

# *My Baseline Coherence Rhythm*

**Purpose:** Anchor the practice into daily leadership life.

**The most realistic time(s) for baseline coherence are:**

- morning
- before work
- between meetings
- end of day
- other: \_\_\_\_\_

**My minimum commitment is:**

- 1 minute
- 2 minutes
- 5 minutes

(Anything above this is optional.)

**My reminder cue will be:**

(e.g. opening my laptop, first coffee, calendar alert)

**My sentence of orientation:**

“I practise coherence when it’s easy, so it’s available when it’s not.”