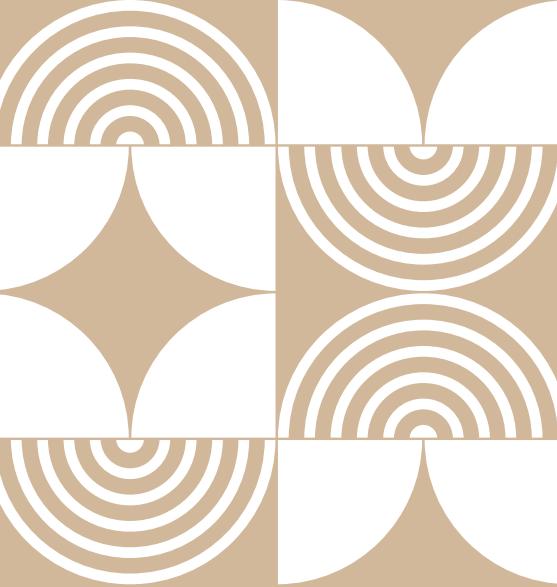


THE HARMONY HABIT

From Balance to Integration —
Design a Routine That Fits Your Real Life



Alejandra Negrete





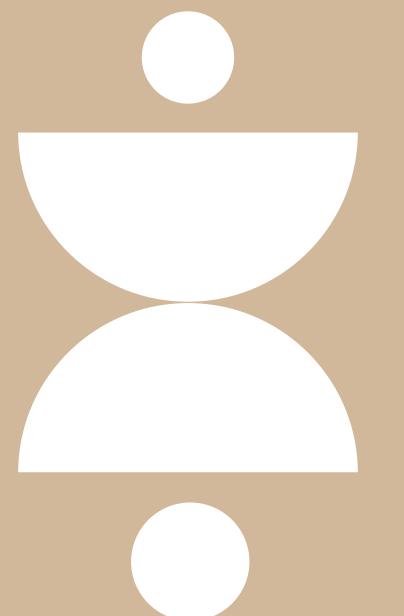
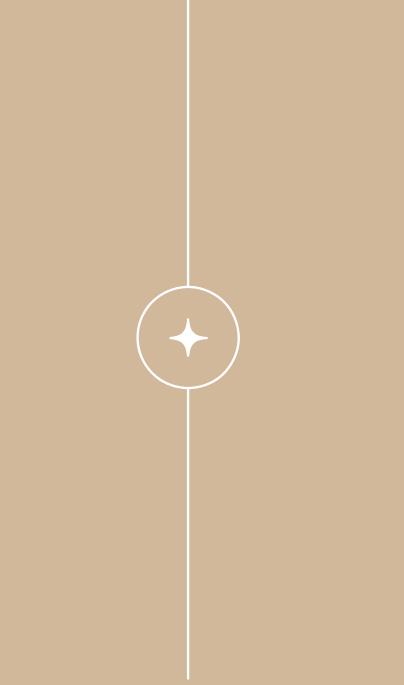
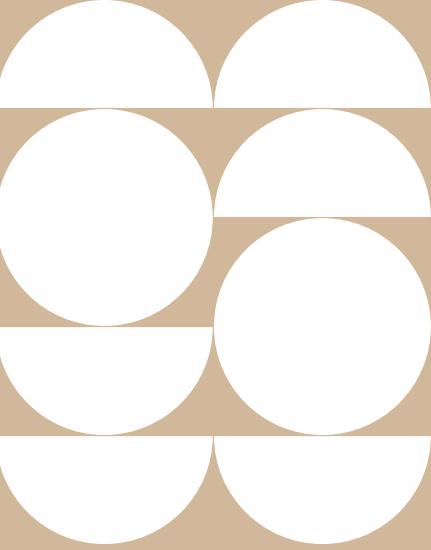
BALANCE IS DEAD. LONG LIVE INTEGRATION.

Key insights:

- Balance is often a myth — integration is the new wellness mindset.
- Integration isn't about doing more, it's about living aligned.
- This is a mindset shift, not just a productivity trick.

"You don't need balance. You need rhythm."

What would your life feel like if it flowed instead of being perfectly divided?





MY SEARCH FOR BALANCE ALMOST BROKE ME

Key insights:

- Optimization without rest leads to burnout.
- Performing balance is exhausting — and unnecessary.
- Routines should support, not suffocate, your life.

