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# REWIRED 7-Day Reset

A Science-Based Journey from  
Survival to Thriving

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DAY 4

# INTEGRATE

## Building Sustainable Routines

Creating structure and consistency that supports your recovery.

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*Your nervous system loves predictability. When it knows what to expect, it can relax.*

## The Power of Structure



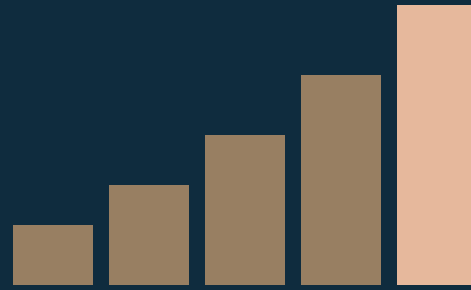
Your nervous system loves predictability and consistency



Chaos keeps you in constant survival mode



Routines create safety and allow healing to happen



# The 1% Compounding Rule

Just get **1% better every day**. Small, consistent actions build momentum and self-trust.



One more glass of water



One minute of meditation



One sentence in your journal

# Morning & Evening Anchors

Create bookends to your day that ground you



## Morning Anchor



Set your intention for the day



Hydrate your body



Move your body (stretch, walk, exercise)



Practice gratitude



## Evening Anchor



Reflect on your day (journal)



Wind down (no screens, calm activities)



Prepare for tomorrow



Prioritize rest and sleep

# Integration Practices



## Body

- Regular, nourishing meals
- Daily movement & exercise
- Quality sleep (7-9 hours)



## Spirit

- Meaningful connection
- Sense of purpose
- Daily gratitude practice



## Mind

- Daily journaling practice
- Meditation & mindfulness
- Continuous learning



## Structure

- Consistent wake/sleep times
- Daily routines & rituals
- Clear boundaries

# Your Work Today

1

## Design Your Ideal Morning Routine

Choose 3-5 simple actions that set your day up for success

2

## Design Your Evening Routine

Create a wind-down ritual that helps you reflect and rest

3

## Identify Your 1% Improvement

What's one small thing you can do today to get 1% better?

*Start small, build momentum, trust the process.*