

Coherence Commitment (Micro-Commitment)

Purpose: Establish the tone: consistency over intensity.

Choose one:

- I will practice for **2 minutes per day**
- I will practice **between meetings**
- I will practice **before difficult conversations**
- I will practice at a consistent time: _____

My commitment is:

“I will practice coherence consistently rather than intensely — and I will return without judgement.”

Signature: _____

Date: _____