

Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY
HABITS TO MOVE FROM SURVIVAL
MODE TO CALM, GROUNDED LIVING



75% of the way Reflections

Take a moment to pause. Bring forward your journal if you have one - if not, use a pen + paper

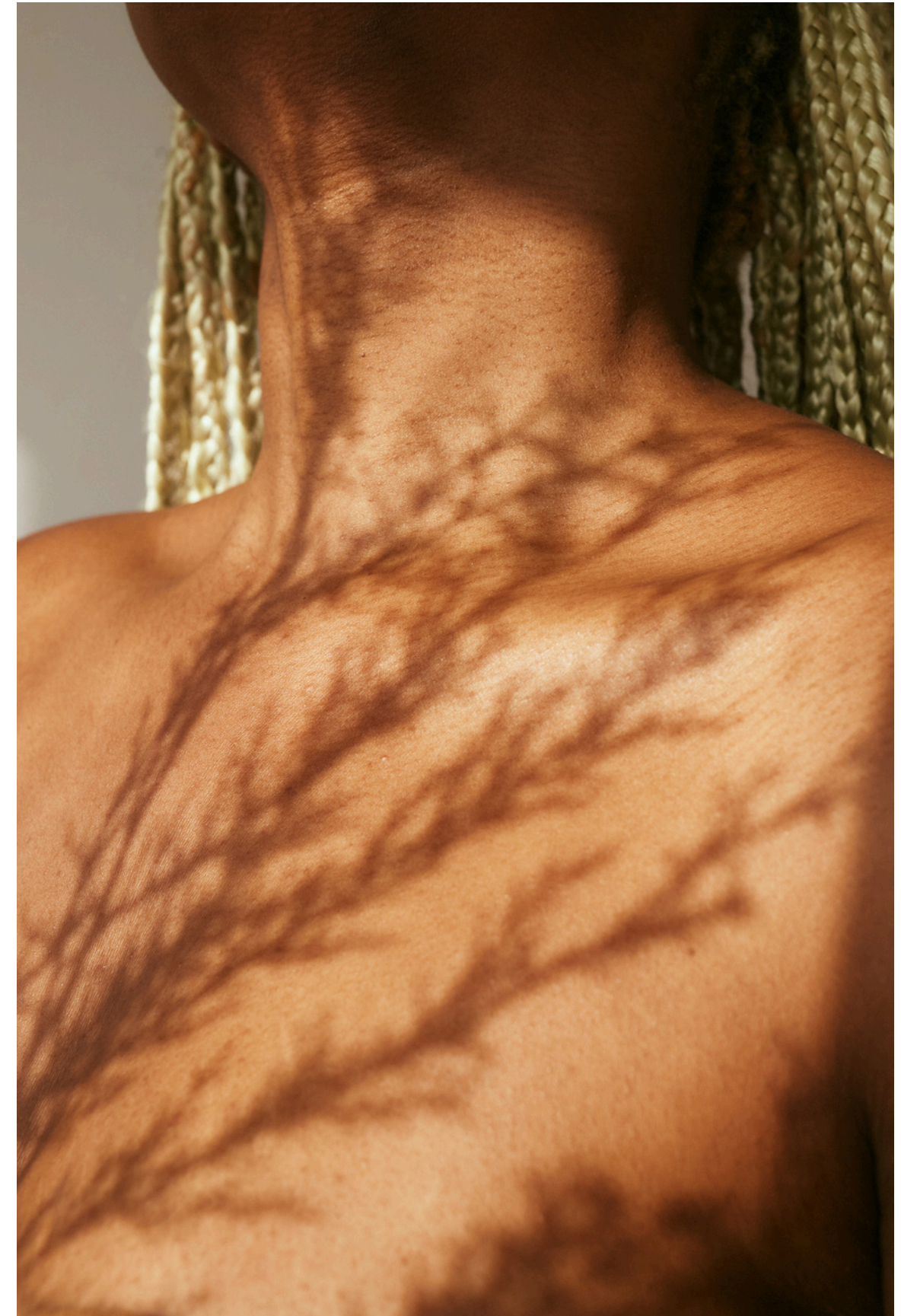
You've made it this far — and that matters.

Reaching this point means you didn't just consume information — you stayed with the process.

You practiced, reflected, experimented, and listened to your body in new ways. That alone is a powerful shift.

This reflection is not about doing more.

It's about noticing what has already changed.



Reflection 1: What Has Shifted?

Take a few minutes to reflect honestly.

- What have you learned about your nervous system that you didn't know before?
- What surprised you the most during this journey?
- Have you noticed changes in how you respond to stress?
- Are there moments where you pause instead of reacting?

