



Anchored: Coming Back to You

A soul-level field guide to finding yourself while restoring self-trust, energy, and purpose after burnout

By Jasmine Spink • Certified Coach • Published Author • Emotional Intelligence Mentor

This guide is non-clinical, trauma-aware support. If you feel unsafe or have active self-harm thoughts, contact local crisis resources immediately.

Reader Promise

- No fixing, no force. Tiny steps count.
- Safety first. Honor your limits and pace.
- Small is sacred. 1% shifts done daily beat heroics done once.
- Self-honesty over perfection. You can't heal what you hide from.
- Dignity at the center. You are not a project - you're human.

How to Use This Guide

- Commit to 10–15 minutes/day for 14 days (or move at your own pace).
- Each module follows: Stabilize (body) • Head (clarify) • Heart (feel) • Soul (meaning) • Tiny Challenge • Reflection.
- Keep an Anchor Log to capture micro-wins and insights (template at the end).

Quick Self-Check (Baseline Today; Repeat on Day 14)

- ☐ 1) I feel exhausted after minor tasks.
- ☐ 2) I wake up dreading the day.
- ☐ 3) I feel numb or checked out.
- ☐ 4) I'm irritable or cynical.
- ☐ 5) I can't name what I feel.
- ☐ 6) My attention feels scattered.
- ☐ 7) I'm saying "yes" when I mean "no".
- ☐ 8) I don't know what I truly value.
- ☐ 9) I avoid small challenges that would help me.
- ☐ 10) I feel alone in what I'm facing.

Total: _____ / 10

Table of Contents (14 Short Modules)

Phase 1 — Stabilize (Days 1–2)

- Day 1) Ground Your Body, Soften Your System
- Day 2) Clear the Fog: Sleep, Light, and Gentle Fuel

Phase 2 — See (Days 3–4)

- Day 3) Name the Patterns that Drain You
- Day 4) Thought Alchemy: Reframe Without Gaslighting

Phase 3 — Soften (Days 5–6)

- Day 5) Befriend Your Nervous System (Head/Heart Sync)
- Day 6) Self-Compassion That Doesn't Let You Off the Hook

Phase 4 — Seed (Days 7–9)

- Day 7) Values, Not Vibes: What Actually Matters to You
- Day 8) Purpose as a Practice (Not a Lightning Bolt)
- Day 9) Micro-Ambition: Designing a 7-Day Momentum Loop

Phase 5 — Stretch (Days 10–12)

- Day 10) Boundaries Without Guilt
- Day 11) Attention Hygiene & Focus Rituals
- Day 12) The 1% Edge: Safe, Stretchy Challenges

Phase 6 — Support (Days 13–14)

- Day 13) Belonging & Brave Ask Map
- Day 14) Integrate & Plan: Your Next 30 Days

The “Drain → Alchemy” Map

Drain Pattern	What it Costs	Alchemy Prompt	Reframe Language
People-pleasing	Resentment, fatigue	What am I afraid will happen if I say no?	Saying no protects my yes.
Perfectionism	Paralysis	What’s the 70% version I can ship today?	Done teaches. Perfect delays.
Doom-scrolling	Dissociation	What feeling am I avoiding right now?	I choose inputs that grow me.
Over-scheduling	Chronic stress	What are my 3 non-negotiables today?	Spaciousness is productive.
Numbing (food/drink/screens)	Blunted joy	What comfort is this replacing?	I can seek true comfort, not just relief.

How to Use the “Drain → Alchemy” Map

This map turns common burnout patterns into actionable shifts. Move through it **left to right** at your own pace.

1) Drain Pattern → name what’s happening

Pick the behavior or loop you’re in (e.g., people-pleasing, perfectionism). Naming it reduces shame and gives you a handle.

2) What it Costs → feel the impact

Note how this pattern taxes you (fatigue, paralysis, dissociation, stress, blunted joy). This isn’t to judge you it’s to show your nervous system *why* change matters.

3) Alchemy Prompt → ask a better question

Use the question in the third column to loosen the pattern. Good questions create space:

- **People-pleasing** → “What am I afraid will happen if I say no?”
- **Perfectionism** → “What’s the 70% version I can ship today?”
- **Doom-scrolling** → “What feeling am I avoiding right now?”
- **Over-scheduling** → “What are my 3 non-negotiables today?”
- **Numbing** → “What comfort is this replacing?”

4) Reframe Language → choose a truer, kinder line

Adopt the statement in the last column as your **replacement thought** and say it out loud or write it down. It’s not denial; it’s direction.

- “Saying no protects my yes.”
- “Done teaches. Perfect delays.”
- “I choose inputs that grow me.”
- “Spaciousness is productive.”
- “I can seek true comfort, not just relief.”

2-Minute Practice (do it now)

1. **Pause + breathe:** Inhale 4, exhale 6 (x4).
2. **Circle one pattern** you've used today.
3. **Answer the Alchemy Prompt** in one sentence.
4. **Speak the Reframe** once slowly.
5. **Tiny action:** Take one micro-step that matches the reframe (send a kind “no,” ship the 70% draft, put phone in another room for 10 minutes, remove one commitment, swap numbing for real care like tea + stretch).

Important: Reframing is not gaslighting yourself. Hold the real feeling **and** choose a direction that serves you.

How You'll Know It's Working

- **Your body softens** (shoulders drop, breath deepens).
- **Decisions get simpler** (fewer “maybes,” more clear yes/no).
- **Small wins stack** (evidence that you can trust yourself).

Use this map once a day or any time you feel stuck. One honest pass, one tiny action.. that's alchemy.

A Note from Jasmine

You don't need another lecture on “working harder.” You need room to breathe, a hand to hold, and a clear way back to yourself. This guide meets you where you are, in your exhaustion, overwhelm, in that feeling of hopelessness and walks with you one gentle step at a time.

I won't ask you to perform; I'll invite you to be honest. I won't promise instant transformation; but I will show you how tiny, consistent care re-patterns a life. Let's begin where you are, not where you think you should be.

Day 1 Ground Your Body, Soften Your System

Aim: Reduce physiological overload so your mind and heart can cooperate.

Why We Ground First

When you feel burnt out, your system is often running on survival energy: racing thoughts, tight muscles, shallow breath, numbness or irritability. In that state, your brain routes power to threat-scanning, not clarity, creativity, or compassion.

Grounding tells your nervous system: *“We’re safe enough to soften.”* Once your body settles, your **mind** can organize, your **heart** can feel without flooding, and your **soul** can remember what matters.

What’s happening in your body

- **Sympathetic → Parasympathetic shift.** Long exhales engage your body’s calming brake so you can think and feel at the same time.
- **Proprioception = presence.** Pressing your palms together gives your brain heavy “I’m-here-now” signals that reduce spin-out.
- **Orientation quiets the alarm.** Looking at three real things in the room lets your threat system confirm the present is safe enough.

Why each step matters

3-3-3 Grounding

- **Look (name 3 things):** Anchors attention in reality, not in what-ifs.
- **Touch (press palms 10s):** Steady pressure calms the body faster than thoughts alone.
- **Breathe (in 4, hold 4, out 6 ×5):** Longer out-breaths cue “stand down,” reducing heart rate and muscle tension.

Head → Energy Audit (5 min)

Your brain can't prioritize when everything feels urgent. Listing **3 drains** and **3 restorers**, then shrinking *one* drain by 25% creates an immediate win. Clarity reduces anxiety because your mind has a simple next step.

Heart → Name & Normalize

Unfelt emotion becomes tension, procrastination, or numbing. Writing "I've been avoiding ____ because ____" moves the feeling from raw body signals into language. Adding "It makes sense I feel this way" turns off self-attack so emotion can move through.

Soul → Tiny Benediction

A short statement like "Small is sacred. I am returning to me" gives the nervous system a direction and the spirit a reason. Meaning makes small actions sustainable.

Tiny Challenge → 1 minute, every day

Repetition beats intensity. A one-minute daily practice builds **evidence** that you can be counted on, this is how self-trust grows after burnout.

Common detours (and how to adjust)

- **"I don't feel anything when I breathe."** Good. You don't need to *feel* calm for grounding to work. Stay with the steps; change follows consistency.
- **"My mind won't stop."** Let it chatter while your body does the work. Keep the exhale longer; press palms harder; gently label thoughts "planning," "worrying," then return.
- **"Big emotions pop up."** Slow down. Place a hand on your chest, feel the warmth, and say, "Right now, I'm safe enough to breathe." If it's too much, open your eyes, look around, and lengthen the exhale.
- **Faith-friendly option:** On each exhale, whisper a simple prayer/phrase (e.g., "Be with me," "Peace, be still").

