

Real-World Regulation Map

Anchor your tools in daily life, even mid-chaos.

When this might help:

- Your tools work at home but vanish in the wild
- You're placing tools where your spirals actually happen

The practice:

- Identify where and how you spiral "in the wild"

Place tools where they're most reachable.

- Create visibility, not pressure

Gentle fallback: One location and one tool is a complete start.