

Daily Integrity & Regulation Routine

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

Total Time: ~20 minutes (4×5-minute segments)

Morning (Set Intention — 5 minutes)

Focus: Center yourself before the day begins.

 Deep grounding breaths or HeartMath+ Coherence (focus on gratitude/love)

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

 Light stretch, workout, or cold plunge

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

Before Lunch (Reset & Realign — 5 minutes)

Focus: Pause and regulate mid-day tension.

 EFT Tapping: “Even though I feel pressure, I choose calm and honesty.”

 Bilateral tapping (alternate shoulder or thigh taps) with your anchor word

 Quick movement: walk, stretch, wall push-ups

 *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.

 RAIN Practice — Recognize, Allow, Investigate, Nurture

 Repair with Integrity: “I wasn’t my best self earlier; I can choose kindness next time.”

 Heart Coherence or humming breathwork

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

Evening (Reflect & Ground — 5 minutes)

Focus: Close the day in alignment and calm.

 Journal: “How did I live my values today?”

 Gentle bilateral tapping or Progressive Muscle Relaxation

- ✿ Gratitude list (3 things that matched your principles)
- ❤️ Self-validation: “I stayed true to what I stand for.”
- 🍵 Optional: Weighted blanket, tea, or slow rocking for calm.