Troubleshooting & options

If seated feels stagnant, **stand** and add a gentle **wall push** (10 seconds, 3 rounds). If frozen, try **humming** for 30–60 seconds (vibration helps release held tension). If foggy, splash cool water on your face, then repeat the breath.

What success looks like (Small wins!)

- Your shoulders drop a few millimeters.
- Breath moves from chest to ribs/belly.
- Your inner dialogue softens from “everything is wrong” to “one thing at a time.”
- You can identify one drain to shrink and you actually do it.

90-Second Anchor (use anytime today)

1. **Press palms** firmly for 10 seconds.
2. **In 4 • Hold 4 • Out 6** for three rounds.
3. **Look** and name 3 specific objects you see.
4. **Say:** “Small is sacred. I am returning to me.”
5. **Choose** one 60-second action (water sip, stretch, step outside, one sentence in a note).

Reflect (today)

- **Body:** What changed within 60 seconds: breath, jaw, shoulders, heart rate?
- **Mind:** Which single drain will you reduce by 25% this week? How?
- **Heart:** What feeling did you name? What did normalization (“It makes sense...”) shift?
- **Soul:** Which one-minute practice will be your daily anchor?

You are not behind; you are beginning again!

Day 1 is not about fixing everything, it's about proving you can choose one caring action and finish it. That proof is the seed of self-trust, and self-trust is the soil where purpose grows.

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Day 2 Clear the Fog: Sleep, Light, and Gentle Fuel

Aim: Restore basic energy so focus and mood can stabilize.

Energy First, Then Everything Else

Burnout often feels like “no fuel + constant alarms.” If your **biology** is underpowered, poor sleep, little daylight, spiky nutrition your brain prioritizes threat-scanning over clarity and motivation. Today’s work (sleep, light, gentle fuel) is how we **turn the alarms down** and restore the power supply so focus, mood, and hope can stabilize.

What’s happening in your body

- **Your 24-hour clock (circadian rhythm).** Morning daylight resets your internal clock so daytime energy rises and **nighttime sleep hormones** arrive on time.
- **Breath → digestion.** Slow exhales tilt your body into “rest & digest,” improving absorption and reducing jitters.
- **Fuel → mood.** “Spike & crash” foods swing blood sugar and attention; **steady fuel** (protein + fiber + healthy fat) smooths energy and cravings.
- **Hydration → alertness.** Even mild dehydration can dull focus; water before caffeine steadies you.

Why each step matters

Morning light (5–10 min within 60 min of waking)

Outside light is far stronger than indoor bulbs. It says, “Daytime!” to your brain lifting natural alertness now and cueing melatonin to arrive **tonight**. (Don’t stare at the sun; just be outside or at an open doorway.)

Water before caffeine

A glass of water can reduce “fake fatigue” from dehydration. Caffeine works better on a hydrated system and is less likely to cause jitters.

Three slow exhales before meals

Longer out-breaths flip on digestion, easing stomach tension and helping you notice fullness and satisfaction.

Quick Sleep Check (Head)

- **Consistent window:** Wake/sleep within ~1 hour day to day.
- **Device curfew:** Screens off or dim/warm 60 minutes before bed.
- **Caffeine cut-off:** About 8 hours before bed so it's out of your system.
- **Cool, dark room:** Think cozy cave reduce light, lower temperature, quiet if possible.

Heart → Supportive nourishment

Ask: *"What would truly support me right now?"* Choose **warmth and steadiness** (tea, soup, protein + fruit) over sugar-only spikes. Offer yourself permission to be human today.

Soul → Kind partnership with your body

Whisper: *"My body is my ally. I honor its pace."* Meaning transforms compliance into care.

Common detours (and how to adjust)

- **"No time for morning light."** Step onto your balcony/porch/doorway while you sip water. If you miss morning, grab a 10–20 minute **midday** light walk, still helpful.
- **"It's overcast or winter."** Stay out a bit longer; cloudy daylight still counts.
- **"I work nights."** Treat your *wake time* as "morning": get bright light soon after waking and keep your sleep space dark and cool.
- **"I'm not hungry early."** Try gentle starts: yogurt/cottage cheese, smoothie, eggs, broth with rice and veg skip the sugar-only breakfast.
- **"Screens are unavoidable at night."** Use warm/night mode + lowest brightness; if possible, swap to paper/low-light reading the last 30 minutes.

Troubleshooting & options

- **Snack swaps (spike → steady):**
 - Donut/juice → Greek yogurt + berries
 - Chips → handful of nuts + apple
 - Soda → water or unsweetened tea
 - Candy → protein shake + a few dark chocolate squares
 - White toast → eggs + avocado or nut butter + banana
- **Cool room hacks:** Fan on, lighter sleepwear, heavier blanket only from the waist down.
- **If caffeine makes you edgy:** Push your first coffee **90 minutes after waking**, pair with food, or choose half-caf/decaf.

What success looks like (Small wins)

- Energy feels **more even** through the morning.
- Fewer mid-afternoon crashes.
- Less late-night scrolling; sleepiness arrives closer to your target bedtime.
- You naturally drink more water and choose steadier snacks without forcing it.

5-Minute Morning Reset (use daily)

1. **Water first** (1 glass).
2. **Step outside** (or open the door) for **5 minutes** of real daylight.
3. **Move 60 seconds** (easy stretch or a short walk).
4. Before food/coffee, take **3 long exhales**.
5. **Choose steady fuel** (protein + fiber) for your first meal or snack.

Reflect (today)

- **Energy:** Before (0–10) → After (0–10).
- **Sleep win:** One change you'll keep tonight (curfew, cut-off, or cave).
- **Food:** What supportive option did you pick, and how did it feel an hour later?
- **Light:** When and how did you get daylight?

You don't need perfect routines to feel better, you need **consistent, kind signals**.
Light, breath, water, and steady fuel are simple levers that restore power to your system so your mind and heart can do the deeper work.

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Day 3 Name the Patterns that Drain You

Aim: Reduce shame and regain choice by getting specific about your loops.

Lesson: Name It to Change It

Burnout patterns are usually **protective loops** your system learned to keep you safe, say yes to avoid conflict, overwork to avoid shame, scroll to avoid pain.

When we **name** the loop without judgment, we reduce shame and **regain choice**. Today you'll spot your top patterns, decode their triggers and body cues, and choose a kinder direction for the week.

What's happening in your body & brain

- **Threat brain loves loops.** When you feel unsafe, your brain favors familiar behaviors (people-pleasing, perfectionism, numbing) because they once reduced discomfort, so it repeats them.
- **Cues come before choices.** Your body often signals a loop is starting (jaw tight, tunnel vision, urge to check phone) *before* you act. Catching the cue gives you a doorway to choose differently.
- **Shame → stuck; curiosity → movement.** Curiosity quiets alarm and opens the problem-solving network. Shame narrows options and keeps the loop running.

Why each step matters

Stabilize 4-7-8 Breathing (x4 rounds)

Longer exhales calm the alarm system and restore the pause you need to see the loop clearly.

Head → Use the Drain → Alchemy Map

- Circle your **top 2 patterns** (e.g., people-pleasing, doom-scrolling).
- For each, write **one common trigger** (e.g., criticism, fatigue, uncertainty) and **one body cue** (tight chest, shallow breath, hand reaching for phone).
- Choose **ONE** pattern as your focus this week. Single-focus = higher success.

Heart → Thank the Protector Part

Place a hand on your heart: *"Thank you for trying to keep me safe."* This reduces inner conflict so your system doesn't fight the change you're making.

Soul → One-Line North Star

“Today I practice ____ instead of ____.” (e.g., “Today I practice honest no instead of polite resentment.”) A north star gives your brain a **clear replacement** to pursue, not just a habit to avoid.

Tiny Challenge — 10-Minute Alternative

When the urge appears, run a pre-decided 10-minute swap (walk, water, breath, one true sentence, tidy one surface, send one encouragement text). Short + specific beats vague willpower.

The Loop Decoder (2 minutes per pattern)

1. **Antecedent (Trigger):** What tends to happen right before?
2. **Body Cue:** What do you feel in your body?
3. **Coping (Pattern):** What do you do next?
4. **Cost:** What does it take from you?
5. **Alternative:** What 10-minute swap will you run this week?

Example *People-pleasing*

Trigger: Someone hints they’re disappointed.

Body cue: Chest tight, heat in face.

Pattern: Say yes, then resentment.

Cost: Fatigue, lost time.

Alternative: Text “I can’t do that, but I can offer ____,” then 10-minute walk.

Common detours (and how to adjust)

- **“I have too many patterns.”** Good insight. Choose **one** for seven days. Mastery grows from focus.
- **“I named it, then still did it.”** That’s data. Ask: *What cue did I miss?* Reduce friction for your alternative (shoes by the door, water bottle filled, pre-written boundary text).
- **“I feel bad thanking a part that causes trouble.”** Remember: it’s *protecting* you from something. Gratitude lowers inner resistance so change sticks.