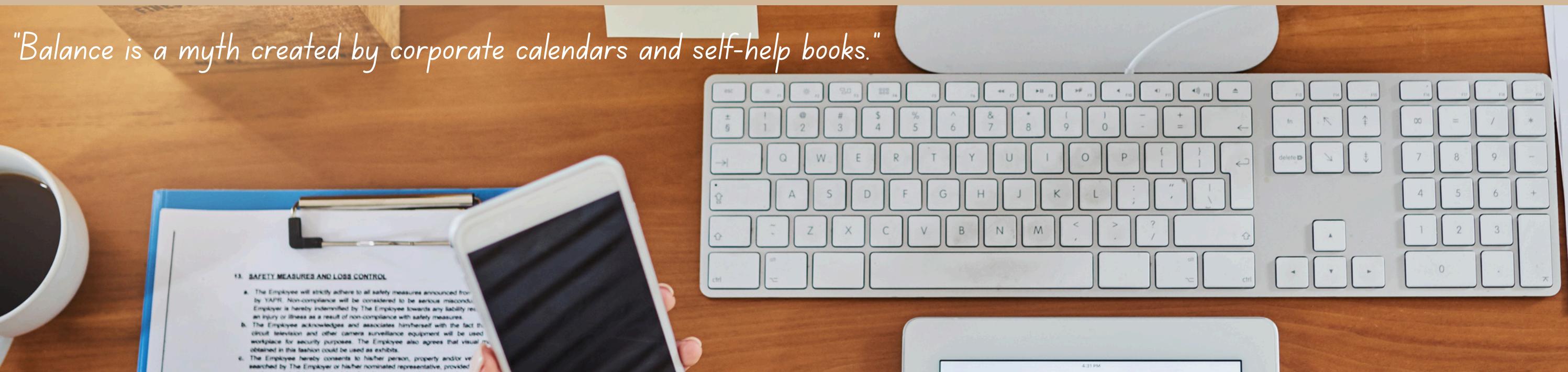
**“I HAD COLOR-CODED TIME BLOCKS AND GREEN SMOOTHIES—
BUT I WAS STILL MISERABLE. TURNS OUT, PERFECTION ISN’T PEACE.”**



WORK-LIFE BALANCE IS A LIE WE'VE BEEN SOLD

- Balance assumes life is predictable. It's not.
- Trying to separate work & life often creates more stress.
- Real peace comes from integration, not separation.

"Balance is a myth created by corporate calendars and self-help books."





MEET INTEGRATION — A NEW WAY TO THRIVE

- Integration honors your current needs, not some ideal routine.
- Your rhythm isn't broken. It's just not being listened to.

“Balance is a sculpture. Integration is a dance.”

When today did you feel in sync with life instead of managing it?



YOUR BODY IS ALREADY RHYTHMIC – WHY ISN'T YOUR LIFE?



- 90-minute energy cycles (ultradian rhythm) are real — use them.
- HRV reveals stress & recovery patterns in real time.

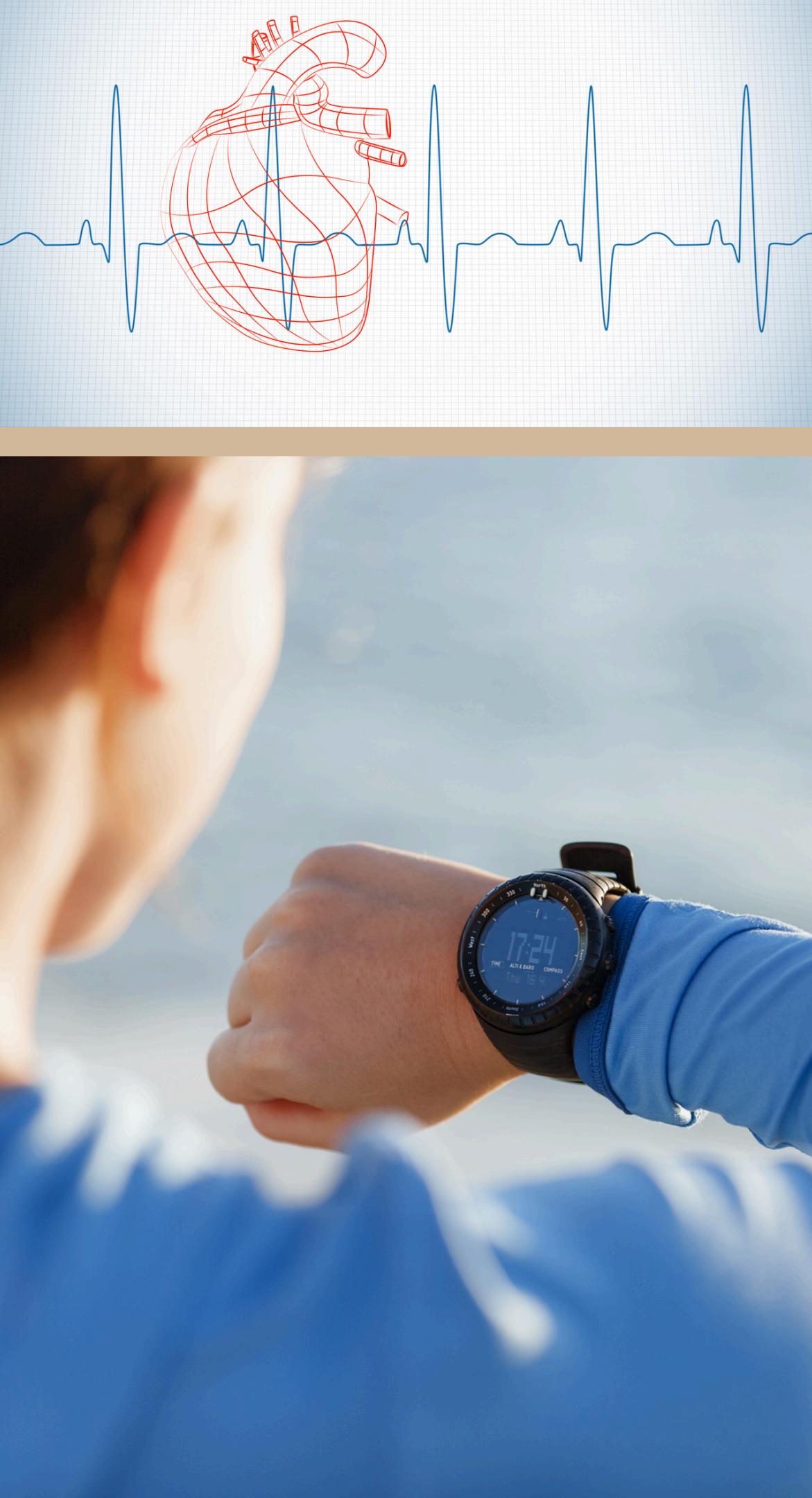
"You're a symphony, not a spreadsheet."



WHAT INTEGRATION ACTUALLY LOOKS LIKE

- A 15-min walk can lower stress index by 22%.
- Moving deep work to HRV peaks = huge productivity gains.

“Listen to your body. It’s whispering before it screams.”



HOW TO TRACK HRV

1. Apple Watch

- HRV is automatically measured during the day and visible in the Apple Health app.
- Go to Health app → Browse → Heart → Heart Rate Variability (HRV).
- It reports SDNN (standard deviation of heartbeat intervals) in milliseconds.

2. Fitbit

- Higher-end models (Sense, Charge, Versa, Inspire 3, etc.) measure HRV overnight while you sleep.
- You'll find it in the Fitbit app → Health Metrics → HRV.

3. Garmin watches

- Many Garmin devices track HRV during sleep and workouts.
- In the Garmin Connect app, check "Stress" or "Body Battery"—both are derived from HRV.

4. Oura Ring

- HRV is measured throughout the night and reported as a nightly average.
- Found in the Readiness score section.

5. Whoop strap

- Specializes in HRV + recovery. It gives daily HRV averages and trends.

6. Samsung Galaxy Watch / Android devices

- Some models measure HRV directly; others require syncing with Samsung Health.

No Device? Use Camera-Based Apps

- Some smartphone apps use your finger + phone camera flash to measure pulse waves and calculate HRV.
- Accuracy isn't as high as a chest strap, but it's a simple starting point.

Best Practices for Measuring HRV

- Time of Day: First thing in the morning, before coffee or stress.
- Consistency: Always measure under the same conditions.
- Trends > Numbers: A single HRV reading isn't as important as watching how it changes over time.





