

SHIFT STATE • REG-005 • 1/2

[Make notes • Make it yours > >]

Notice the state.

Shift the state.

Breath. Posture. Movement.

Pace. Input. Attention.

Do not stay parked | inside the same loop.

Initiate:

- full exhale then lengthen breaths
- pinch shoulders back & release
- alternate foot squeeze / release
- loosen jaw | throat
- stand up and reset posture

other options ^^

Additional shift options:

- switch the soundtrack
- fresh air
- reduce one input
- slower first response
- widen visual range
- look farther out
- reset the pace 5–10%

Small shifts redirect larger patterns.

You are not stuck. Shift something. ↻

Your Notes? ^^^^