Troubleshooting & options

- **If the cue feels vague:** Track **time of day** many loops spike when you're hungry, tired, or overwhelmed.
- **If the urge is overwhelming:** Shrink the swap to **2 minutes**. Two minutes is still a pattern interrupt.
- **If boundaries are the loop:** Use a script: *"I care about you and I'm not available for that. I can do ____ or ____."*

ADHD-friendly tweak (optional): Put the North Star on a sticky note where the cue happens (desk, fridge, steering wheel). External prompts reduce working-memory load.

What success looks like (Small wins!)

- You notice the **cue** a few seconds earlier.
- You run your **10-minute alternative** even once.
- Your self-talk shifts from "Why am I like this?" to "Oh, there's the pattern—I have options."

90-Second Pattern Snap (use anytime)

1. **Exhale long** (two 6-second outs).
2. **Label:** "This is [pattern] starting."
3. **North Star:** read your one-liner.
4. **Start the swap:** two minutes minimum (often becomes ten).

Reflect (today)

- **Trigger:** What showed up most?
- **Cue:** Which body signal warned you first?
- **Swap:** Which 10-minute alternative worked best?
- **North Star:** Read it out loud—does it still feel true? If not, edit it.

You don't need to crush a lifetime of habits today. You only need to notice one loop sooner and choose one kinder action once. That's how shame shrinks and self-trust grows.

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Day 4 Thought Alchemy: Reframe Without Gaslighting

Aim: Shift your explanatory style while respecting real pain.

Reframe Without Erasing the Truth

Your mind is a **storyteller**. Under stress, it protects you by predicting danger and simplifying narratives (“I always fail,” “No one cares”).

Reframing isn’t pretending pain isn’t real; it’s **telling a truer, kinder story** that leaves room for choice. We hold both: *this hurts* **and** *I still have agency*.

What’s happening in your body & brain

- **Negativity bias:** Brains over-weight threats to keep you safe, useful for survival, hard on mood and motivation.
- **All-or-nothing thinking:** Stress narrows perception into absolutes (“always/never”), which spikes alarm.
- **Body → thought loop:** A revved nervous system makes thoughts feel more “true.” Long exhales settle the body so your mind can evaluate with nuance.

Why each step matters

Stabilize → 60 seconds of exhale-heavy breathing

Long out-breaths signal safety. When arousal drops, the prefrontal cortex (planning/logic) comes back online.

Head → Three clarifying questions

1. **Fact or story?** Separate raw data (“I missed a deadline”) from meaning you’re adding (“...because I’m incompetent”).
2. **Evidence for/against?** List three facts on each side, no essays.
3. **10% kinder angle still true?** No toxic positivity, just precision: “I missed this deadline *and* I’ve met many others; it’s ok, I’ll make the next one.”

Heart → Compassion cue

Hand on heart: *"Of course I think this... I'm protecting myself."* This reduces self-attack so a new angle can land.

Soul → Two-line declaration

"Even if ____, I choose to ____."

Examples:

- "Even if my brain says 'you blew it,' I choose to make one small repair step."
- "Even if I feel behind, I choose to focus on today's next right action and take it."

Tiny Challenge → Trade absolutes for specifics

Swap "I always/never" with **"today/this time/in this situation."** Specifics lower alarm and open solutions.

Common detours (and how to adjust)

- **"But my thought is true."** Keep the fact; change the frame of action: "It's true I'm late. I choose to apologize and resend by 3 pm."
- **"Reframes feel fake."** Make it 10% kinder, not 100%. Truth + compassion, not forced positivity.
- **"I can't find evidence against it."** Borrow time: "If I don't have counter-evidence yet; I can choose to create some with one small action."

Troubleshooting & options

- **Sticky shame spiral:** Write the thought verbatim, put it in quotes, then add: *"My brain is offering this to protect me."* Now run the three questions.
- **If the body won't settle:** Double the exhale (in 4, out 8) or add gentle pressure (palms press 10s) before adding the thinking work.
- **ADHD-friendly tweak:** Use a **reframe card**: front = sticky thought; back = 10% kinder line + one concrete next step.

Why?

- Naming the thought reduces alarm (“name it to tame it”).
- Specific language recruits the brain’s planning network; absolutes recruit alarm.
- Self-compassion increases motivation and follow-through more than self-criticism.

What success looks like (Small wins!)

- The thought’s **volume** drops from a 9 to a 6.
- You replace one absolute with a specific.
- You take one **repair/next step** (email, timer, ask for help) within 10 minutes.

90-Second Thought Alchemy (anytime)

1. **Exhale long** for 30–60 seconds.
2. **Write the sticky thought** in quotes.
3. **Answer the 3 questions** (bullet points, not paragraphs).
4. **Declare:** “Even if ____, I choose to ____.”
5. **Do one 3–10 minute action** that matches the declaration.

Reflect (today)

- **Fact vs. story:** What was the raw fact? What meaning did you add?
- **10% kinder angle:** Write it here.
- **Action:** What single step did you take after the declaration?
- **Body:** Where did softening show up (jaw, breath, chest, shoulders)?

Reframing isn’t pretending you’re okay; it’s **choosing language that keeps you powerful** while honoring what’s real. Tiny, truer stories create tiny, better actions and those actions change outcomes.

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Day 5 Befriend Your Nervous System (Head/Heart Sync)

Aim: Identify your state and use body-first tools to shift it safely.

Lesson: Your State Sets the Story

On hard days, your body runs the show first and your thoughts follow. If your system is in **fight, flight, freeze, or fawn**, your brain writes matching stories (“I have to push harder,” “Run,” “Shut down,” “Please them”). Today is about **noticing your state** and using **body-first tools** to shift it safely so your head and heart can work together.

What’s happening in your body & brain

- **State → story.** The nervous system sets your “channel.” When arousal is high or low, perception narrows and thoughts get extreme.
- **Early signals beat willpower.** Jaw clench, shallow breath, screen-grab urge, or going blank often arrive *before* you act. Catch the cue, change the course.
- **Rhythm regulates.** Breath, vibration, pressure, and gentle movement send “safe-enough” messages that quiet alarm and thaw shutdown.

Why each step matters

Stabilize → Physiological sigh ×5 or 60s humming

- *Physiological sigh:* two short inhales through the nose, then a slow, long exhale. This vents CO₂ and eases tension quickly.
- *Humming:* creates steady vibration along the vagus pathway; many people feel the chest/face soften.

Head → Label your state + early-warning signs

- **Fight:** prickly, irritable, jaw/shoulders tight.
- **Flight:** restless, can’t settle, scrolling/refreshing.
- **Freeze:** foggy, heavy, “I can’t start,” time-blind.
- **Fawn:** quick yes, over-explaining, apology loop.
Naming it reduces shame and gives you a plan.

Heart → Compassionate touch + message

Hands on cheeks or back of neck, say: *"It makes sense my body learned this. I'm with you."*
Warmth + words = cooperation, not combat.

Soul → Centering word on the exhale

Choose one: **Peace / Steady / Present**. Inhale naturally, exhale while whispering your word.
Meaning guides the nervous system toward a direction, not just away from threat.

Tiny Challenge → Regulate, then step

Before a task you avoid, do **60 seconds** of your tool (sighs or humming), then take **one tiny step** (open doc, wash one dish, send one text). Action locks in the state shift.

The State Shift Ladder (quick guide)

- **If Fight/Flight (too amped):** longer exhales, humming, wall push (10s), slow walk, dim a light.
- **If Freeze (too low):** cold splash to face, brisk rub of arms, stand up, 10 light squats, upbeat song, then a 2-minute task.
- **If Fawn (people-pleasing spike):** hand to chest, 3 sighs, read a boundary script once, text it if needed.

Common detours (and how to adjust)

- **"I can't tell my state."** Start with the **body cue**: tight jaw (fight), buzzing legs (flight), heavy eyes (freeze), apologizing (fawn). Good enough.
- **"I did the breath and still felt stuck."** That's progress. Add **movement** (30–60s) or **pressure** (palms press 10s) before trying again.
- **"I slip back fast."** Normal. Repeat the 60-second tool and shrink the step further (open the file; write one sentence).

Troubleshooting & options

- **Public place?** Silent hum with mouth closed or do the sighs quietly.
- **Time-crunched?** Two physiological sighs are better than none.
- **ADHD-friendly:** Put your centering word on a sticky note where you start tasks; pair the first step with a short timer (2–5 minutes).

Why?

- Double-inhale + long exhale quickly reduces internal pressure and eases arousal.
- Vibration (humming) and warm touch add steady sensory input that signals “safe enough.”
- Labeling state engages the brain’s regulation networks; self-criticism keeps alarm high.

