



DAY FOUR FIELD GUIDE

RIDE THE BASELINE

GUIDING QUESTION

How do I return to my baseline?

TODAY'S INTENTION

Today, I will practice returning to my baseline instead of allowing my emotions to carry me away.

BEFORE YOU BEGIN

Over the last three days, you've become more aware of your reactions, discovered the space before responding, and realized that your response is your choice.

Today, you'll practice returning to your baseline. Your baseline is not a place where you never feel emotions. It is the place where you can experience them without letting them control your actions.

Returning to your baseline doesn't mean pretending difficult things don't matter. It means finding your way back to yourself.

MORNING REFLECTION

1. What helps me feel grounded when life feels overwhelming?

2. When I lose my baseline, what usually happens?

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|--|---|
| ☐ My thoughts begin racing | ☐ I become overwhelmed |
| ☐ I become impatient | ☐ I withdraw from others |
| ☐ I become emotionally reactive | ☐ I lose focus |
| ☐ I struggle to think clearly | ☐ Other: _____ |

3. What helps me return to myself?

- | | |
|--|---|
| ☐ Taking a walk | ☐ Deep breathing |
| ☐ Prayer or meditation | ☐ Talking with someone I trust |
| ☐ Writing or journaling | ☐ Spending time outside |
| ☐ Sitting quietly | ☐ Other: _____ |

THE PAUSE CHALLENGE

TODAY'S MISSION

Today, notice the moments when life pulls you away from your baseline. Instead of trying to eliminate the emotion, ask yourself:

"What will help me return to myself?"

Your goal isn't to avoid life's waves. It is to ride them without losing yourself.

BASELINE LOG

MOMENT 1

What pulled me away from my baseline?

How did I know I was off my baseline?

What helped me return?

MOMENT 2

What pulled me away from my baseline?

How did I know I was off my baseline?

What helped me return?

MOMENT 3

What pulled me away from my baseline?

How did I know I was off my baseline?

What helped me return?

EVENING REFLECTION

What challenged my baseline the most today?

How did I respond?

What helped me return to my baseline?

What did I learn about myself today?

Returning to your baseline means finding your way back to yourself.