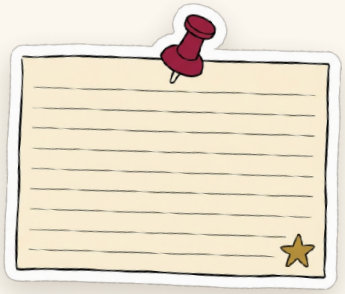
DAY 1

Clarity

Your first shock



Today you find out what you're really aiming at. Most people never check. That's why perfect methods take them to the wrong place.

Two protocols today. The first one measures your loop. The second one gives you the card that everything else plugs into.

1. Watch the masterclass
2. Do today's protocols
3. Read the examples for your theme
4. Keep going in the app

1 Masterclass · The Clarity Protocol

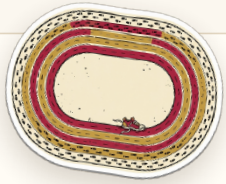


Your 15-minute masterclass

Every want has three layers: the Thing, the Feeling, the Person. Most people push on the only layer they don't control. You'll learn the And-Then Ladder, the Drop Test, and why six doors beat one door (98% against 10%).

When the video ends: go to today's protocols ↓ *(Protocol 01: The Loop Log · Protocol 02: The Target Card)*

2 Today's protocols



PROTOCOL 01

The Loop Log

24 hours of counting · 5 min tonight

Start right now. Finish tonight.

You can't fix a loop you haven't measured.

Most people think they check "a few times a day." Then they count. Thirty-eight. Fifty-two. Ninety. Each check costs about three minutes of worry. That's the real visualization you've been doing. Today, you just look at it.

The steps

1. **Count every check.** Each time you look at the thing you want (the phone, the profile, the bank app, the mirror, the portal), make a tally mark. Paper or notes app.
2. **Don't change anything.** No fixing today. If you want to check, check. Just mark it.
3. **List your methods.** Tonight, write every method you've tried in the last 12 months. Next to each one, how many days it lasted.
4. **Do the math.** Checks × 3 minutes on one side. Minutes spent picturing what you want on the other. Write the ratio at the top of the page.

Your card *saved on this device*

Checks today

Methods tried in 12 months (and how many days each)

Minutes of checking (checks × 3)

Minutes of picturing what I want

My ratio (worry : wish)

Chloe's Loop Log

- Checks: 38 (Instagram, his profile, "last seen").
- Methods this year: 7. Longest one: 9 days.
- Checking: 38 × 3 = 114 minutes. Picturing him back: 10 minutes.
- Ratio: 11 to 1. "I've been rehearsing him gone, not him back."

Done when...

You have a number of checks for today.

You have your list of methods with the days next to them.

You wrote your ratio at the top of the page.

Don't judge the number

A big number isn't bad news. It's a starting line. Most people cut their checks in half within a week of seeing it written down.

PROTOCOL 02

The Target Card

15 minutes | Today. This is the one you don't skip.

Everything you do in the next four days plugs into this card.

If you aim at the wrong target, even a perfect method takes you to the wrong place. The card makes sure you're aiming at the feeling you actually want, not just the event you've been staring at.

The steps

1. **Write the thing.** One line. "I want ___." Name it plainly, even if you're a little ashamed of it.

2. **Climb the And-Then Ladder.** Ask "And then?" Write the answer. Ask again. Stop when the answer is a feeling, not an event. Usually 3 to 5 rungs. "Happy" doesn't count: it's fog. Keep climbing.

3. **Write the person.** Three things you'd do if you already had it. "As someone who ___."

4. **Run the Drop Test.** Eyes closed. Imagine you let it go forever. Notice the first three seconds. Relief ("phew") means it's probably borrowed: dig again. Protest ("no!") means it's yours: keep it.

5. **List your doors.** Six places where you already feel a little of that feeling. Circle one you'll visit on purpose this week.

Your card *saved on this device*

The thing — I want...

The ladder — And then? And then?

The feeling — So I can feel...