What success looks like (Small wins!)

- Breath moves lower; shoulders drop a notch.
- The urge to scroll or snap eases from a 9 to a 6.
- You take **one tiny step** after regulating (and it feels mildly doable).

90-Second State Reset (anytime)

1. **Choose:** 5 physiological sighs *or* 60s humming.
2. **Label:** “This is fight/flight/freeze/fawn.”
3. **Exhale with the word:** “Steady” (or your word).
4. **One tiny step** on the avoided task (2 minutes max).

Reflect (today)

- **State check:** Which state showed up most?
- **Cue:** What early sign tipped you off first?
- **Tool:** Which worked better sighs or humming? When?
- **Action:** What single step did you take right after regulating, and how did it feel?

You don’t have to feel perfect to start; you only need to feel **safe enough**. Regulate first, then move one inch. That inch changes the story your brain tells next.

Day 6 Self-Compassion That Doesn't Let You Off the Hook

Aim: Swap self-attack for accountability with warmth so momentum can return.

Lesson: Your State Sets the Story

On hard days, your body runs the show first and your thoughts follow. If your system is in **fight, flight, freeze, or fawn**, your brain writes matching stories (“I have to push harder,” “Run,” “Shut down,” “Please them”). Today is about **noticing your state** and using **body-first tools** to shift it safely so your head and heart can work together.

What's happening in your body & brain

- **State → story.** The nervous system sets your “channel.” When arousal is high or low, perception narrows and thoughts get extreme.
- **Early signals beat willpower.** Jaw clench, shallow breath, screen-grab urge, or going blank often arrive *before* you act. Catch the cue, change the course.
- **Rhythm regulates.** Breath, vibration, pressure, and gentle movement send “safe-enough” messages that quiet alarm and thaw shutdown.

Why each step matters

Stabilize → Physiological sigh ×5 or 60s humming

- *Physiological sigh:* two short inhales through the nose, then a slow, long exhale. This vents CO₂ and eases tension quickly.
- *Humming:* creates steady vibration along the vagus pathway; many people feel the chest/face soften.

Head → Label your state + early-warning signs

- **Fight:** prickly, irritable, jaw/shoulders tight.
- **Flight:** restless, can't settle, scrolling/refreshing.
- **Freeze:** foggy, heavy, “I can't start,” time-blind.
- **Fawn:** quick yes, over-explaining, apology loop.
Naming it reduces shame and gives you a plan.

Heart → Compassionate touch + message

Hands on cheeks or back of neck, say: *"It makes sense my body learned this. I'm with you."*
Warmth + words = cooperation, not combat.

Soul → Centering word on the exhale

Choose one: **Peace / Steady / Present**. Inhale naturally, exhale while whispering your word.
Meaning guides the nervous system toward a direction, not just away from threat.

Tiny Challenge → Regulate, then step

Before a task you avoid, do **60 seconds** of your tool (sighs or humming), then take **one tiny step** (open doc, wash one dish, send one text). Action locks in the state shift.

The State Shift Ladder (quick guide)

- **If Fight/Flight (too amped):** longer exhales, humming, wall push (10s), slow walk, dim a light.
- **If Freeze (too low):** cold splash to face, brisk rub of arms, stand up, 10 light squats, upbeat song, then a 2-minute task.
- **If Fawn (people-pleasing spike):** hand to chest, 3 sighs, read a boundary script once, text it if needed.

Common detours (and how to adjust)

- **"I can't tell my state."** Start with the **body cue**: tight jaw (fight), buzzing legs (flight), heavy eyes (freeze), apologizing (fawn). Good enough.
- **"I did the breath and still felt stuck."** That's progress. Add **movement** (30–60s) or **pressure** (palms press 10s) before trying again.
- **"I slip back fast."** Normal. Repeat the 60-second tool and shrink the step further (open the file; write one sentence).

Troubleshooting & options

- **Public place?** Silent hum with mouth closed or do the sighs quietly.
- **Time-crunched?** Two physiological sighs are better than none.
- **ADHD-friendly:** Put your centering word on a sticky note where you start tasks; pair the first step with a short timer (2–5 minutes).

Why?

- Double-inhale + long exhale quickly reduces internal pressure and eases arousal.
- Vibration (humming) and warm touch add steady sensory input that signals “safe enough.”
- Labeling state engages the brain’s regulation networks; self-criticism keeps alarm high.

What success looks like (tiny signs)

- Breath moves lower; shoulders drop a notch.
- The urge to scroll or snap eases from a 9 to a 6.
- You take **one tiny step** after regulating (and it feels mildly doable).

90-Second State Reset (anytime)

1. **Choose:** 5 physiological sighs *or* 60s humming.
2. **Label:** “This is fight/flight/freeze/fawn.”
3. **Exhale with word:** “Steady” (or your word).
4. **One tiny step** on the avoided task (2 minutes max).

Reflect (today)

- **State check:** Which state showed up most?
- **Cue:** What early sign tipped you off first?
- **Tool:** Which worked better sighs or humming? When?
- **Action:** What single step did you take right after regulating, and how did it feel?

You don’t have to feel perfect to start; you only need to feel **safe enough**. Regulate first, then move one inch. That inch changes the story your brain tells next.

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Day 7 Values, Not Vibes

Aim: Choose by compass, not mood.

Lesson: Choose by Compass, Not Mood

Moods are weather; **values are the climate** you choose to live in. When burnout fogs your feelings, decisions made by vibe (“Do I feel like it?”) swing wildly. Decisions made by **values** (“Does this honor Courage/Integrity/Service?”) stay steady, build self-respect, and restore momentum even on low-energy days.

What’s happening in your body & brain

- **Mood-first choices** are driven by short-term relief; your threat system overweights comfort now.
- **Values-first choices** recruit long-term circuits (planning/meaning), lowering regret and decision fatigue.
- **Somatic anchoring** (collarbone hold + slow breath) steadies arousal so you can hear the quieter compass under the noise.

Why each step matters

Stabilize → 10 slow breaths holding your collarbones

Gentle pressure + long exhales signal safety, increase present-moment awareness, and prime you to choose with intention.

Head → Peak & Pain Moments → 3–5 Values

- **Peak:** A time you felt proud/peaceful. What value was alive?
- **Pain:** A time you felt angry/resentful. What value was violated?
Collect repeating words (e.g., **Courage, Integrity, Beauty, Service, Learning, Faith**).
These aren’t goals; they’re **qualities** you can express anywhere.

Heart → 3-Sentence Values Vow

"I protect **[value]** in my life by **[behavior]**.

When it's hard, I will **[tiny response]**.

This matters because **[meaning]**."

Example: "I protect **Integrity** by telling the truth kindly. When it's hard, I'll ask for time to think. This matters because I want to trust my own word."

Soul → Align meaning

A brief prayer/meditation "*Align my feet with what matters.*" or a quiet intention centers why you're choosing this.

Tiny Challenge → One micro-decision by value

Skip "Do I feel like it?" Ask, "**What would honor [value] here?**" Then act for 2–10 minutes.

Turning values into decisions (quick prompts)

- **Courage:** "What is the kind, honest thing I'm avoiding?"
- **Integrity:** "What action matches what I said I'd do?"
- **Service:** "What's one small way to be useful right now?"
- **Learning:** "What is the 10-minute rep that grows me?"
- **Beauty:** "What tiny touch of order/care could I add here?"
- **Faith/Spirituality:** "What would trust look like in this next step?"

Micro-decision examples (today):

- Send the honest email (Integrity) instead of silence (avoidance).
- Read two pages or practice 10 minutes (Learning) instead of scrolling.
- Tidy one surface or step outside for 5 minutes (Beauty).
- Encourage one person (Service).
- Say the clear, kind "no" (Courage).

Common detours (and how to adjust)

- **"I don't know my values."** Use **today's** Peak & Pain, pick 3 words that keep showing up. Good enough for now.
- **"My values conflict."** Order them for this season (e.g., Integrity > Harmony when they clash). You can revise later.
- **"I chose by value and still felt bad."** That's normal. Early reps feel awkward; look for **afterglow** (quiet pride, less rumination) later in the day.
- **"I made it too big."** Shrink to a **2–10 minute** expression of the value.

Troubleshooting & options

- Put your 3–5 values on a sticky note where you decide (desk, fridge, phone case).
- Pre-write **If–Then** cues: “If I’m overwhelmed at 3 pm, then I take a 5-minute outside walk (Learning/Health).”
- Body won’t settle? Do 3 extra long exhales, then choose the smallest value-aligned step.

Why?

- Values-based action reduces avoidance and increases well-being and persistence.
- Repeated actions shape identity: you **become** what you practice.
- Choosing specifics (“one clear email”) beats abstract intentions (“be better”).

What success looks like (Small wins!)