Even subtle shifts count.

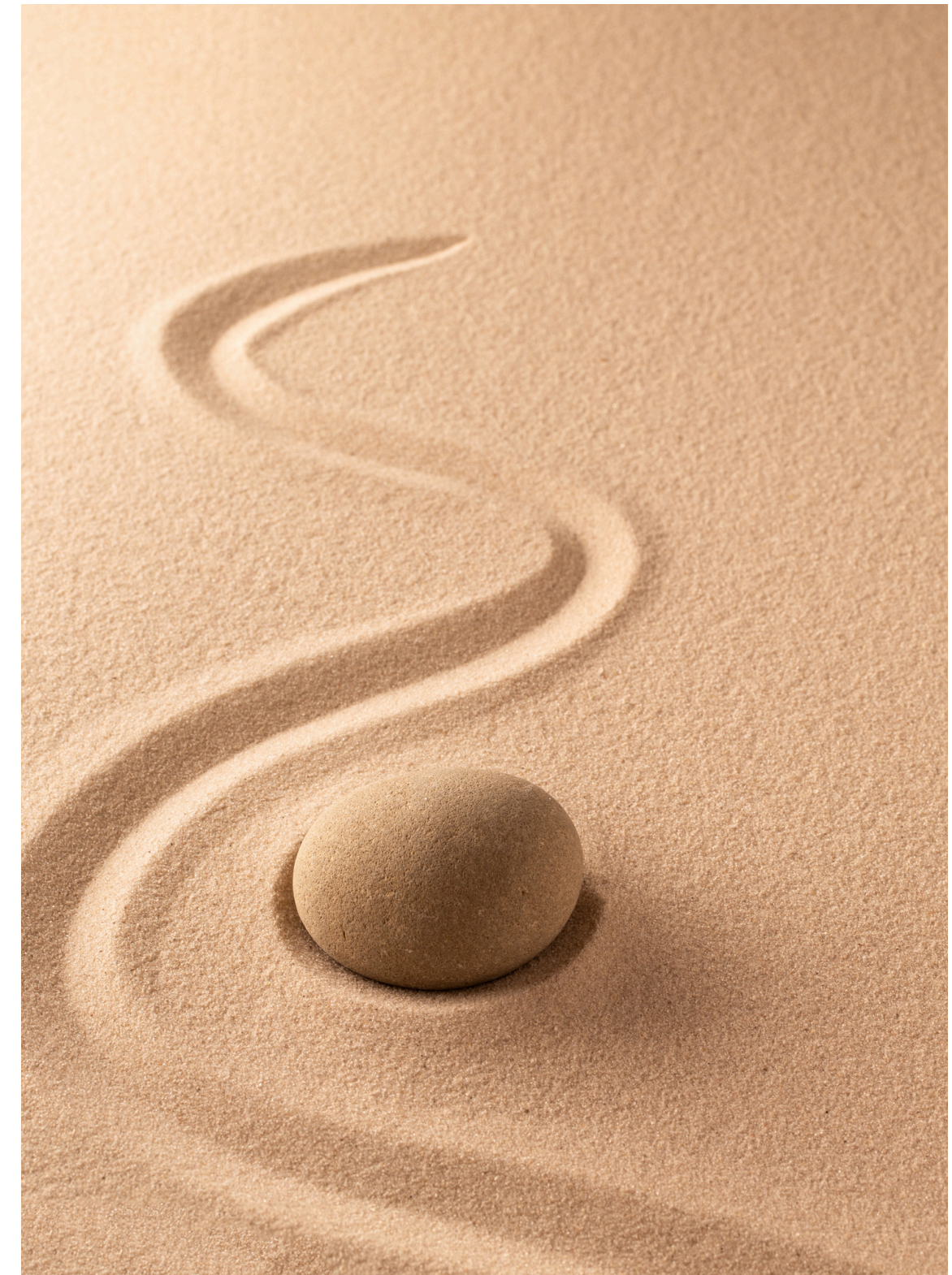


Reflection 2: Practices That Matter Most

You've been introduced to many tools. Not all of them are meant to stay.

- Which practices feel most supportive for your body?
- Which ones feel natural or enjoyable?
- Which ones feel regulating even on harder days?

These are clues to what your nervous system truly needs.



Reflection 3: Daily Life Integration

Notice how this work has started to show up in your real life.

- Are you more aware of your energy?
- Are you noticing earlier signs of stress?
- Have you made changes to sleep, movement, food, or boundaries?
- Are you choosing rest or regulation sooner than before?

This is nervous system intelligence developing.

