



Day 2 - The Energy Reset

“You don’t need more hours in the day. You need aligned energy inside your day.”

1. Energy Awareness

At what time today did you feel naturally clear, alert, or focused?

2. Flow Window Identification

What were you doing just before or during this moment of clarity?

3. Flow Window Protection

If you protected this energy daily, what type of work belongs here?

4. Breathing & Regulation

After practicing slow breathing, what changed , physically or mentally?

5. Quick Actions

- I noticed my natural energy peak
- I protected that window from distractions
- I practiced the 2-minute oxygen reset

Calm is not the absence of work. Calm is the presence of regulation.