START HERE

Brio Life 7-Day Clear Mind Reset

Open Brio-Life-7-Day-Clear-Mind-Reset.html in Google Chrome or Microsoft Edge after unzipping the full folder.

What this is

A private, local-first seven-day decision-support experience for reducing mental clutter, reconnecting with your current capacity, and choosing a clearer next step.

How to use it

• Complete one day at a time. Consecutive days are optional.

• Save each day before closing the browser tab.

• Use Low-Energy Mode whenever the full view feels like too much.

• Export a JSON backup if you want to protect your entries.

Included files

• Interactive reset HTML

• Printable companion workbook PDF

• Start Here Guide

• Backup and Local Storage Guide

• Personal-Use License and Support Notes

Important

This product is self-guided educational and organizational support. It is not therapy, diagnosis, treatment, medical care, or crisis support.