

## Your Commitments This Week:

*You'll notice how often I say "add" here. That means we are layering. You are not allowed to forget about the previous weeks, those habits become lifelong.*

### Light



Sunrise is non-negotiable.

This has become your spiritual check-in. If you've missed even a single day, take note: how did your mood, cravings, or focus shift?



**Now double down on solar callus building.**

Your skin *should* feel the seasons. We're aiming for 60–90 minutes of daily outdoor exposure—this can be walking, eating, reading, working, gardening or just existing.

- Minimize clothing. Forget the norm, forget someone else's rule. Nature's rule says your skin is your solar panel. Nature's rule dictates that sun exposure on "nether regions" increases hormonal health, sleep, energy and libido.
- Barefoot whenever possible.
- No glasses. No windows. No apologies.



**Optional: Begin journaling the way light affects your emotions and appetite.**

This is when you *see* how food and mood tie to solar input.

### Movement



**Add spinal waves, crawling, rolling, squatting.**

- Begin exploring primal patterns like:

Bear crawls

Lateral squats

Low gait walking

Controlled rolls

Back bends on a yoga wheel or against a tree



Movement should now feel *fun*, not forced. If you find moving like this embarrassing or silly, then we have simply discovered another aspect of your mental health that needs unpacking, reframing and optimization. Be free!

### Cold



**10 minutes in a natural body of water—non-optional this week.**

Not a tub. Not a trickle. A lake, a river, the ocean.

- Don't just dip. Stay. Let the cold reach the marrow.
- Begin experimenting with **breath control in the cold**—this is where nervous system resilience is forged.

💧 Cold showers daily still required. Don't backslide. Push your biology forward.

## Food



**You should now be solid on:**

High protein breakfast within 30 minutes of waking

No snacking

Two meals per day rhythm

< 50g carbs, all seasonal

Zero sugar. Zero fake drinks. Water only

Seasonal, local, pressing further into the grasp of what nature provides

Visiting farmer's market, getting to know farmers, understanding the land around you

If not, then you know where your work here remains

## Circadian



**Your indoor light environment should now reflect your values.**

- Sunset = red lights only
- Screens = tinted red and dimmed
- Blue blockers = worn anytime you're in public after dark



**Try 2 full evenings this week with ZERO screens.**

- No TV. No phone. No tablet.
- Just the rhythms: read, talk, sit in darkness, stretch, reflect.

This will feel uncomfortable. That's the point.  
You're shaking the leash of the modern world.