DAY 5

The Routine

Everything comes together



You have your target, your setting, your scene, your sentence, your bad days. Today you put it all in one routine. Twenty-seven minutes a day.

Two protocols: the three moves that make you the person before the thing shows up, and the daily routine that holds everything together.

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

1 Masterclass · Become the Person



Your 15-minute masterclass

The feeling follows the action, not the other way around. You'll pick three moves small enough for your worst day, then build the 27-minute routine: calm breath, sentence, scene flashes, moves, proof. One degree at a time, every day.

When the video ends: go to today's protocols ↓ *(Protocol 11: The Three Moves · Protocol 12: The 27-Minute Routine)*

2 Today's protocols

PROTOCOL 11

The Three Moves



⏱ 15 minutes · 10 minutes a day

📌 Pick them today. Do move 1 before b

Most people wait to feel like the person before they act like them. "When I feel confident, I'll talk to people."

It works the other way around. You draw, then you feel like a designer. The Three Moves: three small things the person you want to become does every day, and you start now, before you feel like that person.

The steps

1. **Go back to your Target Card.** The third line: "As someone who..." Your moves come from there.
2. **Turn each one into a move.** Every move must pass four tests. Tiny (10 minutes or less). Clear (yes or no at the end of the day). Yours (depends only on you). Daily (or close).
3. **Pick a worst-day version.** For each move, the smallest version you'd still do sick, tired or sad. Decide it now, not when you're tired.
4. **Draw your tracker.** 21 boxes per move. Paper on the wall beats an app.
5. **Do move 1 today.** Even the small version. Put an X in the first box.

Your card *saved on this device*

Move 1 (and its worst-day version)

Move 2 (and its worst-day version)

Move 3 (and its worst-day version)

21-day tracker *tap a box = X*

Move 1 ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Move 2 ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Move 3 ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Priya's three moves

- 1. Draw for ten minutes, every day. Worst day: one line.
- 2. Save one design she loves and write one line about why.
- 3. Show one drawing to one person per week. (It scared her the most.)
- Every day, her brain gets a fact: I'm someone who draws.

Done when...

Three moves, each tiny, clear, yours and daily.

A worst-day version for each.

Your tracker is drawn.

The first X is in.

Never break the chain twice

Missing one day is an accident. Missing two is the old habit. The worst-day version exists so that you never have to miss twice.

PROTOCOL 12

The 27-Minute Routine



27 minutes a day · 10 on Sunday

Starting tomorrow morning, for 21 days.

Everything you built this week, in one page. No more switching methods. No more starting over. One routine, done badly on bad days and well on good days, for 21 days.

Twenty-seven minutes. That's less than one episode of a series. And far less than the hours you used to spend checking.



- **6 min** Calm Breath
- **8 min** Card & Sentence
- **5 min** Scene flashes
- **7 min** Three Moves
- **1 min** One degree

The steps

1. **6 min · Calm Breath (morning).** Hand on chest, in 5, out 5, one warm feeling, end with your Target Card feeling. (Day 3)

2. **8 min · Card & Sentence (morning).** Read your Target Card once. Say your sentence step five times, slowly. Decide when you'll do each move today. (Days 1, 3, 5)

3. **5 min · Scene flashes (during the day).** Ten flashes of your End Scene, 30 seconds each. Before you open an app is a great moment. Checks only at your glance time. (Days 3, 4)

4 **7 min · Your three moves (during the day).** Small versions on bad days. If the 3D slaps you: Two-Minute Card. (Days 4, 5)

5 **1 min · One proof, one degree (night).** One line in your tracker: your X's and one piece of proof for your new setting. Then phone out of the room and your End Scene until you fall asleep. (Days 2, 3)

Your card *saved on this device*

My morning slot (13 min)

My scene-flash triggers

My night slot

Sunday check (10 min)

Sam's day

- 7:00 Calm Breath, 6 min. 7:06 Target Card, "I'm learning how money works" ×5, moves planned.
- Scene flashes before opening the bank app (which he only opens on Sunday now).
- Moves: track today's spending, read 10 pages, one call to his uncle.
- Night: two X's and one proof ("I said no to a 40 € dinner without guilt"). Phone in the hallway. Scene.

Done when…

Your morning slot, flash triggers and night slot are written.

Your Sunday check is in your calendar.

You know your worst-day version of the whole routine (2 minutes is still a yes).

Every 30 days, one degree

Look at the trend over four weeks, not one. Climb a step on your stairs if the current one is boring. Turn the thermostat up one degree if the new setting feels normal. Run the Drop Test again.

3 Examples · Three Moves (with worst-day versions)

Thirty-six sets of three moves. Every move is tiny, clear, yours and daily. In brackets: the worst-day version.



