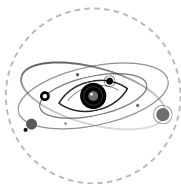


FREE SAMPLE · DAYS 1-3 AND TWO WORKSHEETS

The 30-Day Mindful Study & Thesis Reset

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Overcome procrastination, master focus, and finish the thesis without burnout.



THESIS RESET

A 30-DAY STUDY FRAMEWORK

• solsys.hu



THE FULL WORKBOOK

All 30 days, seven worksheets, and the 40 studies behind every rule.

solsys.hu/workbook

© 2026 Lajos Joo. This sample is free. Print it, send it, post it, unchanged and free of charge.

Print on A4, two pages per sheet, fold once. Or print A5 single-sided and keep it flat.
Fill it in with a pen. Handwriting slows the mind to the speed of the decision.

Not medical advice. Panic that includes chest pain, or does not respond to 15 minutes of the protocol on the emergency sheet, is a reason to contact a medical professional.

Introduction & user guide

What you need

- A timer you can see. A kitchen timer, or a phone in airplane mode, face down.
- This workbook and a pen.
- One thesis task per sprint. Not a pile. One.
- Water on the desk.

The three ground rules

Rule 1. One sentence, one sprint.

Before the timer starts, write the sprint's task as a sentence you can finish: "Outline section 2.3" or "Write the participants paragraph of methods". "Work on thesis" is not a task. If you cannot write the sentence, the task is too big. Split it until you can.

Rule 2. The timer is the boss.

25 minutes on, 5 minutes off. When the timer rings, stop, even mid-sentence. An unfinished sentence is the easiest place to restart from tomorrow. Do not extend a sprint because it is going well. Going well is the reason to protect the rhythm.

Rule 3. Log every day, including the bad ones.

"Did 1 sprint, quit, stress 4" is data. A blank reflection box is the only failure in this workbook. Thirty imperfect entries show you patterns. Ten perfect entries show you nothing.

Pairing sprints with nervous-system resets

Sustained focus raises sympathetic arousal: faster heart rate, shallower breathing, narrowed attention. Left unchecked for 2-3 hours it becomes the fried feeling that makes the next session harder to start. Slow, extended exhales stimulate the vagus nerve and lower heart rate within 60-90 seconds. That is why every break here is a breathing or movement protocol, not a phone check.

THE CYCLE

Sprint 1 (25 min) → reset (5 min, breathing)

Sprint 2 (25 min) → reset (5 min, stretch and water)

Reflection (3 min, fill the box)

Rules for the reset:

- No phone. Scrolling raises arousal and makes the second sprint harder to start.
- Stand up. Sitting through a break keeps the body in desk mode.
- Breathing before stretching. Regulate the nervous system first, then the muscles.

Each day gives you one named rule, a 25-30 minute thesis exercise spread over two sprints, a 3-5 minute mindfulness anchor, and a reflection box. Do them in that order. Days 7, 14, 21 and 30 are single-sprint review days by design. Do not add a second sprint to them.

Rules carry two variants. **A** is for the proposal and literature stage. **B** is for the data and writing stage. Use the one that matches where your thesis is this week.

WEEK 1 · DAYS 1-7

Clearing Brain Fog & Building the Daily Study Ritual

-

Seven days to make the sprint the default. Each day installs one habit that the next day assumes.

The Pre-Study Brain Dump

TARGET OBJECTIVE

Empty working memory onto paper so the first sprint gets full attention.

PRE-SESSION BRAIN DUMP

One worry or distraction to set aside: _____

TODAY'S RULE

Paper first, thesis second.

A · PROPOSAL OR LITERATURE STAGE

The dump includes “questions for my supervisor”. They go on a running list, not into an email.

B · DATA OR WRITING STAGE

The dump includes “things I think are wrong in the draft”. They go on a fix-list, not into the draft.

THESIS EXERCISE · 25-30 MIN

- Before Sprint 1 (5 min): on one page, write every open loop in your head. Errands, unanswered messages, the argument you replayed this morning, the deadline you are not sure of. No sorting, no sentences.
- Mark each line **N** (under 2 minutes, do it now) or **L** (later, put it in the calendar with a date). Do the **N** items. Close the page.
- Sprint 1: pick the smallest concrete thesis task. Write it as one sentence. Work only on that.
- Sprint 2: continue the same task. If it finishes early, start the next smallest one.
- Why it works: writing a concrete plan for an unfinished task stops it intruding on the next one (Masicampo & Baumeister, 2011). When chunking is blocked, working memory holds about four items (Cowan, 2001). Open loops occupy them.

MINDFULNESS ANCHOR · 3-5 MIN

Physiological sigh. Inhale through the nose, a second short inhale on top, one long exhale through the mouth. 5 rounds. Then 2 minutes of normal breathing, eyes closed, noticing the pause after each exhale.

SPRINT LOG

☐ Sprint 1 (25 min) + ☐ 5-min box-breathing reset☐ Sprint 2 (25 min) + ☐ 5-min stretch & hydrate

POST-SESSION REFLECTION

One breakthrough or completed task today: _____

What pulled attention away most:

Daily stress level (1-5): (1) (2) (3) (4) (5)

Energy after the session (1-5): (1) (2) (3) (4) (5)

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

2 DAY 2 Single-Task Tab Sanitization

TARGET OBJECTIVE

Work with one window and at most three tabs, all serving the current sprint sentence.

PRE-SESSION BRAIN DUMP

One worry or distraction to set aside: _____

TODAY'S RULE

One tab per sentence.

