

WORKSHEET – GRAY'S 3™

Daily Regulation Anchor

Purpose: Build consistency, not perfection

Right now, I notice:

- **My body:** Activated Settled Fatigued Neutral
- **My breath:** Shallow Steady Deep

One regulating action I can take today:

- Slow breathing
- Grounding
- Movement
- Connection
- Rest

Write one sentence:

“If I support regulation today, I am supporting
_____.”