

Daily Integrity & Regulation Routine

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

Total Time: _____ minutes (_____x _____ minute segments)

Morning (Set Intention _____ minutes)

Focus: Center yourself before the day begins.



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





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



Before Lunch (Reset & Realign — 5 minutes)

Focus: Pause and regulate mid-day tension.









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



Before Dinner (Release & Repair — 5 minutes)

Focus: Transition from work mode to relational mode.





Practice communication skill _____





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



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.