



THE 5-MINUTE CLARITY RESET

A quick mental & emotional reset for nurses who are
tired of surviving and ready to reconnect.

VIBRANT MOSAIC™

WELCOME

Hi There!

Dear Nurse,

You are not broken. You're not behind. You're just tired from holding up too much for too long—with not enough space to rest, breathe, or ask: “What about me?”

This mini guide isn't going to fix your entire life. But it will give you a moment. A breath. A reset.

Use these 5 minutes to check in, reflect, and remind yourself of what matters.

You're doing so much. for everyone else....this is just for you.

With care,

Dr. Frankie Bell

ABOUT ME

Nurse. Coach. Clarity cultivator. I help burned-out nurses find purpose, peace, and a way forward.



REFLECTION PROMPTS

Take a breath. Grab a journal, your Notes app, or just answer in your head.



01 **What am I holding that's not mine to carry?** Let it out. Responsibilities, expectations, emotional weight—say it, name it.

02 **What do I need right now (that I've been ignoring)?**
Rest? Boundaries? A walk? A scream in the car? Be honest.

03 **Who am I when I'm not in nurse mode?**
Go beneath the badge. What parts of you need more space to breathe?

AFFIRMATION + REFRAIME

This section is here to anchor you—a simple truth to return to when the day spins too fast or the pressure feels too loud. Repeat the affirmation aloud, write it down, or keep it close. Let it be a quiet rebellion against burnout.

Affirmation:

I don't have to carry it all. I get to choose what's mine.

Reframe Thought:

I am allowed to change my mind. I am allowed to protect my peace.

Tip: Read this page before any shift, after a hard day, or when you feel lost in the noise.



IF THIS RESET STIRRED
SOMETHING IN YOU—
DON'T LET IT FADE.

Join **The Vibrant Mosaic Lounge**, a free members-only
space where you'll find:

- ✓ The full Nurse Burnout Toolkit
- ✓ Guided coaching prompts & reflection sheet
- ✓ Early invites to my workshops & programs

AND SO MUCH MORE

You don't have to wait for a breakdown to start your
breakthrough.



Vibrant Mosaic™