

My Leadership Regulation Rhythm

Purpose: Help leaders integrate regulation into daily life without overload.

1) Two moments in my day where regulation would help most are:

(e.g. start of day, between meetings, end of day)

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2) In those moments, I will use:

- baseline coherence (Module 1)
- quick coherence reset (Module 2)

3) My early signal that reminds me to regulate is:

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4) The smallest version of this rhythm I can sustain is:
(e.g. one breath, one pause, one reset)

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5) My sentence of orientation is:

“Regulation is how I protect my leadership capacity.”

*Leadership isn't supported by effort alone.
It's supported by rhythm.*