

The Open Fist Reset

Study Calmly, Confidently, Consistently

The core skill of the **Open Fist study method**: a simple quick reset you can use whenever you're stuck, stressed or procrastinating.



Calm

Regulate & relax: body and emotions

Confident

Reframe your thinking

Consistent

Restart, one small step at a time

START HERE

"Why can't I just get it done?" "What's wrong with me?"

There's nothing wrong with you. I promise.

I used to stress and procrastinate for hours and still not do the work. I wasn't avoiding revision to do fun stuff. I walked the dog, baked cookies, hid my German books because just looking at them felt like a rollercoaster. *Avoiding* took far more time and energy than *doing* would have.

Or I'd get started, then grind to a halt. I'd notice my mind had wandered, my jaw and fists were clenched, and I felt like I was falling towards disaster.

Getting stuck isn't a sign of a character flaw. It's a sign you might be:

- thinking too much
- feeling too much, or trying not to feel at all
- holding too much tension

Trying to think your way out usually makes it worse. Beating yourself up *definitely* makes it worse. And "just try harder" has never worked for anyone.

You don't need more discipline or willpower.

You don't need to think your way back on track.

You need to reset.

THE RESET

One hand. Five moves. Three results.

Make a fist, then open one finger at a time, starting with your index finger. Each finger has one job.



O

Open RESET YOUR ATTENTION

Clench your fist and feel the tension. Then open your hand and let it go.



F

Feel REGULATE YOUR FEELINGS

Touch your first finger to your thumb. Notice what you're feeling without judging it.



I

Inhale RELAX YOUR POSTURE

Second finger. Sit back, drop your shoulders, and breathe slowly and deeply.



S

Soften REFRAME YOUR THINKING

Third finger. Breathe out and soften your jaw, stomach and shoulders. Say to yourself: *"I'm OK. I can do this."*



T

This RESTART YOUR WORK

Fourth finger. Work out just the next small step and do it. Say: *"Just this. Just for now."*

Calm

Open, Feel, Inhale: your body stops bracing for disaster.

Confident

Soften: you stop believing the worried thoughts.

Consistent

This: you're back to work, one small step at a time.

MAKE IT YOURS

Use it whenever you're stuck.

Before you start

Ten seconds of calm before you open the book.

When you've been staring at the page

Reset, then find just the next small step.

When your phone is calling you

Notice the pull, breathe, and choose again.

When the worry spiral starts

"I'm going to fail" is a feeling, not a fact.

Walking into an exam

Nobody can see it. It works under the desk.

When your mind goes blank

Reset first. The answers come back when you're calm.

The 5-day Reset challenge

Skills get stronger with practice. Use the Reset three times a day for five days and tick each one. By day five it'll be automatic, and it'll work when it matters.

	Day 1	Day 2	Day 3	Day 4	Day 5
Before revising	☐	☐	☐	☐	☐
When stuck	☐	☐	☐	☐	☐
Before bed	☐	☐	☐	☐	☐

Notice: What changed by day five? Calmer? Quicker to start? Kinder to yourself?

WHAT COMES NEXT

The Reset is just the start.

The Open Fist Method is one reset plus twelve skills that help you revise on your own: calm, confident and consistent. They're simple, they're learnable, and nobody teaches them at school.

The Reset · the foundation you'll use in every skill

PART 1 Calm

Calming stress

Calm body, clear mind

Facing dread

Sleeping well

PART 2 Confident

Getting started

Building momentum

Good enough is enough

Changing the story

PART 3 Consistent

Prioritising

Planning your time

Revising smarter

Phone focus

FREE

Revise With Me

Learn the method live on YouTube: one short skill, then focused revision together. No cameras, no talking.

thusky.co.uk/revise

£5 EBOOK

How to Revise

All twelve skills, with what to do, what to say and what to try when it doesn't work.

thusky.co.uk

1-2-1

Coaching

Six weeks working through the method with a coach, at your pace, on what's getting in your way.

thusky.co.uk



I'm Glenn. I've been a teacher, a Head of Sixth Form and a student coach at a top UK university, and I was a terrible student. I've spent years helping students who are stuck, stressed or putting it off. It's never laziness, and it's always fixable.

Parents: try the Reset together. It works for grown-ups too.