- Decision time shortens; rumination drops.
- You feel a small lift in dignity after a choice, even if the mood was low.
- You can say **why** you chose something without defensiveness.

90-Second Compass Reset (anytime)

1. **Collarbone hold + 3 long exhales.**
2. **Name your top value for this moment.**
3. **Ask:** “What’s a 2–10 minute act that honors it?”
4. **Do it now.**
5. **Whisper:** “Small is sacred.”

Reflect (today)

- **Value used:** Which value guided your micro-decision?
- **Action:** What exact step did you take (2–10 min)?
- **Energy:** How did acting by value change your state?
- **Tweak:** What prompt will make tomorrow’s value-choice even easier?

Your mood is allowed to wander; your compass doesn’t have to. Choose one value, take one small action, and let self-respect (not mood) set the tone for the day.

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Day 8 Purpose as a Practice (Not a Lightning Bolt)

Aim: Treat purpose like a series of experiments that reveal what fits.

Lesson: Purpose Is a Practice, Not a Thunderbolt

Most people wait for a lightning-strike calling. In real life, **purpose emerges from small, repeated experiments** where energy, usefulness, and skill begin to overlap. Today we trade pressure (“find the one thing”) for **practice** (“run a tiny test, learn, repeat”).

What’s happening in your body & brain

- **Threat → perfection:** When you’re stressed, your brain demands certainty before action. That stalls discovery.
- **Experiment → learning:** Tiny tests reduce risk, generate feedback, and release a little dopamine when you learn. Which fuels the next step.
- **Interoception (felt sense):** Your body often knows fit before your mind does. “Open/warm vs. heavy” is real data.

Why each step matters

Stabilize → 1 minute of quiet

Breathe or pray: *“Use me for good in small ways today.”* You’re orienting toward service, not performance, pressure drops, clarity rises.

Head → Mini-Ikigai (fast version)

List four bullets:

- a) **Energizes me:** (e.g., writing, listening deeply, organizing chaos)
- b) **I’m decent at:** (e.g., teaching, design, facilitation)
- c) **Who benefits:** (e.g., overwhelmed new moms, small-town teens, burnt-out leaders)
- d) **One tiny experiment:** blend a + b for c (≤20 minutes)

Heart → Felt sense check

Ask: *Does this feel open/warm or heavy?* If heavy, **shrink** it or **swap** the audience/activity until you get a gentle “yes.”

Soul → Mission for today (one sentence)

“Today I serve by ____ for ____.”

Examples: “Today I serve by **writing one clear page** for **burnt-out creatives.**”

“Today I serve by **offering a 20-minute listening walk** for **a neighbor who’s struggling.**”

Tiny Challenge → Schedule the 20-minute experiment

Put it on the calendar within 48 hours. Completion > brilliance

The 20-Minute Experiment Menu (mix & match)

- **Writing/Teaching:** Draft one practical tip page; post one how-to thread; record a 2-minute voice note lesson.
- **Listening/Coaching:** Offer a single 20-minute clarity call with one question: “What would make tomorrow 1% easier?”
- **Design/Order:** Create a one-page checklist/template; organize someone’s digital folder for 20 minutes.
- **Community/Service:** Deliver a resource list to a local group; host a micro co-work (20 minutes on Zoom).
- **Spiritual/Care:** Lead a short grounding practice for a friend; write one prayer/poem for a specific person and send it.

After each experiment, collect 3 data points:

1. **Energy:** Did I feel more alive during/after?
2. **Usefulness:** Did someone benefit (even one person)?
3. **Sustainability:** Could I repeat this weekly for a month?

Common detours (and how to adjust)

- **“It doesn’t feel big enough.”** Perfect, keep it small so you can *finish* and learn. Big plans with no reps don’t teach you.
- **“Imposter voice is loud.”** Anchor to service: “This is not about being the best; it’s about being **useful for 20 minutes.**”
- **“I don’t know my audience.”** Borrow one: a friend, church member, local group, past client, or your own earlier self.
- **“Too many ideas.”** Pick the one with the **warmest body feel** and the **earliest calendar slot.**

Troubleshooting & options

- **If it still feels heavy:** Cut the scope in half again; change the format (audio instead of writing); or switch the audience, not the skill.
- **ADHD-friendly:** Time-box (20 on / 5 off), body-double with a friend, or set a one-tap phone widget that starts a 20-minute timer.
- **No takers today?** Run the experiment for **your past self** and publish/share it where one person can see it.

Why?

- Tiny actions create **prediction errors** (“oh, that worked”), which boosts learning and motivation.
- Behavioral activation (doing meaningful micro-tasks) reliably improves mood and momentum.
- Autonomy, competence, and relatedness (choosing, getting a little better, helping someone) are the nutrients of purpose.

What success looks like (Small wins!)

- You schedule and complete **one** 20-minute experiment.
- Your mission sentence feels **clean** and doable.
- You learn one concrete thing about **fit** (energy/usefulness/sustainability).
- You feel a quiet lift in dignity afterward.

90-Second Purpose Primer (anytime)

1. **Breathe/pray:** “Use me for good in small ways today.”
2. **Pick one audience** (even one person).
3. **Write the mission:** “Today I serve by ____ for ____.”
4. **Book 20 minutes** on your calendar in the next 48 hours.

Reflect (today)

- **Mission:** What was your one-sentence mission?
- **Experiment:** What exactly did you do for 20 minutes?
- **Learning:** What did you discover about **energy, skill, and service**?
- **Next:** What’s tomorrow’s **next tiny experiment**?

Calling grows through completed experiments, not perfect plans. Give the world one useful twenty-minute gift and let that lesson choose your next step.

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Day 9 Micro-Ambition: 7-Day Momentum Loop

Aim: Build confidence with doable wins.

Lesson: Confidence Comes From Kept Promises

Motivation doesn't show up first; evidence does. When you keep one tiny promise to yourself daily, your brain updates its story from "I can't" to "I do." Micro-ambition is how we stack doable wins, rebuild self-trust, and make progress even on low-energy days.

What's happening in your body & brain

- **Behavior** → belief. Self-trust grows when actions match intentions. Each kept promise is a "vote" for the identity you want.
- **Dopamine for progress**, not perfection. Short, finishable reps give small hits of "that worked," which fuels tomorrow's start.
- **All-or-nothing keeps you stuck**. A 10-minute floor beats a 60-minute fantasy that never starts.

Why each step matters

Stabilize → a calming breath

One minute of steady exhales lowers the threshold to begin. Starting calm makes sticking to 10 minutes easier.

Head → Design one 10-minute daily action

Criteria for a great micro-ambition:

- **Value-linked**: serves a chosen value (Courage, Service, Learning, Health, Beauty, Faith).
- **Observable**: you can clearly say "done."
- **Finishable in 10 minutes**: if not, it's too big.. shrink it.
- **Same time/place if possible**: fewer decisions = fewer derailments.

Track it in your Anchor Log for 7 days.

Heart → Savor self-respect

After each rep, pause for 10 seconds to feel "I did what I said." Savoring wires the win more deeply than rushing past it.

Soul → “Evidence builds trust.”

Write it, say it, underline it. Meaning turns repetition into devotion, not drudgery.

Tiny Challenge → Do it for 10 minutes today

Set a timer. Stop at 10 even if you want more, that’s how you make tomorrow easy to start.

The 7-Day Momentum Loop

1. Pick one value to serve this week.
2. Define the action: “At [time] in/at [place], I will [specific 10-min task].”
3. Run it: start timer → do only that → stop at 10.
4. Record it: check your Anchor Log; write one sentence about the win.
5. Tweak for tomorrow: same plan or shrink 10–20% if it felt heavy.

Rescue plan (If–Then):

- *If I miss my time, then I’ll do a 2-minute version before bed.*
- *If I forget, then I’ll do it immediately after brushing my teeth.*
- *If I’m traveling/sick, then I’ll do a pocket version (see below).*

10-Minute Ideas (by value)

- **Courage:** Draft a direct message; practice a boundary script out loud; make one scary-but-important call.
- **Integrity:** Clear one email thread you’ve avoided; reconcile one receipt; update your to-do list honestly.
- **Service:** Send one thoughtful encouragement; share one useful tip; prep one resource for someone specific.
- **Learning:** Read two pages and jot three bullets; practice a micro-skill; watch one focused tutorial segment.
- **Health:** Walk outside; mobility flow; prep a steady snack; 10-minute tidy of your sleep space.

- **Beauty/Order:** Clear one surface; fold one load; add one small aesthetic touch to your workspace.
- **Faith/Presence:** Breath/prayer journal; short sections/poem reflection; gratitude exam.