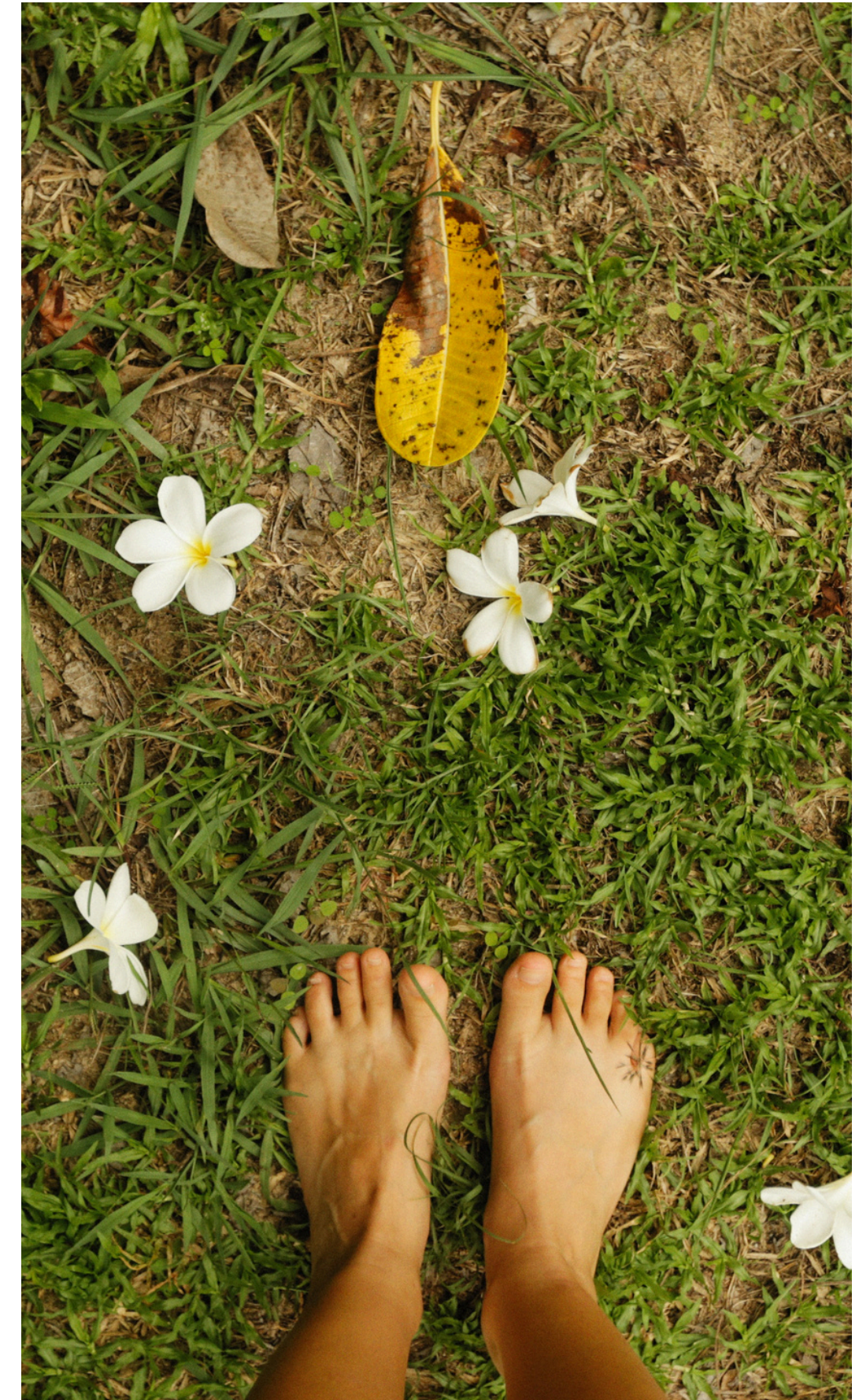


Reflection 4: Habits & Identity

This work isn't just about tools — it's about who you are becoming.

- How has your relationship to rest changed?
- What beliefs are starting to soften?
- How do you speak to yourself now when you feel overwhelmed?
- What kind of person are you practicing being?

Identity change is one of the deepest transformations.



Reflection 5: What Still Feels Challenging?

Be gentle and honest.

- Where do you still feel resistance?
- What feels hard to sustain?
- What patterns are still present?

This is not failure — it's information we can work with in the final modules.



Looking Ahead

As you move into the final part of the course, the focus shifts toward integration, refinement, and sustainability.

We're not adding more (unless you want to) — we're strengthening what already works.

Your nervous system doesn't need perfection. It needs consistency, safety, and compassion.

You are closer than you think.

