

# 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  
\_\_\_\_\_.”**