

## Daily Integrity & Regulation Routine

**Goal:** Stay aligned with your principles while maintaining nervous-system balance throughout the day.

**Total Time:** \_\_\_\_\_ minutes (\_\_\_\_\_x \_\_\_\_\_minute segments)


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### Morning (Set Intention \_\_\_\_\_ minutes)

**Focus:** Center yourself before the day begins.



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 Review your Top 3–5 Principles → Choose one as your anchor (e.g., “Today I will live with patience”) \_\_\_\_\_



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*Reflection Prompt:* “How do I want to live my values today?”

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### Before Lunch (Reset & Realign — 5 minutes)

**Focus:** Pause and regulate mid-day tension.



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*Principle Repair:* “Respect was crossed; I can respond with boundaries, not blame.”

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### Before Dinner (Release & Repair — 5 minutes)

**Focus:** Transition from work mode to relational mode.



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Practice communication skill \_\_\_\_\_



\_\_\_\_\_



*Reflection Prompt:* “Where can I return to self-respect tonight?”

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**Evening (Reflect & Ground — 5 minutes)**

**Focus:** Close the day in alignment and calm.



Journal: \_\_\_\_\_



\_\_\_\_\_



Gratitude list: \_\_\_\_\_



Self-validation: \_\_\_\_\_



Optional: Weighted blanket, tea, or slow rocking for calm.