

The First Thirty Seconds

Pick one move you can make in the first seconds, before thinking comes back.

WHEN TO USE THIS

Use this to practice on calm days, so it is there on the loud ones.

The first thirty seconds decide a lot. One move, made before you think about it, buys you the rest.

What is your one move? Pick something you could do anywhere.

Stand up, feet flat, one long breath out, hands under cold water.

Practice it three times today while you are calm. When did you do it?

What made it hard to remember in the moment?

You are building a habit, not a rescue. Repeats are the point.