

# THE 30-MIN MICRO PLAN

Try steps 3-5 to build the habit. Run through 1-5 when the gut drop moment hits.

**START**



1

**0-2 MIN**

# RESET THE BODY

Breathe in for 4, out for  
6, and repeat. Name  
the feeling:

*"This is pressure, not  
danger"*



2

**2-5 MIN**

# **NAME THE INTENT**

One line:

*What matters now is...*



3

**5-15 MIN**

# FIRST THREE OPTIONS

Look at the info in front of you. Write **three options you have**, and for each one, **three decisions you can make today**.



4

# 15–25 MIN TRADE OFFS

List the costs of each move. Circle the acceptable cost, then choose to act.



5

**25–30 MIN**

# **REFLECT & RECORD**

Let the choice sit. Act.  
Record one bit of  
learning.

