

THE FIVE NON-NEGOTIABLES

Sourced from *Self-Care, Ch. 8*

FIVE NON-NEGOTIABLES · DAILY FLOOR

Self-Care Chapter 8

01 · CYCLIC SIGHING — 5 MIN

Inhale, top-off, long exhale. Five minutes a day.

Outperformed mindfulness in the 2023 Stanford RCT.

02 · SLEEP TIMING — ±30 MIN

Same bed and wake time. Including weekends.

Single biggest sleep-quality lever.

03 · HALT CHECK — 30 SECONDS

Hungry? Angry? Lonely? Tired? Address the physical first.

Most distress is a body signal mislabeled.

04 · ONE IMPLEMENTATION INTENTION

If [real trigger], then I will [specific behavior].

d = 0.65 effect size. Doubles follow-through.

05 · ONE HONEST CONVERSATION / WEEK

Trusted person. How you actually are.

Emotional + social rest + co-regulation in one practice.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/five-non-negotiables

For the mechanism, the protocol, and citations.