



Centre

Steady the system. Regulation before reasoning.

1 · What is my body telling me right now?

Breath, jaw, shoulders, stomach, pace. Name it without judging it.

2 · How activated am I, honestly?

Tick the band that fits this moment.

Steady

Stirred

Driven

3 · One thing that settles my system, that I can do in the next five minutes:

A long exhale, a walk to the window, water, ground both feet. Small counts.

4 · What tells me I'm steady enough to think again?



Clarify

See it as it is. Fact from story, signal from noise.

1 · What is actually happening? (Just the facts.)

What a camera would record — no interpretation yet.

2 · What is the story I'm adding?

Predictions, mind-reading, worst cases — name the narrative.

3 · What is within my control here?

...and what is not?

4 · Today's problem only — what actually needs my attention before anything else?



Choose

Act deliberately. Chosen, not driven.

1 · One deliberate move. Not the whole solution — the next step within range:

2 · How do I want to operate here — whatever the outcome?

The value or standard you want this move to reflect.

3 · When will I take it?

Did I? (Return and tick.)

4 · Then return to Centre — what did the loop teach me this time?

The loop repeats. Each pass makes the next one easier.