The person — As someone who...

Drop Test

My six doors

The door I'll visit on purpose this week

Chloe's Target Card

- I want him to come back,
- so I can feel enough,
- as someone who keeps her word to herself, says what she thinks and makes time for her drawing.
- Drop Test: no! · Doors: best friend, manager, drawing, little sister, the gym, saying no.

Done when...

You can say it in one sentence.

It ends on a feeling, not an event.

The Drop Test gave you a "no!", not a "phew."

You can name at least three places where you already feel a bit of it.

It makes you a little shy. Not heavy.

It doesn't need anyone else to lose.

Four or more? You've got your target.

Shy means go. Heavy means look again.

A little nervous, a little embarrassed? That's what new feels like. A weight, a duty, a low dread? You might be carrying someone else's bag. Run the Drop Test twice.

3 Examples · Target Card

Thirty-six Target Cards, already filled in. Find the one closest to yours, then write your own. Names and details are changed.



Love & relationships

Nobody can make another person love them, and nobody should try. The love examples are about wanting someone with an open hand: you work on what's yours (your feeling, your actions), and you leave the other person free.

The ex who went quiet

THING

He texts me first.

LADDER

He misses me → we're back → I'd know I wasn't the problem

FEELING

enough

PERSON

keeps her word to herself, says what she thinks, has a life he's not the center of

DOORS

best friend, her drawing, her sister, the gym, saying no

Single for four years

THING

A boyfriend by summer.

LADDER

Someone to call → I'm not the only single one at dinners → I'm not left behind

FEELING

chosen

PERSON

says yes to invitations, starts conversations, lets people get to know her

DOORS

her running club, her niece, her colleagues' lunch, her pottery class

The marriage on autopilot

THING

My husband looks at me like before.

LADDER

We talk at dinner → we laugh again → I'm not just the logistics

FEELING

seen

PERSON

asks real questions, plans one date a month, keeps one evening just for herself

DOORS

her best friend, her book club, her daughter, dancing

The crush at work

THING

He asks me out.

LADDER

He notices me → I'm interesting → I'm worth noticing

FEELING

worth noticing

PERSON

speaks up in meetings, says hi first, wears what she likes

DOORS

her team, her sister, her Saturday market, her music

After the divorce

THING

Meet someone new.

LADDER

I'm not alone at night → I'm still lovable at 47 → my life isn't over

FEELING

alive

PERSON

goes out once a week, cooks for friends, travels alone once this year

DOORS

his old friends, his kids, cycling, the choir

Friendship that faded

THING

My best friend calls me back.

LADDER

We're close again → someone really knows me → I belong somewhere

FEELING

belonging

PERSON

reaches out first, invites people, shows up when it's not convenient

DOORS

her cousin, her new colleague, her yoga group, her neighbor



Money

The rent that scares him

THING

Unexpected money. Fast.

LADDER

I pay the rent → the 5th stops being a nightmare → no more 4 a.m. math

FEELING

safe. Able to breathe.

PERSON

knows his numbers, has a plan for the next three months

DOORS

his budget sheet, his side job, his brother, his savings jar

The freelance famine

THING

Three new clients this month.

LADDER

Steady income → I stop saying yes to bad projects → I choose my work

FEELING

free

PERSON

sends five pitches a week, raises her price on new clients, says no to one bad project

DOORS

her best client, her portfolio, her network, her Fridays off

The debt

THING

My credit card at zero.

LADDER

No more interest → I can open my mail → I stop hiding

FEELING

clean. Light.

PERSON

opens every envelope, pays a fixed amount every month, asks for help early

DOORS

her advisor, her sister, her running, her cooking

The raise

THING

A 15% raise.

LADDER

Paid what I'm worth → my work counts → I'm respected

FEELING

respected

PERSON

writes down her wins every Friday, asks for feedback, books the meeting

DOORS

her team, her mentor, her side project, her friends' advice

The house

THING

Our own house.

LADDER

No landlord → we stay → the kids have roots

FEELING

rooted. Secure.

