

SEVEN DAY WARRIOR RESET · READ ONCE

HOW THIS RESET WORKS



Every day follows the same structure. Learn it once. Execute it every day.

MORNING OPEN

- Ground the body
- Control the breath
- Speak identity out loud
- Read the Law, Quote, and Context

THE MISSION

- One clear action
- No substitutions
- Same-day completion required

EVENING CLOSE

- Prove what you did — record the cost — name the win
- Lock the trait — carry one thing forward — leave one thing behind
- Close with the breath and one minute of stillness

This is not theory. This is practice.

DAY ZERO — THE INITIATION

Every culture that builds men has an initiation: the white belt on the dojo floor, the blindfold in the mystery schools, the darkness before the fire and the illumination. The initiation is not decoration — it is the doorway. Day Zero is yours. You do not skip the initiation.



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D A Y Z E R O

THE LINE IN THE SAND

Action creates clarity.

*"If you spend too much time thinking about a thing, you'll
never get it done."*

— BRUCE LEE

Thinking feels safe. Action feels risky. That is why men delay.
Change the space first. Clarity follows action.

DOMAIN: ENVIRONMENT

THE WALK-IN

*I know what a wrecked space does to a man, because mine was a
wrecked car in a field with my whole life on fire behind me. You
do not need a crash to start. You need a line. Today we draw it.*

GROUND · BREATHE · DECLARE

1) Grounding (30-60 seconds)

Stand upright. Feet flat on the floor. Weight balanced. Knees unlocked. Arms relaxed at your sides. Do not move. Do not rush. Let your body settle. Feel where you are standing.

2) Breathing (2 minutes)

In through the nose — count it. Hold. Sip in a little more air and fill the lungs. Then exhale long and slow, longer than the inhale. The numbers can flex; slow and steady cannot. If your mind wanders, it wanders back to the count. This is not magic — the steady rhythm and the long exhale stimulate the vagus nerve, and the oxygen reaching your brain changes the chemistry you are working with. That is how we do it.

3) Mirror Affirmation (Required)

Stand in front of a mirror. Look directly into your own eyes. Think it, speak it, do it. Say out loud, slowly:

"I am responsible for what I allow."

I decide first.

I finish what I start."

Pause. Say it a second time.

4) Identity Declaration

Write five traits you already know are true about you. Do not overthink. Write what you can defend with evidence.

ONE LINE BEFORE YOU START

What would make today a win? Be as detailed as possible. Write it, then go earn it.

FREE GROUND

FILL THIS SPACE — lines, columns, doodles, names, pictures. No wasted space.

FILL THIS SPACE — write it, sketch it, or draw where the proof happened. No wasted space.



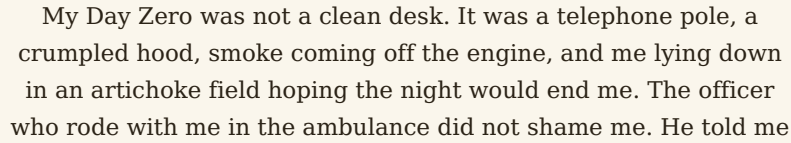
DISCIPLINE DECISIVENESS ORDER SELF-RESPECT CONTROL

CARRY FORWARD

CLOSE THE DAY

DAY ZERO COMPLETE

FILL THIS SPACE — lines, columns, doodles, names, pictures. No wasted space.



TOOL IN THE TOOLBOX

Every line is yours. No wasted space.

