

Presence as a Skill

60-Second Daily Practice

Pause. Take one slow breath in. And a longer breath out.

Notice the body. Where do you feel tension, urgency, or pull right now? (No fixing. Just noticing.)

Name the moment. Silently say: *"Something is activating."*

This is not a problem. It's information.

Regulate. Lengthen your exhale. Soften your jaw. Feel your feet or the surface beneath you.

Choose. Ask yourself: *"What would an aligned choice look like right now?"*

Let the answer be simple.

Anchor. Say quietly: *"I can stay with myself and choose with integrity."*

Close. One breath. Proceed from presence.

Optional one-line journal (if writing): Today I returned to presence when I

Other Notes: