



THE

REWIRED 7-Day Reset

A Science-Based Journey from
Survival to Thriving

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DAY 4

INTEGRATE

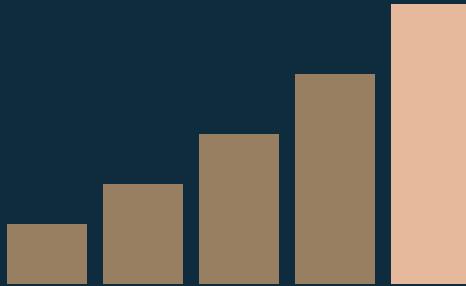
Building Sustainable Routines

Creating structure and consistency that supports your recovery.

“
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)



Mind

- Daily journaling practice
- Meditation & mindfulness
- Continuous learning



Spirit

- Meaningful connection
- Sense of purpose
- Daily gratitude practice



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.