

Morning 5 / Evening 5

Morning 5

1. Breathe - 1 minute

Box breathing: in 4, hold 4, out 4, hold 4. Four cycles.

2. Scan and score - 1 minute

Choose one domain. Record E, B, T, I, and C.

3. Intend - 1 minute

Choose one action from the variable that needs attention.

4. Thank - 1 minute

Name one specific thing and why it matters.

5. Blank - 1 minute

Use one minute of the Blank Meditation.

Evening 5

1. Review - 2 minutes

What worked? What interfered? What surprised me?

2. Score - 1 minute

Record E, B, T, I, and C beside the morning score. Do not judge it. Record it.

3. Release - 2 minutes

Acknowledge the day, let it go, and settle. Release includes one minute of Blank.

Five minutes before bed

The practice is five minutes in the morning and five minutes in the evening. The final Blank minute is already within Release's two minutes.

Today's one intention

Today's specific gratitude and why it matters