PERSON

saves on the 1st, knows the market, talks money with his partner every Sunday

DOORS

their garden plot, Sunday dinners, his workshop, the neighbors

The business launch

THING

10,000 € in sales.

LADDER

It works → I don't go back to the office → my life is mine

FEELING

free. Proud.

PERSON

publishes every day, talks to one customer a day, tracks the numbers weekly

DOORS

her first customers, her community, her morning walks, her partner



Work, career & exams

The big exam

THING

The acceptance email from the top school.

LADDER

My parents are proud → they stop comparing me → good enough for them

FEELING

good enough

PERSON

trusts her own choices

DOORS

her drawing, her teacher, her best friend

DROP TEST

phew → she wanted design, not that school. She dug again.

The promotion

THING

Head of department.

LADDER

I lead → people listen → my ideas matter

FEELING

useful. Heard.

PERSON

speaks first in one meeting a week, trains a junior, sends a weekly update

DOORS

her team, her association, her kids' homework, her blog

The job interview

THING

The offer from that company.

LADDER

I leave my job → no more Sunday dread → I like my days

FEELING

light

PERSON

prepares three stories, practices out loud, applies to five more companies

DOORS

his weekends, his football team, his friends, his cooking

The career change

THING

Work as a therapist.

LADDER

I help people → my work means something → I'm not wasting my life

FEELING

meaningful

PERSON

studies 30 minutes a day, volunteers, talks to two therapists

DOORS

her listening friends, her volunteering, her reading, her journal

The driving test

THING

Pass my driving test.

LADDER

I drive alone → I don't depend on anyone → I'm an adult

FEELING

independent

PERSON

drives three times a week, practices the route, sleeps well the night before

DOORS

his job, his bike, cooking for himself, his savings

The artist's first show

THING

A gallery show.

LADDER

People see my work → it touches them → I'm a real artist

FEELING

legitimate

PERSON

paints daily, posts one piece a week, sends work to one gallery a month

DOORS

her studio, her online followers, her teacher, the café that shows her prints



Body & self-image

The different face

THING

A different face by September.

LADDER

People look at me → I stop hiding at parties → I can talk without thinking about my face

FEELING

relaxed around people

PERSON

walks into a room, says hi first, asks questions

DROP TEST

heavy → the real goal was being relaxed. That one made him blush. He kept it.

The weight

THING

Lose 10 kilos.

LADDER

My clothes fit → I stop avoiding photos → I'm in my own life

FEELING

present. At ease.

PERSON

walks 30 minutes a day, cooks four nights a week, stays in the photos

DOORS

her dance class, her friends, her garden, her nephews

The skin

THING

Clear skin.

LADDER

No makeup → I don't check every mirror → I forget about my face

FEELING

free

PERSON

sees a dermatologist, keeps a simple routine, leaves the house without checking

DOORS

her climbing gym, her friends, her podcast, her bike

The beach

THING

Feel good in a swimsuit.

LADDER

I go swimming → I play with my kids at the beach → I don't miss my life

FEELING

present

PERSON

swims once a week, wears what's comfortable, says yes to the beach

DOORS

her kids, her pool, her sister, her summer plans

The strength

THING

A strong body.

LADDER

I lift heavy → I'm not fragile → I can protect myself

FEELING

solid. Safe.

PERSON

trains three times a week, eats enough protein, sleeps eight hours

DOORS

his gym, his hikes, his little brother, his job

After the baby

THING

My old body back.

LADDER

I feel like me again → I'm not only a mom → I exist

FEELING

myself

PERSON

takes 20 minutes alone a day, moves gently, asks for help

DOORS

her friend's calls, her music, her walks, her partner's evenings



Health & well-being

The health examples are about calm, sleep, habits and following your care. Nothing here replaces a doctor. Your thoughts didn't cause an illness, and thinking alone won't cure one. Use this to feel steadier and act better. And keep your medical follow-up. Always both, never one instead of the other.

