

Your Commitments This Week:

You're now in the final triad—Weeks 10 to 12—the refinement phase. This is where identity locks in. We're no longer building habits—we're hardwiring them. You don't just do these practices anymore... you *are* this pattern.

Light



Morning, midday, and evening light exposure are now clockwork. The next level?

Seasonal awareness. Start noticing the arc of the sun each day and how it shifts week to week. Your body runs on light—but that light changes.



Watch **moon phases** and track how your energy, hunger, or sleep may subtly respond. You are nature, not separate from it.

Movement



Add a **squat practice**: spend 10+ minutes a day in a deep resting squat. Don't force it—just hang out there when reading, waiting, or thinking.



Introduce **nature resistance**—hike a trail, carry a rock, crawl uphill, climb a tree. Train the body *with* the environment.

Cold



20 minutes in cold immersion, **split into intervals if needed** (e.g., 10 in the morning, 10 in the evening).



Post-cold, **air dry outside** when safe. The skin needs to learn how to radiate and recover.

Food



Dinner now aligns to **sunset**—no eating past dark. This final circadian anchor is key.



Begin a **24-hour fast** once this week—no food from dinner one day to dinner the next. (Skip if underweight or not ready.)

Circadian



You should now be naturally sleepy post-sunset. Track how your **dreams change** with red light and screen-free nights.



Evaluate: Is there **any artificial light left** in your evenings? Finish the job. Replace, dim, or cut it out.