THE ARCHITECT PROTOCOL · HOOKED ON GROWTH

# Non-negotiables

Every day. Morning, day, night, anytime. The numbered action sits on top of this. It does not replace it.

## Morning

- [ ] No screens for the first 30 minutes. Go outside. Feet on the ground. Sun on your face if you can.
- [ ] Lock the sleep rhythm. Too much sleep and not enough sleep cause the same fog. Find your number (6 to 8 hours). Same lights-out. Same wake.
- [ ] Hold your water with intention. Thank it as it heals. Water responds to gratitude. Shame does not get to stay in the body.
- [ ] Intentional journaling. Write the life as already true. Build from power and purpose, not from lack.
- [ ] Write at least three specific things you are grateful for today.
- [ ] Dual-hemisphere sync. Read 5 pages of spiritual, psychological, or educational text to force cognitive alignment.
- [ ] Identity Mirror: Look in your eyes. I am sorry that happened to you. I love you. You are safe.
- [ ] Sit in silence. The four weekly meditation practices are the baseline. Passion and purpose come through the quiet.
- [ ] Biological shock. Move the body aggressively. Cold water.

## Day

- [ ] Presence all day. Catch the mind wandering and pull it back. Think on purpose, not on autopilot.
- [ ] When the loop hits, say it aloud: That is the old identity talking. I am building a life. I no longer want to numb or forget.
- [ ] Execute one act of unconditional service. Trying counts. That effort is discipline. That is integrity.

## Night

- [ ] Screens dead for the last 30 minutes. Go outside. Look at the stars. Feet on the ground.
- [ ] Write down at least three specific things you were grateful for today.
- [ ] Where did I go automatic today? Where can I do better tomorrow?

## Anytime

- [ ] Glance at the Reality Board when you walk past it. Hang it on Day 28.

If you skip something: do not panic and do not start the 30 days over. Name the failure, drop the guilt, and immediately execute the next right thing.

PRINT IT. HANG IT. RUN IT.