THE HARMONY HABIT BLUEPRINT

Energize: What boosts you (sunlight, dance, silence)?

Anchor: 2-min daily ritual to ground you.

Protect: Boundaries from what drains you.

Align: What matches your values, not just your to-do list.

**BUILD YOUR OWN BLUEPRINT:
ONE ACTION PER PILLAR TODAY.**



CASE STORY: JASON THE OVERWORKED PROFESSIONAL



DESIGN FOR FLOW, NOT CONTROL

- Control breaks. Flow bends.
- Match tasks to energy waves (deep work in your peak, rest in the dips).

“Design your day like a playlist, not a prison schedule.”

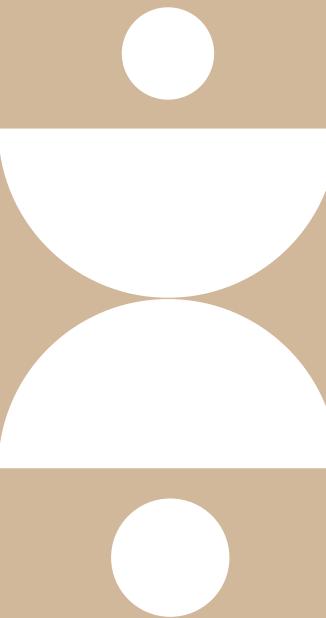
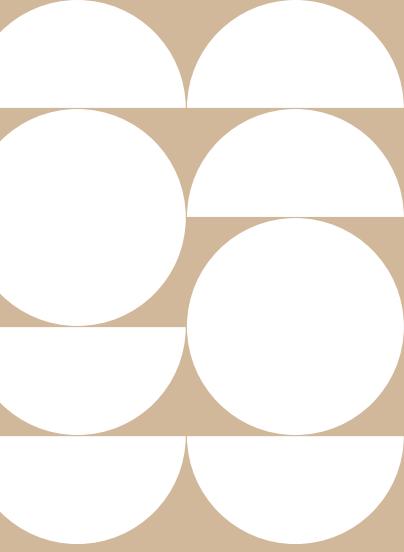




INTEGRATION SAVED MY SANITY

- Perfection isn't peaceful.
- Real change comes from rhythm, not rigidity.

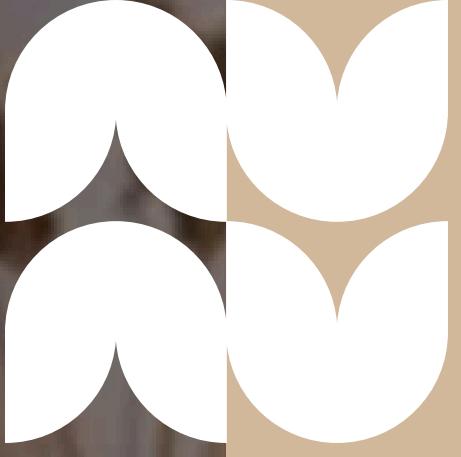
"I stopped forcing 5am wakeups and started honoring my real energy peaks. Life changed."





CASE STORY: MARIA'S HARMONY HABIT

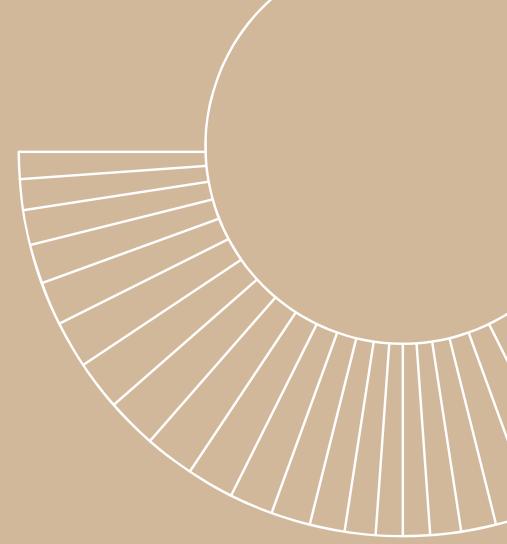




THE CHALLENGE — BUILD YOUR HARMONY HABIT

- Choose 1 action from each pillar for the next 5 days.
- Track how you feel — not just what you do.

