

SELF-REGULATION PRACTICE

Open your capacity to connect

The Self-Regulation Practice provides you with a way to prime yourself for connection. It helps you to build self-awareness and prepare for conscious conversations that enable you to match your **intentions** with the **impact** you aspire to create in the world.

Incorporating this Self-Regulation Practice into your day will provide you with a foundation to help you build neural pathways to quickly and effortlessly connect with self and others.



Step 1. PAUSE

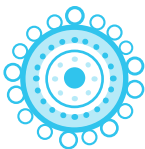
PAUSE to prime yourself before initiating a conversation. Creating a mindful state that brings you into the present moment. Breathe SPACE into the moment, so you can be calm, gain a wider perspective and open your ability to be influenced.



Step 2. FOCUS

FOCUS from a place of curiosity and reflect on these questions: -

- Q1. How am I? (My head, heart, gut, hips)
- Q2. What is my inner juice like? (Neurochemicals)
- Q3. How do I want to BE? (Aspire & Intentional)



Step 3. CALIBRATE

CALIBRATE and synchronize yourself with an optimal state of coherence so that your heart, mind and emotions are aligned. Focus your attention on the heart area. Imagine your breath is slowly flowing in and out of your heart or chest, breathing a little slower and deeper.

Make a sincere attempt to experience a regenerative feeling, such as appreciation or gratitude for someone or something in your life.

Up-regulate yourself into an optimal state, aligning your heart, mind and emotions, so you are in a place of TRUST and ready to connect!

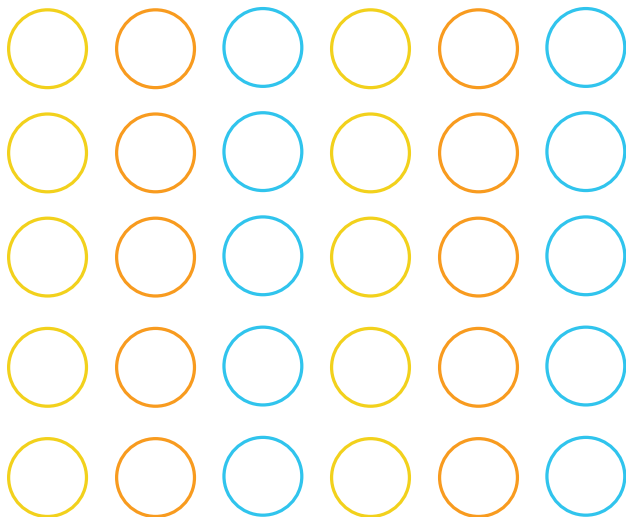
“Like a pebble dropped in a pond, our intentions sets off an energetic vibration that radiates outwards from our heart centers and shifts everything in our path.”

Dr Debra Reble

30 DAYS OF *Self-Regulation*

Use the Self-Regulation tracker to become more mindful of your behaviours and encourage consistency and self-accountability.

30 DAY TRACKER



NOTES + FEELINGS

BONUS INFO

