



Quick Start Guide

This document tells you exactly how everything works together in a quick, and clear way so you are not guessing, and so you can actually get results from this.

So read this once, fully, before you start Week 1. It will save you a lot of old patterns kick in: perfectionism, self-sabotage, waiting to feel ready, making it too complicated.

What You Have

Here is what is in this reset and what each piece is for:

The Intro Video. You already watched it. It sets the frame for everything. If you have not, go back and watch it now.

The Week 1 Video. Watch this before you start Day 1. It gives you context, and important details for what you are doing in the first week and why.

The Week 2 Video. Watch this after you complete Day 7, before you start Day 8. Same idea.

The Workbooks. This is the core of the reset. One page per day, 14 days. These help you understand your pattern, reflect honestly, and build real evidence that you are changing. Do not skip days. Do not do two days at once to catch up. One day at a time.

The 3 Audios. These are tools for specific moments, not background music. There is a full guide called "Understand Your Audios Better", read that after this. For now: one audio for when the urge hits, one for after a slip, and one for building self-trust daily. These are the most transformative part of this reset. Use them.

The Recovery Page. This is a separate page inside the members area. You will see the button when you log in. It has a video specifically for when you slip. It is a second angle for the same moment, because sometimes audio is not enough and you need to see and hear it. Bookmark that page now, before you need it.

The Daily Evidence Tracker. Print one page per day, or print all 14 at once. Use it every single day. This is how self-trust gets rebuilt: not through promises, but through proof. Small proof. Daily proof. It compounds.

Your Daily Rhythm

This rhythm is what gets real results. Follow it exactly.

In the morning:

Open the page for the day. Read the reality check. Work through the belief reframe and the reflection questions. Then look at the practical action and the real-life move. Let those become your focus and intention for the day. Something to actually carry with you and put into practice.

During the day:

Live it. Practice what the page asked. Use the audio that matches your state. This is where the real work happens, out in your actual life, not just on paper.

In the evening:

Come back. Fill in the evidence check. What actually happened? What did you notice? What shifted, even slightly? Then mark your daily tracker.

Morning: set the focus. Day: practice it. Evening: collect the proof.

That split is intentional. The evidence check only means something if there was a day between the question and the answer. Do not skip it.

The One Rule

Do not turn this into something to fail at.

Here is the pattern I have seen over and over: a man starts something like this with real intention. And then the old habits kick in. He waits until he feels more ready. He skips a day and tells himself he will double up tomorrow. He does the page but rushes it. He performs the reset instead of actually using it.

That is a self-sabotaging pattern. The same one that has been running in the background for years. And the reset only works if you catch it here too.

This reset works through repetition and honesty. Through returning. Through staying with it even when it is messy and imperfect.

If you miss a day, return.

If you slip, return.

If life gets in the way, return.

The only way to actually fail this is to stop coming back.

So let me ask you: can you commit to returning, even when it is not perfect?

Good. That is all this takes.

Before You Start Day 1

Three things:

Save the audios somewhere easy to access. Phone notes, a pinned folder, whatever works. You need to be able to open them fast, especially Audio 1. Do not make it hard to reach in the moment.

Read "Understand Your Audios Better" now. It is a separate document in your reset folder. It tells you exactly when and how to use each audio. It takes 5 minutes to read and it will save you a lot of confusion later.

Watch the Week 1 Video if you have not yet. Then open Day 1.

You are ready. Let's go.

Rux