

# Nervous System Regulation, The Holy Grail to Recovery, Leadership & Legacy

Nervous System Continuum Illustrating  
dysregulation to co-regulation

Nervous System Expressed  
In Your Day-to-Day Life



Recovery	Leadership	Legacy
<p><b>Day-to-Day Looks Like:</b></p> <ol style="list-style-type: none"> <li>1. Completely disconnected from the body.</li> <li>2. Oversharing personal or professional concerns in search of validation.</li> <li>3. Overreacting to minor issues due to heightened emotional sensitivity.</li> <li>4. Overcommitting to projects, tasks, or relationships to prove worth.</li> <li>5. Overworking as a distraction or coping mechanism.</li> <li>6. Overthinking every decision, leading to analysis paralysis.</li> <li>7. Hyper-defensiveness in response to feedback or perceived criticism.</li> <li>8. Intense and reactive behavior, often driven by emotional overwhelm.</li> <li>9. Constant firefighting mode, feeling like crises never end.</li> <li>10. Frequently changing directions, unable to settle on a clear course.</li> <li>11. Treating everything as urgent, struggling to prioritize effectively.</li> <li>12. Micromanaging due to lack of trust in others' capabilities.</li> <li>13. Operating at an unsustainable, breakneck pace.</li> <li>14. Spinning in circles, feeling stuck despite constant effort.</li> </ol>	<p><b>Day-to-Day Looks Like:</b></p> <ol style="list-style-type: none"> <li>1. Recognizes and listens to their body's prompts, responding with self-care.</li> <li>2. Makes inspired, confident decisions with ease.</li> <li>3. Delegates with trust and clarity, empowering others to succeed.</li> <li>4. Demonstrates long-term commitment and consistent follow-through.</li> <li>5. Remains emotionally regulated, even in chaotic or high-stress situations.</li> <li>6. Maintains a constant big-picture perspective, regularly validating progress toward goals.</li> <li>7. Balances accountability, owning responsibilities while fostering team collaboration.</li> <li>8. Embodies tangible empathy that builds trust and connection.</li> <li>9. Models consistency and reliability, building trust and stability within the team.</li> <li>10. Actively seeks constructive feedback, viewing it as an essential tool for personal and professional growth.</li> <li>11. Communicates with clarity and precision, ensuring alignment and minimising misunderstandings in teams and organisations.</li> </ol>	<p><b>Day-to-Day Looks Like:</b></p> <ol style="list-style-type: none"> <li>1. Life is lived with and through a holistic mind-body-soul perspective.</li> <li>2. Exhibits calm, steady, and poised leadership in all situations.</li> <li>3. Demonstrates relational intelligence, building deep, meaningful connections.</li> <li>4. Empowers others to achieve measurable results while fostering independence.</li> <li>5. Values guidance from mentors and pays it forward by mentoring others.</li> <li>6. Follows a strong moral compass, ensuring actions align with integrity.</li> <li>7. Relies on foresight to guide long-term planning and decision-making.</li> <li>8. Leads with humility, balancing confidence with openness to create space for others to contribute and shine.</li> <li>9. Cultivates environments where individuals feel safe to express ideas, take risks, and grow without fear of failure.</li> <li>10. Focuses on collective impact, prioritising actions that leave a lasting, positive influence on teams, organisations, and communities.</li> </ol>

