

Your everyday regulation rhythm

The C³ *Loop*.

Centre, Clarify, Choose — then repeat. A simple, repeatable rhythm for moving from stuck to steady.

Centre › Clarify › Choose › Repeat



The C³ Loop™

Human first. Then performance.

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Centre. Clarify. *Choose. Repeat.*

Return to this loop any time you feel scattered, overwhelmed or stuck. It is designed to run on external structure, not willpower.

01 CENTRE

Settle the nervous system first — movement, water, a slow breath, grounding. A calm body thinks more clearly. Regulation comes before cognition.

02 CLARIFY

Name what matters right now, and what can wait. Put it outside your head — a written list, a visible timer, one item at a time.

03 CHOOSE

Pick one next step small enough to actually happen — the first five minutes, not the whole project. Activation through momentum.

04 REPEAT

Come back to the loop. Build in reminders — timers, check-ins, body doubling. Regulation is a repeated practice, not a one-time event.

When to use it

At the start of a hard task, in the middle of overwhelm, or whenever you notice the “wall.” The loop is the same every time; only the step sizes change.

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