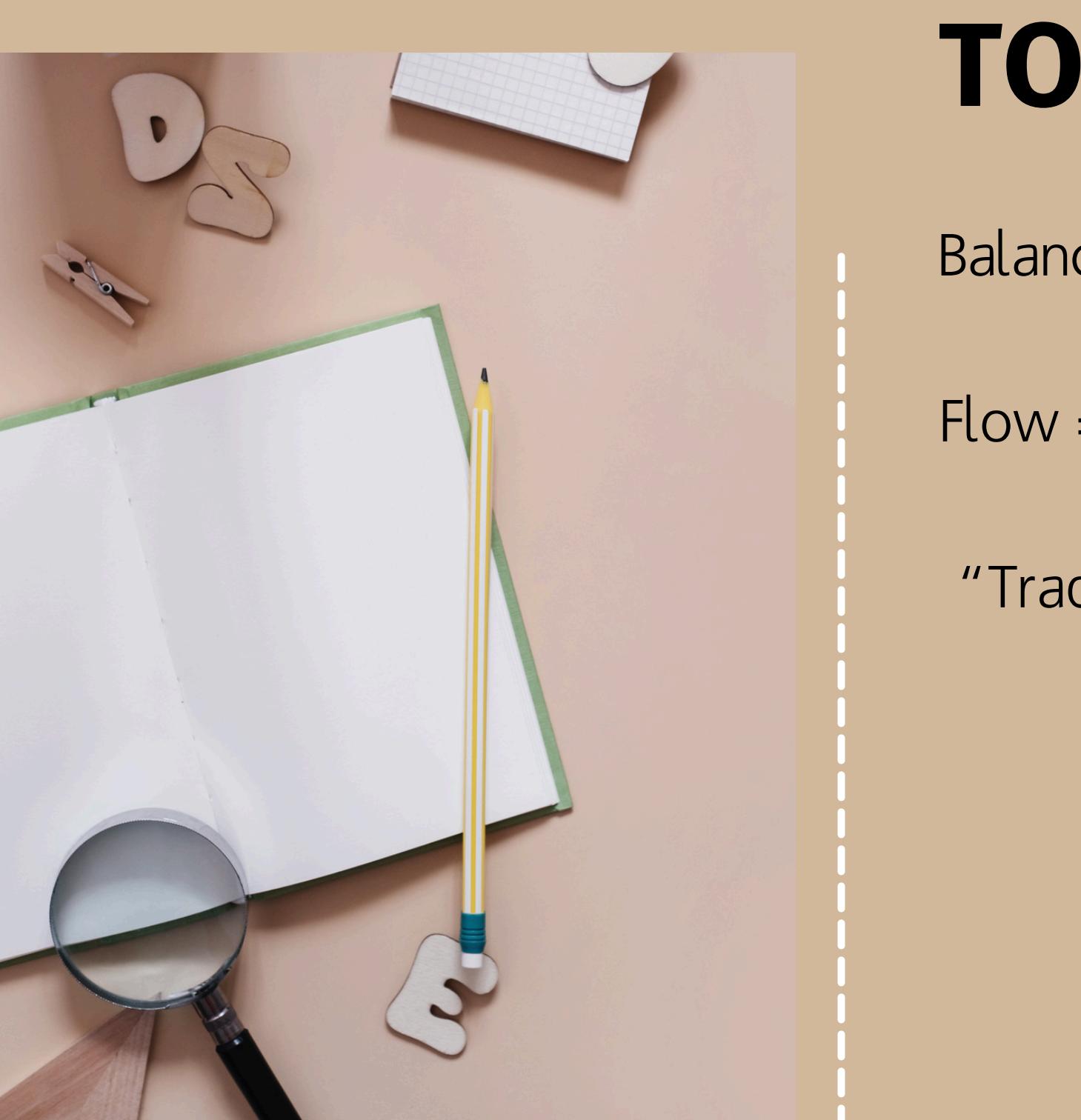
What's one thing you'll try tomorrow?





CASE STORY: ELENA, THE CAREGIVER DAUGHTER





FROM BALANCE TO FLOW

Balance = rigidity, stress, guilt

Flow = adaptability, ease, sustainability

“Trade perfection for presence.”





DON'T AIM FOR BALANCE. AIM FOR WHAT FEELS LIKE YOU.

Your nervous system knows the way.

Build a life that feels like yours — not like everyone else's.

*“You don’t owe the world performance.
You owe yourself presence.”*





THANK YOU