Common detours (and how to adjust)

- “I picked something too big.” Make it one slice: instead of “write chapter,” do “10 minutes outlining headers.”
- “I missed a day.” Don’t restart at zero.. never miss twice. Do the 2-minute rescue tonight; resume 10 tomorrow. It doesn’t need to be perfect it just needs to be done
- “Bored already.” Keep the value but rotate format (audio note instead of typing; stairs instead of walk).
- “I overdid it (30 minutes).” Great energy; still stop at 10 tomorrow. Protect the loop.

Troubleshooting & options

- **Reduce start friction:** open the doc, lay out shoes, pre-fill water, place guitar/book in reach.
- **Define the first move:** “Open file,” “press timer,” “put dishes in sink.”
- **ADHD-friendly:** body-double with a friend, use a visible countdown timer, or stack to an existing habit (after coffee = start).
- **Pocket versions (travel/sick):** 5 pushups + stretch; 2-minute voice note; one compassionate text; one paragraph; 10 mindful breaths.

Why?

- Implementation intentions (“When X, I will Y”) increase follow-through.
- Behavioral activation (small meaningful actions) lifts mood.
- Identity-based habits stick: each rep reinforces “I’m the kind of person who ____.”

What success looks like (Small wins!)

- You start faster and argue with yourself less.
- A quiet sense of dignity after each rep.
- You catch yourself saying, “I do my 10 minutes,” even on low days.
- By day 7, you have seven lines of evidence in your Anchor Log.

90-Second Start Protocol (anytime)

1. Exhale twice slowly.
2. Say the plan out loud: “At [time] in [place], 10 minutes of [task].”
3. Hit timer and do the first 20 seconds (open doc, shoes on, water poured).
4. Stop at 10, savor, log one sentence: “What did I complete?”

Reflect (today & day 7)

- **Today:** What micro-win did you log? What feeling followed?
- **Day 7:** What proof do you now have that you can trust yourself? What’s the next 7-day loop, same action, or a gentle upgrade?

Confidence isn’t a mood; it’s the memory of kept promises. Keep one tiny promise today. Then another tomorrow. That’s momentum.

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Day 10 Boundaries Without Guilt

Aim: Conserve energy so it can be invested in what matters.

Lesson: Boundaries Are How You Care, Not How You Push Away

Burnout often hides behind **leaky boundaries**.. saying yes when you mean no, rescuing by default, answering messages at all hours.

Boundaries aren't walls; they're **clear edges** that let love, service, and energy flow sustainably. Today you'll steady your body, speak simply, and protect what matters without apology.

What's happening in your body & brain

- **No-boundary stress cycle:** Chronic “yes” keeps your nervous system in threat (hypervigilance, resentment), draining focus and compassion.
- **Clarity calms:** Specific limits reduce decision fatigue and anxiety. Your system relaxes when it knows what you'll do and won't do.
- **Guilt ≠ wrong.** Guilt often signals a **new, healthier pattern**, not harm. Let it be background noise while you act with care.

Why each step matters

Stabilize → Box breathing (4–4–4–4) × 3

Even breath evens out the nervous system so your voice can be warm and firm.

Head → Simple script

“I care about you and I’m not available for that. I can do ____ or ____.”

Pairs care + limit + options. Clear keeps it kind.

Heart → Pre-decided no's (write 2)

Examples: “No work texts after 8pm.” “No extra roles this month.” “No unpaid rush jobs.”

Pre-decisions beat in-the-moment pressure and make your yeses truer.

Soul → Say the true thing kindly

Truth with warmth builds trust, both ways. It honors your values and the other person's dignity.

Tiny Challenge → Use one boundary today

Pick a low-stakes moment. Deliver it slowly, once. No over-explaining.

The Boundary Bank (use & adapt)

- **Work:** “I’m not available for same-day turnarounds. I can deliver by Wednesday or suggest someone else.”
- **Family/Friends:** “I love you and I won’t discuss this by text. We can talk tomorrow after 5.”
- **Church/Community:** “I’m cheering you on, and I’m at capacity this month. I can offer one hour next month or share a resource.”
- **Digital:** “I keep notifications off after 8pm. I’ll reply tomorrow.”
- **Money/Items:** “I don’t lend this. I can help by ____ instead.”

Limit • Request • Consequence (your action, not punishment):

“If phone use continues at dinner, I’ll put mine in another room.”

“If the tone stays heated, I’ll pause and revisit later.”

Common detours (and how to adjust)

- **Pushback:** “C’mon, it’s quick.” → “I hear it’s urgent, and I’m not available. I can do ____ or ____.” (Repeat once; don’t debate.)
- **Guilt spike:** Breathe; label it: “This is new.” Keep the boundary. Guilt fades; resentment doesn’t.
- **Over-explaining:** State it **once**. Extra words invite negotiation.
- **People-pleasing flare:** Put a hand on your chest: “It makes sense I want harmony. Boundaries create real harmony.”

Troubleshooting & options

- **If your voice shakes:** Read the script first, then send it via text/email if live feels too hard.
- **If someone is chronically disrespectful:** Shrink access (fewer channels, fewer hours).
- **Repair script (if you bent your boundary):** “I said yes earlier and realized I overcommitted. I’m stepping back. I can do ____ instead.”

Why?

- Predictable limits reduce cortisol and decision fatigue.
- Short, clear statements lower conflict compared to vague apologies or long explanations.
- Following through teaches others how to treat you—and teaches **you** that you can protect your energy.

What success looks like (tiny signs)

- Your shoulders drop after you say it.
- You need fewer words to get to a decision.
- Less rumination; more steady energy for what you value.

90-Second Boundary Protocol (anytime)

1. **Box breath** 4–4–4–4 ×3.
2. **Choose one pre-decided no.**
3. **Say the line:** “I care about you and I’m not available for that. I can do ____ or ____.”
4. **Stop talking.** Hold the silence kindly.
5. **Follow through** on your limit.

Reflect (today)

- **Boundary used:** What exact words did you say?
- **Body:** What changed after (breath, shoulders, jaw)?
- **Protection:** What did you protect by saying no (sleep, focus, integrity, relationship health)?
- **Next:** Which boundary will you practice again this week?

Boundaries don’t end connection, they **protect** it. One kind, clear no creates the space where your best yes can live.

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Day 11 Attention Hygiene

Aim: Reclaim your focus.

Lesson: Attention Is Your Life-Force Guard It

Where your attention goes, your day goes. In burnout, attention gets leaky.. constant pings, tabs, and tiny emergencies splinter your energy. Attention hygiene isn't about perfection; it's simple boundaries for your brain so you can finish meaningful things with less stress.

What's happening in your body & brain

- **Dopamine drip:** Feeds from novelty (scrolling, notifications) train your brain to seek micro-hits instead of deep satisfaction.
- **Context switching cost:** Every “just a sec” leaves attentional residue that makes returning to the task slower and harder.
- **Nervous system load:** Constant inputs keep you slightly amped; long exhales lower arousal so focus can stick.

Why each step matters

Stabilize → 1 minute of slow exhales

Long, even exhales tell your body it's safe to stay—prime the mind for one thing at a time.

Head → Input Audit (unfollow/mute 5)

Cut the top five drains (accounts, chats, news feeds). Fewer noisy inputs = fewer “urge spikes,” more stable focus.

Head → Focus Window (25 minutes) + Exit Ritual

- Phone in another room (or powered down in a bag).
- One task. One tab. Timer on.
- Exit Ritual (30–60s): Write two lines:
 1. *What I did:* ____
 2. *What I'll do next:* ____This seals the session and makes re-entry easy later.

Heart → Name guilt or relief

If guilt shows up (“I should be available”), name it. If relief shows up, savor it. Naming emotion reduces its grip.

Soul → One-sentence intention

“During this window, I give my full attention to ____ because ____.” Meaning turns discipline into devotion.

Tiny Challenge → One 25-minute window today

Start small. One real block beats five half-focused hours.

Building a Great Focus Window (quick checklist)

- **Define the first move:** open file, put on headphones, clear the top-left of your desk.
- **Visible timer:** 25 minutes (Pomodoro style).
- **Friction for distractions:** notifications off, messaging status set, door note (“focused till :25”).
- **Task scope:** a slice you can complete or hand off (“draft intro paragraph,” not “finish book”).

Common detours (and how to adjust)

- Pings pull you back. Put phone in another room; on desktop, install a site blocker for the top 3 temptations.
- Restless at minute 7. Normalize it. Stand, take one slow exhale, and return. Restlessness ≠ wrong task.
- Unexpected interruption. Use the Pause Card: write one sentence—“I was doing ____; next step = ____”—then handle the interruption. Return using that sentence.
- Guilt about not replying instantly. Pre-communicate office hours or “I reply after 3pm.” Most things can wait 25 minutes.

Troubleshooting & options

- **ADHD-friendly tweaks:** body-double (co-work with a friend), noise-cancelling or brown noise, chew gum or hold a fidget, smaller windows (15 min), visual checklist of steps.

