



21-Day Smile Lab — A Micro-Program to Practice Steadiness

Inspired by Krishna's Smile: The Calm Amid Chaos

✱ **Purpose:** To build *steady presence* and *ethical clarity* in 21 days through short, repeatable rituals that unite **Breath · Witness · Word · Action**.

Each practice takes ≈ 12–15 minutes daily.

Every week deepens one theme: **Week 1 — Stability** | **Week 2 — Duty** | **Week 3 — Delight & Integration**

□ Daily Core Routine (12–15 min)

Step	Practice	Time	Focus
1	Settle – Sit upright, eyes soft. Visualize a calm wheel at the heart.	1 min	<i>Arrive.</i>
2	Breath 4-2-6 – In 4 · Hold 2 · Out 6 (+ micro-smile).	4 min	<i>Steady the body.</i>
3	Witness Scan – Notice 1 emotion + 1 sensation (“I notice...”).	3 min	<i>See without judging.</i>
4	Phrase / Chant – Repeat 3×: “Do the work; release the fruit.”	2 min	<i>Center on action, not outcome.</i>
5	Micro-Commitment – Name one clear act for the next hour.	1 min	<i>Link calm to conduct.</i>
6	Close – Palms together · thank the moment.	30 sec	<i>Seal intention.</i>

Weekly Focus & Journal Prompts

Week 1 — Stabilize (Breath & Witness)

- Practice: Daily breath + scan.
- Evening Prompt 1: *Where did my breath rescue me today?*
- Evening Prompt 2: *What did I see clearly when I paused?*
- Peer Check-in (10 min): Share 1 moment of calm under fire.

Week 2 — Clarify Role & Duty (Svadharma)

- Add micro-commitment tied to your role.
- Evening Prompt 1: *What is my clear duty tomorrow?*
- Evening Prompt 2: *What fear still tugs at that duty?*
- “Chariot Conversation”: Partner asks only clarifying questions for 5 min; you reflect for 5 min.

Week 3 — Replenish with Delight & Public Practice

- Add one small joy practice (tea in silence, walk, music).
- Evening Prompt 1: *Where did joy restore courage?*
- Evening Prompt 2: *What act of steadiness influenced others?*
- Group Reflection (30 min): Share a “chariot note” on one hard decision and what the smile changed.

🌀 Weekly Tracker (tick ✓ each day)

Day	Breath ✓	Witness ✓	Phrase ✓	Micro-Commit ✓	Notes / Mood 1-5
1					
2					
3					
4					
5					
6					
7					

(Repeat the same table for Weeks 2 & 3.)

🛡️ Practical Safeguards

- **Name the shadow:** Write when you felt fake or avoidant.
- **Accountability Mirror:** Peer reviews your journal weekly.
- **Decision Audit:** Before major choices ask → *Ethical? Evidenced? Humble?*
- **Rotate Guides:** Don't let one voice own the ritual.

🗣 Weekly “Chariot Conversation” Template

To Do - Steps	Duration	Guide
Scene Setting – Describe the event & emotion	5 min	Speaker
Clarifying Questions only	5 min	Peer
Silent Reflection	5 min	Speaker
Action Commitments + Close	5–10 min	Both

🌸 Completion Reflection

- *What changed in my body?*
- *What changed in my decisions?*
- *Who around me felt calmer because I was?*

👉 **Optional Next Step:** Continue for another 21 days with a team of 3–5. Rotate daily leadership of centering rituals to spread steadiness.

“Smile as strategy. Smile as ethic. Smile as a small revolution.”