The 90-Second State Reset Cheat Sheet

Phase 0 (Regulate) field guide: nervous system regulation before high-stakes execution.

01 Why Strategy Built on Chaos Collapses

* Effortless execution requires 4 sequential conditions: Regulated Nervous System -> Removed Drag -> Values Alignment -> Protected Attention.
* When your nervous system is redlined or scattered, more willpower only accelerates burnout.

02 The 90-Second Physiological Reset (In-the-Moment)

[ ] 3x Physiological Sighs - double inhale through the nose (full lungs + top-off), long slow exhale through the mouth.

[ ] Panoramic Vision Shift - soften gaze to the periphery for 30 seconds to down-regulate amygdala threat drive.

[ ] Single-Surface Clear - close every browser tab and window except the one file needed for the next 25 minutes.

03 Ultradian 90-Minute Focus Block Protocol

[ ] 90 minutes hard focus on your #1 Frog -> 20 minutes true recovery (walk, hydration, zero screens).

[ ] Stop the block while you still have 15% energy in reserve so tomorrow’s momentum is guaranteed.

04 Self-Compassion Re-Entry Protocol (After a Missed Day)

* Never compound a missed block with shame or a 14-hour ’catch-up’ sprint.

[ ] Name the drift neutrally -> Reset to the smallest visible micro-proof within 15 minutes -> Log the completion at 9pm.