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 (feeling: enough)

MOVES

Draw 10 min (one line) · Keep one promise to herself (drink the water) · Say what she thinks once (one text to a friend)

Single (feeling: chosen)

MOVES

Say yes to one invitation a week (reply "maybe") · Start one conversation a day (a smile) · One thing for fun alone (5 min of music)

Marriage on autopilot (feeling: seen)

MOVES

Ask one real question at dinner (one at bedtime) · Ten minutes no phones together (two) · Book one date a month (put it in the calendar)

After the divorce (feeling: alive)

MOVES

Go out once a week (a walk in a new street) · Cook for someone once a week (for himself, properly) · One new thing a week (a new podcast)

Specific person, open hand (feeling: at peace)

MOVES

No checking outside glance time (just today) · Build her own life one hour a day (ten minutes) · Write one open-hand line at night (one word)

Belonging (feeling: belonging)

MOVES

Reach out to one person a day (a heart emoji) · Show up to one group a week (online) · Remember one detail about someone (write it down)



Money

The rent (feeling: safe)

MOVES

Track today's spending (one number) · Read 10 pages about money (one page) · One call or message for extra income (one search)

Freelance (feeling: free)

MOVES

Send one pitch a day (one LinkedIn comment) · Post one piece of work a week (a story) · Raise the price on every new quote (just write it)

The debt (feeling: light)

MOVES

Open every envelope the day it comes (open one) · Pay a fixed amount on the 1st (automate it) · One no-spend day a week (one no-spend meal)

The raise (feeling: respected)

MOVES

Write three wins every Friday (one) · Ask for feedback once a week (once a month) · Learn one skill 15 min a day (5 min)

The house (feeling: rooted)

MOVES

Move savings on payday (10 €) · Check the market on Sunday (5 min) · Money talk with partner on Sunday (one question)

The business (feeling: proud)

MOVES

Publish every day (one sentence) · Talk to one customer a day (one message) · Check the numbers on Friday (one number)



Work, career & exams

Design school (feeling: good enough)

MOVES

Draw 10 min (one line) · Save one design and why (one image) · Show one drawing a week (to her sister)

The promotion (feeling: heard)

MOVES

Speak once per meeting (one question) · Help one colleague a day (one answer) · Weekly update to her boss (three bullet points)

The interview (feeling: light)

MOVES

Practice one answer out loud (read it once) · Apply to one company a day (bookmark one) · Prepare one story (write the title)

Career change (feeling: meaningful)

MOVES

Study 30 min (10 min) · Listen to one person fully (one call) · Message one professional a week (find one name)

The exam (feeling: proud)

MOVES

Study 25 min with a timer (one flashcard set) · One practice question (read one) · In bed by 11 (by 11:30)

The artist (feeling: legitimate)

MOVES

Paint 20 min (a sketch) · Post one piece a week (a work in progress) · Contact one gallery a month (save its address)



Body & self-image

The party (feeling: relaxed)

MOVES

Say hi first to one person (eye contact and a nod) · Ask one question ("how was your day?") · Wear one thing he likes (a shirt)

The weight (feeling: at ease)

MOVES

Walk 30 min (10 min) · Cook one meal (assemble one) · Stay in one photo (a group photo)

The skin (feeling: free)

MOVES

Simple routine morning and night (wash only) · Mirror only at glance times (just mornings) · Go out once without checking (to the bakery)

The beach (feeling: present)

MOVES

Swim once a week (paddle) · Wear what's comfortable (one item) · Say yes to one outing (a walk)

Strength (feeling: solid)

MOVES

Train three times a week (20 squats) · Protein at every meal (at one) · Bed at 11 (11:30)

After the baby (feeling: myself)

MOVES

20 min alone (5 min) · Gentle movement (stretch in bed) · Ask for one piece of help a day (one)



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 (feeling: calm)

MOVES

Phone out of the room (out of reach) · Same bedtime (within 30 min) · Calm Breath before bed (2 min)

The anxiety (feeling: safe)

MOVES

Calm Breath every morning (2 min) · One small step outside his comfort zone (one stop on the metro) · Keep therapy appointments (always)

The energy (feeling: alive)

MOVES

Walk after lunch (5 min) · 1.5 L of water (one bottle) · Bed by 11 (11:30)

Quitting (feeling: present)

MOVES

Walk when the urge hits (around the block) · Count smoke-free days (one tick) · Use his doctor's support plan (as prescribed)

The pain (feeling: capable)

MOVES

Do her exercises (the first one) · One task at work she enjoys (five minutes of it) · Rest before she's exhausted (one pause)

Recovery (feeling: strong)

MOVES

Rehab exercises (half the set) · Write one progress line (one word) · One short walk (to the mailbox)



Confidence & self-worth

Speaking up (feeling: I count)

MOVES

One sentence per meeting (one question) · Prepare one point the night before (one word) · Say "I think" once a day (once)

Saying no (feeling: respected)

MOVES

Wait 24 h before any yes (one hour) · One no a week ("let me think") · Protect one hour a day (15 min)

The impostor (feeling: legitimate)

MOVES

Three wins every Friday (one) · Ask one question openly (in writing) · Say "thank you" to a compliment, nothing else (just smile)

Being visible (feeling: allowed)

MOVES

Post once a week (a story) · Show one piece to one person (a friend) · Keep going after a flop (post the next one)

Family peace (feeling: at peace)

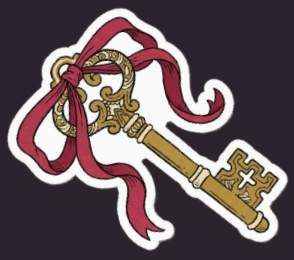
MOVES

Explain once, then change the subject (just change it) · One choice a day she makes alone (a small one) · One call home on her terms (a message)

Moving abroad (feeling: free)

MOVES

15 min of Portuguese (one word) · Move 300 € to savings on payday (50 €) · One message to someone in Lisbon a week (follow one account)



Run your routine in the app

The 27-minute routine, your three moves, the 21-day tracker and the Sunday check, all in one place.

That's the five days. Now you repeat for 21 days. Not perfectly. Just without missing twice. See you on the other side.

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.