

CHAPTER 2

Soft Structure: The System That Moves With You

Chapter Workbook

Take your time. There are no wrong answers.

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Flexible Structure

This is about understanding, not perfection.

Your Three Layers

Layer 1 — Anchors

What gentle touchpoints could ground your day?

Examples: Morning check-in • One nourishing meal • Brief planner moment

Flexible Routines

Layer 2 — Adaptable Flow

What activities would you like to happen — when energy allows?

Think: What expands on good days, shrinks on hard days?

Open Margins

Layer 3 — Permission Space

Where can you build in breathing room?

Examples: Unscheduled mornings • Buffer time • Days with no expectations

Emotional Check

How does soft structure feel different from rigid planning?

Three Takeaways

Three insights from this chapter:

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