



First Step



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Break a big worry or project into smaller steps. Start with the first step, then move through your list one step at a time toward your goal.

WHY TO TRY:

Big projects, tasks, or worrisome problems can be overwhelming if you try to tackle them all at once. Breaking things down into smaller, more manageable steps can help you get started, make progress toward a goal, and regulate your Zone.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

