in imperfect seasons, not perfect days. A Minimum Viable Day prevents all-or-nothing thinking and supports burnout recovery.

01

Choose 3 non-negotiables

Pick three tiny actions that support nervous system regulation and stability.

02

Make them tiny

Keep the total to 10–20 minutes so the plan feels doable on hard days.

03

Write it and keep it visible

Turn your MVD into a checklist and place it somewhere you will see it every day.

Examples of MVD non-negotiables

- Drink water + eat one protein-based meal
- 10 minutes of walking or stretching
- 2-minute breathwork + 5-minute journal "mind dump"
- One connection touchpoint (text a friend, sit with family without phone)

Real coaching example: a client in grief could not sustain a full routine, so we built an MVD with water, one nourishing meal, a short walk, and a daily text check-in. That simple structure helped her stay grounded without demanding perfection.

Do this today: Design your MVD with 3 tiny non-negotiables and commit to it for the next 3 days.

Bonus Step: Rewrite the Inner Narrative That Keeps You Stuck (Reframe + Self-Compassion)

Concept: Many people lose control internally before they lose it externally. A harsh inner critic ("I'm failing," "I'm behind," "I should be able to handle this") triggers shame, which fuels avoidance and burnout. We use reframing and self-compassion to create a calmer internal environment for change.

Step-by-step (2-minute Reframe Script)

01

Write the loudest thought in your mind

(example: "I can't get it together").

03

Replace it with a compassionate, truthful reframe:

- From "I can't handle this" to "I'm overloaded, and I'm allowed to simplify."
- From "I'm behind" to "I'm rebuilding. Progress counts."

Real coaching example: A client's recurring story was "I always mess up." We reframed to: "I'm learning a new way of living; mistakes are feedback." That reduced shame and increased follow-through on boundaries.

Do this today: Write one stress story and one compassionate reframe. Read the reframe out loud once.

02

Label it

"This is a stress story, not a fact."

04

Ask a coaching question

"What is one kind, doable next step?"

The Path Forward

Taking back control of your life doesn't require a total reinvention. It requires a calm nervous system, clear values, protected boundaries, and small consistent actions that rebuild self-trust.

The PEACE Reset Framework works because it addresses the true sequence of change:

01

Regulate first (so you can access clarity)

02

Clarify next (so you know what matters)

03

Choose a direction (so you stop reacting)

04

Commit with boundaries and micro-actions (so peace becomes your new normal)

Save or print this guide and work the steps in order. If you only do one thing, start with regulation and one micro-commitment—peace grows fastest when you stop demanding perfection and start proving safety and follow-through to yourself.

Remember: You don't need to fix everything at once. You need to restore your nervous system, clarify what matters, and take one small action that proves to yourself you can follow through.

That's how peace returns.

Quick-Start Checklist (Use This Today)

Do this today to get started:

- Do the 3-minute nervous system regulation protocol once.
- Write your 5 recurring stress moments (Stress Signal Audit).
- Circle the most emotionally charged stressor.
- Create your "Not in My Control / In My Control" two-column list.
- Pick your 3 controllables for the next 7 days.
- Choose your top 3 values and write one sentence definition for each.
- Draft one boundary using the 4-part boundary structure.
- Create a Minimum Viable Day with 3 tiny non-negotiables.
- Choose one 5-minute micro-commitment and make a 7-day check grid.

Next 7 Days:

- Practice daily regulation at the same time each day (3 minutes).
- Honor your 3 controllables daily (or take the smallest next action toward them).
- Use your values filter on one real decision: "Does this increase alignment with my top 3 values?"
- Deliver your boundary (in person, text, or email) and hold the line once.
- Follow your Minimum Viable Day on at least 2 hard days.
- Do your micro-commitment for 7 days; if you miss, apply "never miss twice."
- Rewrite one stress story using the Reframe Script and take one kind next step.
- At the end of Day 7, journal: "What improved? What still feels charged? What's my next boundary or controllable?"



Step 7: Repair Self-Trust with Micro-Commitments (The "Proof of Control" Method)

Concept: Feeling in control is strongly tied to self-trust: "When I say I'll do something, I follow through." We rebuild self-trust through small promises kept—rather than big goals abandoned.

Step-by-step (Micro-Commitment Loop):

01

Pick one 5-minute daily promise for 7 days

(example: "I will journal 5 minutes," "I will walk to the mailbox," "I will prep breakfast").

02

Attach it to an existing cue

(after coffee, after brushing teeth).

03

Track it with a simple 7-box check mark grid.

04

If you miss a day, use the rule: Never miss twice

(self-compassion + re-commit).

Real coaching example: A client felt powerless after a breakup. She chose one micro-commitment: "I will not check their social media for 7 days." She tracked it daily. Her anxiety dropped because she stopped re-opening the emotional wound and proved to herself she could protect her peace.

Do this today: Choose a 5-minute promise and create a 7-day check grid on paper or in your notes app.



YOUR NEXT STEP

You've read the steps. Now let's walk them *together*.

Book a free 30-minute coaching session with James Tennell — a calm, no-pressure conversation to pinpoint what's really driving your stress and choose one small next step toward peace.

[Book Your Free Session →](#)

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