

# Center Yourself — Practice Guide

*Module 3.2 · C.A.L.M.*

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*A complete practice guide for the C (Center) component of C.A.L.M. with daily exercises.*

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A complete practice guide for the C (Center) component of C.A.L.M. with daily exercises.

### About This Handout

This handout accompanies Lesson 3.2 of the Love & Leadership course. Use it as a reference guide and working document as you develop your leadership practice.

### Key Concepts

The frameworks you are learning — C.A.L.M., the Four Rs, and the Four Cs — are not theories to understand intellectually. They are practices to inhabit behaviorally. This handout is designed to support that behavioral development.

### Practice Notes

Use this space to capture your insights, commitments, and observations as you work through the lesson material. The goal is not perfection — it is consistent return to the practice.

### What I noticed:

*\_Write your observations here.\_*

### What I will practice:

\_Write your specific practice commitment here.\_

What I want to remember:

\_Write the insight you most want to carry forward.\_

## Reflection Questions

Where in your current leadership context does this practice feel most needed?

What would change in your team or organization if you practiced this consistently for 90 days?

What is the smallest, most concrete version of this practice you could begin tomorrow?

## 30-Day Practice Commitment

Write one specific, observable behavior you will practice for the next 30 days based on this lesson:

\_My 30-day commitment:\_

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*"Leadership is not a state you achieve. It is a practice you inhabit differently each time pressure rises."*

— Robby Humble, *Love & Leadership*