

QUICK REFERENCE CARD



TRIGGER-PROOF YOUR DAY

Here's your quick reference to spot early warning signs, use a real-time pause-point, and turn rough days into usable data instead of shame.

PAUSE

- Pause your mouth
- Acknowledge the body
- Unload one notch
- See what is real
- Execute one clean next move

AFTER-ACTION REVIEW

- What happened?
- What was happening in my body before it happened?
- What was loading me up earlier in the day / week?
- What helped, even a little?
- What do I do ten minutes earlier next time?

ANSWER THESE:

My first warning sign is:

My common trigger stack is:

My pause-point tool is:



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