

Calm Loop Mapping

Build your return rhythm, not a perfect routine.

When this might help:

- You're building a return rhythm rather than a perfect routine
- Just after a spiral, marking what brought you back

The practice:

- Identify spiral cues
- Mark your soft landings
- Create circular, not linear, re-entry points

Gentle fallback: One spiral cue and one soft landing. The map can stay that small.