A · PROPOSAL OR LITERATURE STAGE

Three tabs: one paper, one note page, the reference manager. Every other paper goes into the manager's "to read" folder, not a tab.

B · DATA OR WRITING STAGE

Three tabs: the draft, the data file or figure, one source. No new papers during writing sprints.

THESIS EXERCISE · 25-30 MIN

- Before Sprint 1 (5 min): close every tab. If one feels too important to lose, bookmark it in a folder called "Later". Close it anyway. Phone in another room.
- Open only what the sprint sentence requires.
- Sprint 1: read one section of your material. Notes on paper, not in a new tab.
- Sprint 2: second pass on the same section. Turn your notes into 3 questions the section answers. One-line answer each.
- Times you reached for a new tab: _____
- Why it works: attention residue. Part of attention stays on the previous task after a switch (Leroy, 2009). Each switch costs time and accuracy (Rubinstein, Meyer & Evans, 2001).

3 DAY 3 The 25/5 Box-Breathing Sprint

TARGET OBJECTIVE

Install box breathing as the default break so the second sprint starts calmer than the first.

PRE-SESSION BRAIN DUMP

One worry or distraction to set aside: _____

TODAY'S RULE

Break means breathe.

ALL STAGES

Same in every phase. The break is the only part of the day that does not change with the thesis.

THESIS EXERCISE · 25-30 MIN

- Learn the pattern (2 min): inhale 4 counts, hold 4, exhale 4, hold 4. Four rounds. Count on your fingers.
- Sprint 1: continue yesterday's material or the next section. One-sentence task. Timer visible.
- Break: box breathing for the full 5 minutes, roughly 18 rounds. Upright, feet flat, eyes closed or on the floor.
- Sprint 2: note your first 2 minutes. Compared with Sprint 1 the start was:
☐ faster ☐ same ☐ slower
- Why it works: breathing near 4-6 breaths per minute raises heart-rate variability and vagal tone (Zaccaro et al., 2018). Box breathing at 4-4-4-4 is 3.75 breaths per minute, just under that band. Count 3-3-3-3 to sit inside it.

MINDFULNESS ANCHOR · 3-5 MIN

The breathing break is today's anchor. Add 1 minute at the end: scan jaw, shoulders, hands. Release what is clenched.

SPRINT LOG

- ☐ Sprint 1 (25 min) + ☐ 5-min box-breathing reset
- ☐ Sprint 2 (25 min) + ☐ 5-min stretch & hydrate

POST-SESSION REFLECTION

One breakthrough or completed task today: _____

What pulled attention away most: _____

Daily stress level (1-5): (1) (2) (3) (4) (5)

Energy after the session (1-5): (1) (2) (3) (4) (5)

NOTES

[illegible]

Panic & Writing Block Emergency Sheet

Use when the heart is racing, the page is blank, or the mind has gone white. Follow the steps in order. Do not skip to step 5. Time started: _____

STEP 1 · STOP INPUT · 30 SECONDS

- ☐ Hands off keyboard, pen down. ☐ Both feet flat on the floor.
☐ Name what is happening in 3 words: _____

STEP 2 · REGULATE · 2 MINUTES

4-7-8: inhale nose 4, hold 7, exhale mouth 8. Tick each cycle as it ends.
 Cycle ☐ 1 ☐ 2 ☐ 3 ☐ 4 Still racing? One more set ☐ 1 ☐ 2 ☐ 3 ☐ 4
 Intensity before (1-10): _____ after: _____

STEP 3 · GROUND · 2 MINUTES

5 see: _____
 4 feel: _____
 3 hear: _____
 2 smell: _____ 1 taste: _____ ☐ full sentences

STEP 4 · SHRINK THE TASK · 1 MINUTE

What I am panicking about: _____
 The smallest piece of it that takes 2 minutes: _____
 Writing: "type the heading and three bullets, no prose." Reading: "write the one question this paper must answer for me." Data: "one sentence on what one column shows."

STEP 5 · THE 2-MINUTE MICRO-STEP

- ☐ Timer set for 2 minutes. ☐ Did the micro-step.
☐ Next: ☐ continue ☐ another 2-minute step: _____

STEP 6 · DEBRIEF · LATER, NOT NOW

Trigger, what happened right before: _____
 What worked fastest: _____ Panic to first output: _____ min

If steps 1-3 do not bring intensity below 6/10 after two rounds, leave the desk, walk 5 minutes, return to step 2. Panic that does not respond to 15 minutes of protocol, or includes chest pain, is a reason to contact a medical professional, not to keep working.

WORKSHEET 5

Don't Break the Chain

Tape above the desk. Mark X for done, a dot for missed. Leave nothing blank. Start date _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sprint 1																														
Sprint 2																														
Breathing reset																														
Mindfulness anchor																														
Reflection filled																														
Screens off on time																														
Moved body 5+ min																														
Stress (1-5)																														

Days 7, 14, 21, 30: Sprint 2 is the recovery block. Tick it when the block is done.

Weeks: 1-7, 8-14, 15-21, 22-30.

CHAIN COUNTER · ALL 7 HABIT ROWS TICKED = 1 LINK

Current chain _____ days Longest chain _____ days Total full days _____ / 30

Week totals: W1 _____ / 49 W2 _____ / 49 W3 _____ / 49 W4 _____ / 63

Day 4 is waiting.

-

Three days built the ritual. The next 27 use it: micro-outlining the chapter you avoid, deep-work sprints, exam panic, the final polish and the defense.



THE FULL WORKBOOK

All 30 days, seven worksheets, and the 40 studies behind every rule.

solsys.hu/workbook