- **Energy low?** Do a 60-second “state reset” (exhale + shoulder roll) or a 2-minute brisk walk, then start.
- **Monotony pain:** Keep the task but change mode (dictate instead of type, whiteboard instead of doc).

Why?

- Each switch can cost seconds to minutes of re-ramping; dozens per hour add up to fatigue.
- Writing a concrete next step at the end of a session reduces anxiety and speeds re-entry.
- Reducing inputs lowers baseline arousal, which improves working memory and accuracy.

What success looks like (Small wins!)

- You start the window faster and argue less with yourself.
- Fewer tabs open; one task moves from “stuck” to “done/advanced.”
- After the Exit Ritual, your mind lets go instead of looping.

90-Second Focus Reset (anytime)

1. Exhale slowly for 60 seconds.
2. State the target: “For 25 minutes: ____.”
3. Exile the phone to another room.
4. Start timer and do the first 20 seconds of the task (open doc, title it, type one line).
5. Exit Ritual at the bell: “Did ____ / Next ____.”

Reflect (today)

- **Input Audit:** Which 5 did you mute/unfollow? What effect did that have?
- **Window:** What did you complete or advance?
- **Emotion:** What guilt or relief did you notice?
- **Change:** What felt different after protecting your attention?

Your attention is a finite gift. When you guard it for even 25 minutes, your work deepens, your nervous system softens, and your day feels more like yours.

Anchor Log

Day/Date:	
Today's anchor (1–10 min):	<hr/> <hr/>
One boundary I kept:	<hr/> <hr/>
One courage rep:	<hr/> <hr/> <hr/>
State before → after (0–10):	<hr/> → <hr/>
Note to self:	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What's one thing that now feels possible after completing today's module?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Day 12 The 1% Edge: Safe, Stretchy Challenges

Aim: Rebuild confidence by stacking tiny, repeatable wins.

Lesson: Go to the Edge Not Over It

Big leaps look heroic but often backfire during burnout. Confidence returns through **safe, stretchy reps**, small edges you can repeat. A **1% edge** feels slightly challenging (awake, alert) without tipping into overwhelm. Stack enough of these and your baseline rises.

What's happening in your body & brain

- **Comfort / Edge / Overwhelm zones:**
 - *Green (comfort):* easy, little growth.
 - *Yellow (edge):* mild activation, best learning.
 - *Red (overwhelm):* alarm; growth stalls.
- **Progress signals safety.** Tiny wins tell your nervous system “we can handle this,” reducing avoidance next time.
- **Skill wires with repetition.** Short, frequent reps beat rare marathons.

Why each step matters

Stabilize → 90s movement snack

Gentle mobility or a quick walk increases blood flow, wakes attention, and makes a small challenge feel doable.

Head → Pick one area + define the 1%

Choose *health, work, relationships, or learning*. Define a **≤10-min** stretch you could run **daily for 7 days**. If it takes more than 10 minutes, **shrink it**.

Heart → Permission slip

“I can grow slowly. Tiny still counts.” Warmth reduces the pressure that triggers quitting.

Soul → Direction line + visualization

“I grow through gentle edges.” Close your eyes for **10 seconds**; picture tomorrow’s 1% start (where, when, first move). Imagery primes action.

Tiny Challenge → Commit to two 1% edges

Block time for **the next two days**. Completing two in a row builds momentum.

Designing a 1% Edge (simple formula)

Baseline → +1% tweak → ≤10 minutes → repeatable x7

- **Time tweak:** 8 min walk → 10 min brisk walk.
- **Quality tweak:** Write for 10 min → *no editing while drafting*.
- **Rep tweak:** 8 pushups → 8 pushups + 20s plank.
- **Connection tweak:** Text “thinking of you” → add one specific appreciation line.
- **Learning tweak:** Read 2 pages → read 2 pages + jot 3 bullets.

Edge Dials (adjust as needed):

- Duration (2–10 min) • Intensity (easy → moderate) • Social stakes (solo → share) • Novelty (familiar → small new twist)

Examples (by area)

- **Health:** 10-min mobility flow; prep one steady snack; 10 squats + 10 breaths every afternoon.
- **Work:** 10-min focused block on hardest task; send one clarity email; outline three bullet points.
- **Relationships:** Send one genuine appreciation; schedule a 15-min walk with a friend; one brave ask.
- **Learning/Faith:** Read two pages + 3 notes; 10-min practice (instrument/language); 10-min prayer/journal.

Common detours (and how to adjust)

- **“I picked a red-zone goal.”** Halve it. If it’s still heavy, halve again.
- **“I forgot.”** Stack it to a daily anchor: *after breakfast / before shower / after work*.
- **“I overdid it because I felt good.”** Celebrate—and **return to 10 minutes tomorrow** to protect repeatability.
- **“Bored already.”** Keep the goal; change the **mode** (walk different route, dictate instead of type).

Troubleshooting & options

- **If starting feels sticky:** 30-second hum or two long sighs, then begin.
- **If you miss a day:** Don't reset to zero. **Never miss twice.** Do a **2-minute** version today and resume 10 tomorrow.
- **ADHD-friendly:** visible timer, body-double/co-work, checklist with a literal box to tick.

Why?

- The **zone of proximal development** (just-beyond-easy) drives fastest learning.
- **Behavioral activation** (small meaningful actions) improves mood.
- Visualization of the **first move** increases follow-through.

What success looks like (tiny signs)

- You start faster; “I’ll do it later” shows up less.
- After the rep, you feel a quiet lift (not hype, just steady).
- Tomorrow’s 1% feels **easier** to begin.
- Your Anchor Log shows consistent checkmarks.

90-Second Edge Setup (anytime)

1. **Move 30–60s** (shake, roll, walk).
2. **State the plan:** “For 10 minutes, I’ll ____.”
3. **Dial to yellow:** shrink or soften until it feels like a gentle stretch.
4. **Start timer** and do the first 20 seconds.
5. **Finish at 10,** check the box, whisper: “Tiny still counts.”

Reflect (today)

- **Edge picked:** What was your 1%?
- **Zone check:** Green, Yellow, or Red. How did it feel?
- **Evidence:** What specific progress can you point to (even a line in your log)?
- **Tweak:** How will you adjust tomorrow’s dial (time, intensity, mode, stakes)?

Consistency beats intensity. Keep nudging your edge, gently and daily—the climb is small, but it adds up fast.

Anchor Log

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Today's anchor (1–10 min):	<hr/> <hr/>
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Note to self:	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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Day 13 Belonging & Brave Ask Map

Aim: Replace isolation with right-sized support.

Lesson: Belonging Is Built, Not Stumbled Into

Burnout isolates. The nervous system heals faster with **co-regulation** of steady people, simple rhythms, and small doses of help. Belonging isn't an accident; it's **mapped and asked for**. Today you'll chart your circles of support and make one brave, right-sized request.

What's happening in your body & brain

- **Co-regulation:** Calm nervous systems lend steadiness to ours (breath syncs, heart rate eases, perspective widens).
- **Social threat bias:** When depleted, the brain overestimates rejection and underestimates people's willingness to help.
- **Tiny asks, big effects:** Short, specific support reduces overwhelm and creates momentum you can feel.

Why each step matters

Stabilize → 3 grounding breaths

Long, even exhales soften social anxiety and help you ask without apologizing or bracing.

Head → Map your support (three circles)

- **Inner (trusted):** 1–5 people who know your truth.
- **Mid (friendly):** folks you like and interact with sometimes.
- **Outer (community):** church, groups, neighbors, online circles, professionals.

Write **one brave ask** beside each name (clear, 20 minutes or less).

Heart → Name the fear, thank the courage

"I'm afraid of burdening others and I thank my courage for asking anyway." Naming reduces shame and keeps you moving.

Soul → Willingness line

"I'm open to help and connection." Openness is an act of trust; it turns asking into shared dignity.

Tiny Challenge → Send one ask today

Script: **“Could we __ for 20 minutes this week? If not, no stress.”**

Short. Specific. Easy to say yes to.

The Brave Ask Menu (pick one per tier)

Inner (trusted)

- “Could you listen while I think out loud for 20 minutes?”
- “Can we walk and leave our phones at home?”
- “Would you check in on Friday to ask if I kept my 10-minute habit?”

Mid (friendly)

- “Want to co-work on Zoom for 25 minutes today?”
- “Could you read a paragraph and tell me what’s clear/not?”
- “Can we trade a recipe + prep together for 20 minutes?”

Outer (community)

- “Is there a small group I could visit this week?”
- “Could someone share a template/checklist for X?”
- “Is anyone free for a 20-minute coffee on Tuesday? I’m new and would love to connect.”

