

The 60-Second Heart Coherence Reset

A simple practice to help you shift from force into alignment before your next conversation, decision, meeting, or creative project.

Your body is always listening.

Research from the HeartMath Institute suggests that when we intentionally focus our attention on the heart while experiencing elevated emotions like gratitude, appreciation, compassion, kindness, or love, our physiology begins to shift.

Stress decreases.

Creativity increases.

Your nervous system becomes more regulated.

Your body moves toward coherence.

Nothing outside of you has changed.

But **you** have.

And that's where sustainable success begins.

Before you Begin

Find a comfortable position.

Relax your shoulders.

Allow your jaw to soften.

If you'd like, gently close your eyes.

The Practice

1. Breathe

Take three slow, intentional breaths.

Inhale deeply through your nose.

Exhale slowly through your mouth.

Allow each exhale to become just a little longer than the inhale.

2. Bring Your Attention to Your Heart

Imagine your breath moving in and out through the center of your heart.

Simply rest your awareness there.

No forcing.

No striving.

Just noticing.

3. Experience an Elevated Emotion

Choose one.

- Gratitude
- Appreciation
- Love
- Compassion
- Kindness
- Joy
- Peace

Recall a memory, person, place, or experience that naturally evokes that feeling.

Don't just think about it.

Allow yourself to genuinely feel it.

4. Then Begin

Now return to your meeting.

Your inbox.

That difficult conversation.

Your creative work.

Or whatever comes next.

Notice how different it feels to begin from coherence instead of force.

A Gentle Reminder

You don't always need a better strategy.

Sometimes you simply need a better state.

Choose your state first.

Then choose your strategy.

Sustainable Success Reflection

Before I move into action today, what elevated emotion would I like to carry with me?

