

30-Day Nervous System Commitment

I, _____, commit to supporting my nervous system for the next 30 days.

I understand that true change does not come from quick fixes, but from small, consistent shifts that help my body feel safe again. Over the next 30 days, I will choose one simple, realistic practice that supports my calm, my energy, and my overall well-being.

This is not about perfection. It is about showing up, gently and consistently.

I commit to the following daily practice:

I will allow this practice to become part of my routine, knowing that each time I follow through, I am helping retrain my nervous system toward balance.

If I miss a day, I will not start over or give up. I will simply return to my practice the next day.

I am choosing to support my body, not push it.

I am choosing consistency over intensity.

I am choosing to feel better—one small step at a time.

Signature: _____

Date: _____