Professional (when needed)

- “Do you have a 15–20 minute consult to see if we’re a fit?”
- “Could you point me to one resource for beginners on ____?”

Consent, Clarity, Care

- **Consent:** Ask; don’t assume.
- **Clarity:** Specific time/length/outcome reduces friction.
- **Care:** “If not, no stress” keeps dignity on both sides. Follow with a gracious thank-you either way.

Common detours (and how to adjust)

- **“No one replied.”** Try a different tier or channel; send two more asks. No = data, not a verdict on you.
- **“They said no.”** Great clarity! Ask someone else, or shrink the request (10 minutes, different day).
- **“I feel guilty receiving.”** Offer a future swap: “I can return the favor next week, what would help you?”

Troubleshooting & options

- **Social battery low?** Choose text/email; keep it under three sentences.
- **Anxiety high?** Send to the mid/outer tier first; practice on low-stakes people.
- **ADHD-friendly:** Put your ask template in Notes; schedule sends; set a reminder to follow up or to thank them.

Why?

- Warm contact (even brief) lowers cortisol and loneliness.
- Feeling supported increases follow-through on goals, especially when the support is **specific** (time-boxed, concrete).
- Reciprocal helping boosts mood for both giver and receiver.

What success looks like (Small wins!)

- Shoulders drop; breath deepens after you send the ask.
- One practical thing becomes easier (clarity, energy, accountability).
- Your map has **names + asks**, not just ideas.

90-Second Connection Reset (anytime)

1. **Three slow exhales.**
2. **Pick one name** from your map.
3. **Fill the script:** “Could we [**walk/co-work/listen**] for **20 minutes** [**day/time**]? If not, no stress.”
4. **Send.**
5. **Thank them** (now or after) gratitude cements the bond.

Reflect (today)

- **Who surprised you with support?**
- **What changed** in your body after asking/receiving?
- **What will you ask for next** (and from whom)?
- **How can you reciprocate** in a way that feels sustainable?

Isolation grows in silence; belonging grows in small, brave asks. One 20-minute connection can shift your nervous system and your week.

Day 14 Integrate & Plan: Your Next 30 Days

Aim: Lock in momentum and design supportive structure.

Quick Self-Check

- ☐ 1) I feel exhausted after minor tasks.
- ☐ 2) I wake up dreading the day.
- ☐ 3) I feel numb or checked out.
- ☐ 4) I'm irritable or cynical.
- ☐ 5) I can't name what I feel.
- ☐ 6) My attention feels scattered.
- ☐ 7) I'm saying "yes" when I mean "no".
- ☐ 8) I don't know what I truly value.
- ☐ 9) I avoid small challenges that would help me.
- ☐ 10) I feel alone in what I'm facing.

Total: _____ / 10

Lesson: Integrate, Don't Accelerate

You've built calm, clarity, and momentum in tiny doses. Today isn't about doing more, it's about **locking in on what works** so the next 30 days feel steady and self-led.

Integration = **review** → **choose** → **commit** → **calendar** → **connect**.

What's happening in your body & brain

- **Consolidation:** Looking back at your Anchor Log + Self-Check helps your brain encode what worked so it's easier to repeat.
- **Selection reduces friction:** Choosing just **three** priorities quiets noise and protects energy.

- **Commitment devices:** Simple vows + scheduled blocks + one trusted person create follow-through without willpower spikes.

Why each step matters

Stabilize → 3 steady breaths + glance at your evidence

Breath settles arousal; reviewing your Anchor Log reminds your system, *“We can do this.”* You’re choosing from **proof**, not pressure.

Head → Compare Day 0 vs. Day 14 + pick your Top 3

Write one sentence per priority using this quick formula:

Verb + scope + cadence + why.

- “Walk 10 minutes **after lunch 5x/wk to steady my mood.**”
- “Two 25-minute focus windows **Mon/Thu to finish key tasks.**”
- “Practice boundary script **weekly to protect energy.**”

Heart → Gratitude note to yourself

Two sentences is enough: *“Thank you for showing up, even when it was messy. I’m proud of the tiny, honest steps.”* Gratitude shifts motivation from fear to care.

Soul → 30-day vow

“For 30 days, I’ll keep ___, ___, and ___.”

Examples: “morning light, one value-based micro-decision, one 10-minute focus rep.”

Tiny Challenge — Put structure on the calendar + share

- Schedule **two Focus Windows/week** and **one connection ritual** (walk, call, small group).
- Share your vow with **one trusted person** and invite a lightweight check-in.

The 30-Day Guardrails (keep it simple)

- **Floor, Plan, Pivot:** Floor = bare minimum you’ll keep (2 minutes). Plan = normal (10–25 minutes). Pivot = sick/travel version (1 minute).
- **Never miss twice:** If a day falls through, do the floor today; resume the plan tomorrow.
- **One-page dashboard:** Top 3 priorities + vow + weekly checkboxes (print or phone notes).

Common detours (and how to adjust)

- **“I want to add five more things.”** Keep three. Add a **“parking lot”** list for later—protect consistency.
- **“My schedule blew up.”** Drop to **floor** versions for 48 hours; keep the chain intact.
- **“I forgot my vow.”** Put it where the cue lives: mirror, kettle, car dash, phone lock screen.

Troubleshooting & options

- **If Focus Windows keep slipping:** Pre-block them same days/times; set “away” status; prep the first move (open doc) the night before.
- **If connection ritual stalls:** Make it tiny (20-minute walk, 10-minute call) and tie it to a fixed time (Sundays at 4).
- **ADHD-friendly:** Body-double a Focus Window weekly; use visual timers; keep priorities on a sticky note within line of sight.

Why?

- Reviewing wins strengthens memory and motivation.
- Implementation intentions (“When it’s Mon 9:30, I start a focus window”) boost follow-through.
- Social accountability increases persistence—especially when the ask is specific and time-bound.

What success looks like (Small wins!)

- You know your **Top 3** without checking notes.
- Your calendar shows two real Focus Windows this week.
- You feel a quiet lift after the gratitude note and vow.
- You asked one person to be your witness—and they said yes.

90-Second Integration Reset (anytime)

1. **Three steady breaths.**
2. **Scan the log** and circle one thing that worked.
3. **Write your vow:** “For 30 days, I’ll keep ____, ____, and ____.”
4. **Schedule** two Focus Windows + one connection ritual.
5. **Share** the vow with one trusted person (text works).

Reflect (today)

- **Support ask:** What will you ask for this week, and from whom?
- **Top 3:** Write your three one-sentence priorities.
- **Vow:** Copy your 30-day vow below and place it where you’ll see it daily.
- **First steps:** What are the very next actions for each priority (20 seconds each)?

Integration isn’t about speed, it’s about **stability**. Keep the pieces that brought you home to yourself, on purpose, for 30 days. That steadiness changes the slope of your life.

Anchor Log

Day/Date:	
Today's anchor (1–10 min):	<hr/> <hr/>
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Note to self:	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What's one thing that now feels possible after completing today's module?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Appendix A → Spiritual + Secular Practices (Choose What Fits)

- Breath prayer / centering phrase (spiritual) or neutral mantra (secular).
- Gratitude examen (review the day) or 3 wins journal (evidence log).
- Scripture/poetry lectio or values-aligned reading minute (two pages/day).

Appendix B → The 1% Edge Menu

- 30-second cold water face splash after shower.
- 5-minute walk outdoors upon waking (morning light supports mood).
- One “courage rep”: say the true thing kindly once/day.
- Learn one sentence of a new skill daily (language, craft, code, instrument).

Anchor Log

Day/Date:	
Today's anchor (1–10 min):	_____ _____
One boundary I kept:	_____ _____
One courage rep:	_____ _____ _____
State before → after (0–10):	_____ → _____
Note to self:	_____ _____ _____ _____ _____ _____ _____
What's one thing that now feels possible after completing today's module?	_____ _____ _____ _____ _____ _____

30-Day Integration Plan

- Keep one Stabilize practice, one Value action, and one 1% Edge.
- Schedule two Focus Windows per week.
- Book one connection ritual per week (walk, call, small group, church/community).
- Re-take the Self-Check on day 30 and compare.

A Final Word

If this helped you, share it with one person who needs hope. You're not behind, you're exactly where you are supposed to be.. This is a new beginning, and that's exciting. You get to decide where you go next and what separates this new beginning from those you've had in the past is that this time you're equipped with tools and a deeper understanding of who you are.

Now when you decide you can choose something that is in alignment with who you are, what you want and what you value instead of just making an empty decision based on what you think you should do..

I would love to hear if/how this guide has helped you on your journey so please reach out!

If you want to keep going down your personal development journey I offer transformational workshops and life coaching you can learn more on my website: **empoweredliving.blog**

Or reach out to: **jasminespink28@gmail.com**