

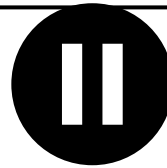
# Daily micro routine

## 3 step - 5 min tot



### Morning Routine: "Reset"

- 1 min: breathe using the 3-2-1 technique
- 2 min: write down 1 thought you want to let go of
- 2 min: visualize the day passing peacefully



### Break Routine: "SOS"

- 1 min: drink water and take 3 breaths
- 2 min: stretch your neck and shoulders
- 2 min: write down on paper "What do I need NOW?"



### Evening Routine: "Unwind"

- 1 min: close your eyes and give thanks for one thing
- 2 min: write down three thoughts about your day
- 2 min: audio guide or calm music