

Core reflection

When you feel the "hustle" taking over, take 60 seconds to ground yourself. By using tools to listen to your body, regulate your stress response, and honor your deepest truths—even when life is relentless, you rebuild radical self-trust and inner clarity. Balance and wholeness don't come from rearranging your external world, but repairing from within.

1. Identify Red Flags!

Where are you betraying yourself?

Check if any of these apply to you in this moment.

- **The "Polite Yes":** I am saying "Yes" to a request while my gut is screaming "No."
- **The Body Ignore:** I am thirsty, tired, or need to move, but I'm pushing through to finish "just one more thing."
- **The Performance Mask:** I am acting fine/composed while feeling overwhelmed or resentful inside.
- **The Future Leap:** My mind is three hours (or three weeks) ahead, and I have completely left the present moment.
- **The Integrity Pause:** You are not speaking your truth, not sharing your feeling, not being yourself, pretending to be someone you are not - basically not being authentically you.

2. The Shift

Move from Doing to Being

Stop. Breathe. Answer these three reframing questions:

- **What is the "Minimum Viable Action"?** If I removed the pressure to be perfect, right or in control what is the one essential thing that actually needs my energy right now?
- **Where is my breath?** Take 3 deep breaths into your belly. Feel your feet on the floor. Pause and get grounded, really notice the room/place you are in.
- **What does my "Inner Peace" need?** Does it need 5 minutes of silence, a glass of water, ask to simply to be acknowledged, share my thoughts sincerely, do a hard thing,

3. Align

How can you honour yourself?

Write down one "Micro-Commitment" for the next hour and commit to it.

To honor myself right now, I will...

(Examples: turn notifications off for 30 minutes/ speak my truth with compassion / take a 5-minute walk/ say no/ stretch/ talk to someone who can help)

Are there other resources you would like from me? Let me know what you would like to see on my resources page!
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