The sleep

THING

Sleep through the night.

LADDER

I wake up rested → I'm patient with my kids → I'm the mom I want to be

FEELING

calm

PERSON

puts the phone out of the room, keeps the same bedtime, sees her doctor about it

DOORS

her bath, her book, her morning tea, her walks

The anxiety

THING

No more panic attacks.

LADDER

I take the metro → I go out again → my life isn't small

FEELING

safe in my own body

PERSON

keeps seeing his therapist, breathes slowly every morning, takes one small trip a week

DOORS

his dog, his brother, his music, his therapist's office

The energy

THING

Energy all day.

LADDER

I'm not exhausted at 3 p.m. → I have evenings → I have a life after work

FEELING

alive

PERSON

gets a check-up, drinks water, walks after lunch, goes to bed by 11

DOORS

her Saturday mornings, her friends, her garden, her guitar

Quitting smoking

THING

Stop smoking.

LADDER

I breathe better → I see my grandkids grow → I'm there for them

FEELING

present for them

PERSON

uses the support his doctor gave him, walks when the urge hits, counts smoke-free days

DOORS

his grandkids, his walks, his workshop, his wife

Living with the pain

THING

A day without pain.

LADDER

I can work → I'm not a burden → I'm still useful

FEELING

useful. Capable.

PERSON

follows her treatment, does her exercises, asks for adjustments at work

DOORS

her colleagues, her knitting, her daughter, her support group

The recovery

THING

Be fully back after the surgery.

LADDER

I walk normally → I go back to the mountains → I'm not old

FEELING

strong. Free.

PERSON

does his rehab every day, keeps his appointments, celebrates small progress

DOORS

his physio, his friends' visits, his maps, his son



Confidence & self-worth

Speaking up

THING

Speak in meetings without shaking.

LADDER

People hear my ideas → they count → I count

FEELING

I count

PERSON

says one sentence per meeting, prepares one point, asks one question

DOORS

her team lunch, her sister, her book club, her partner

Saying no

THING

Stop saying yes to everything.

LADDER

I have time → I'm not exhausted → I respect myself

FEELING

respected by me

PERSON

waits 24 hours before saying yes, says no once a week, protects Sunday

DOORS

her yoga, her mornings, her real friends, her journal

The impostor

THING

Feel legitimate in my new job.

LADDER

I stop doubting → I stop over-preparing → I enjoy my work

FEELING

legitimate

PERSON

writes three wins every Friday, asks questions openly, accepts compliments

DOORS

his old team, his mentor, his students, his family

Being visible

THING

Post my work online.

LADDER

People see it → some like it → I'm allowed to be seen

FEELING

allowed

PERSON

posts once a week, shows one piece to one person, keeps posting after a flop

DOORS

her close friends, her art class, her sister, her old teacher

The family judgment

THING

My father approves of my life.

LADDER

He says he's proud → I stop justifying → I'm at peace

FEELING

at peace

PERSON

makes her own choices, explains once, stops arguing at dinner

DROP TEST

phew → "for him" was borrowed. Her own target: feeling at peace with her choices.

Moving abroad

THING

Move to Lisbon.

LADDER

I start over → nobody knows the old me → I can be who I am

FEELING

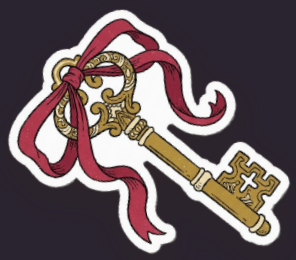
free to be me

PERSON

learns Portuguese 15 minutes a day, saves 300 € a month, visits once this year

DOORS

his language app, his new friends online, his cooking, his runs



Fill in your Target Card in the app

The app keeps your card with you, reminds you of your feeling, and tracks your checks.

Tomorrow: you have the target. Now you need the engine. And you've been running it every day for years. Just in reverse.

This program is educational. It is not medical, psychological or financial advice, and it does not replace a professional. If you're struggling, reach out to a doctor or a local helpline.