

Unit 2: Heart Coherence - Your Built-In Superpower

≡ Components	Reading Video Written Assignment
≡ Duration	35 min
≡ Notes	HeartMath approach, Quick Coherence Technique. 7-day practice log: 3 days experimenting entry styles + 4 days committed practice
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 3
⌘ Status	Not Started
≡ Subsection	Regulation Practice