

Peter Dutton's Inner Strength

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High-Performance Mindset

Mental Fitness in 5 Minutes | The 3-Point Reset

A daily mental conditioning routine you can run anywhere. Short, repeatable, and effective.

Morning Flow:

The 5 minute protocol

Minute 1: Downshift the Nervous System

Breathe in for 4 seconds, out for 5 seconds, for 5 breaths in total. This tells the body: "I'm safe enough to think clearly."

Minute 2: Name the State

Complete one sentence: "Right now I feel..." and "In my body I notice..." Naming reduces intensity and increases control.

Minute 3: Focus on One Controllable

Ask: "What is one thing I can control in the next hour?" Write it down: effort, posture, preparation, communication, recovery.

Minute 4: One Intentional Action

Choose one action and do it now. Action breaks overthinking.

- Send the message
- Do 10 press ups or stretch
- Open the document
- Prepare my clothing/kit
- Drink water
- 2 minutes of tidying, set a timer

Minute 5: Identity Close

Say or write: "Today I am practising being someone who..." Examples: calm under pressure, consistent, brave, disciplined, kind.

Afternoon Connection:

Minute 1: Regulate

Breathe in for 4 seconds, out for 6 seconds, for 6 breaths in total.
This interrupts threat activation.

Minute 2: Check In

Complete:

- “Right now my mind is...”
- “Right now my body is...”

No judgement. Just awareness.

Minute 3: Narrow the Focus

Ask:

“What actually matters in the next hour?”

Not the whole day. Just the next hour.

Minute 4: One Effective Action

Choose one task and begin:

- Send the message
- Prepare for the meeting
- Move your body
- Refocus your posture

Momentum beats motivation.

Minute 5: Re-centre Identity

“Even under pressure, I am practising being someone who...”



Evening Reset:

Settle and Close the Day

Minute 1: Slow the System

Breathe in for 4 seconds, out for 7, five breaths.
Signal the body it's safe to switch off.

Minute 2: Reflect Gently

Complete:

- “Today I handled ___ better than I used to.”
- “Today I learned ___.”

Minute 3: Release

Ask:

“What can I leave here and not carry into tomorrow?”

Write one thing down.

Minute 4: Body Reset

Choose one:

- Light stretch
- Warm shower
- Slow walk
- Screen-free pause

Minute 5: Identity Close

“Today I showed up as someone who...”

Then stop. No analysis.