

Safety Audit Worksheet

Where do I feel safe? Where do I feel unsafe? And knowing this information, what can I do with it?

Step 1: Spot Your Signals

- When I'm in fight-or-flight, I notice:

- When I'm in rest + digest, I notice:

Step 2: Mini Safety Check-In

- My breath feels calm and slow (vs shallow)
- My shoulders feel soft
- My gut feels warm/relaxed

Step 3: Choose Your Safety Habit

What's 1 practice I'll use before meals today?

- Humming for 1-2 minutes
- 90-second belly breathing
- Splashing cold water on my face
- Other: _____

Inside the Rooted membership, we build these habits into daily routines so your nervous system can stay regulated, even when life gets messy.