

THE PRESENCE METHOD

DAY 1

Welcome to The Presence Initiation.

For the next seven days you will follow a small set of daily practices designed to sharpen attention, discipline, and awareness.

Before tomorrow morning, prepare one thing:

Find a simple notebook and pen.

Carry this notebook with you during the initiation. It will become your tool for reflection and observation.

Tomorrow begins with the first rule of the method:

Win the morning.

When you wake up:

- Get out of bed immediately
- Do not reach for your phone
- Move your spine and joints for 3–5 minutes

Then open your notebook and write:

Five things you are grateful for.

Five goals written in positive language.

They begin with a positive word, this is very important . I AM. I HAVE. I CAN. I NOW

EXAMPLE:

“I am becoming more disciplined.”

“I CAN build a strong and capable body.”

These small actions create direction for the day.

Show up.

Be consistent.

Do the work.

DAY 2

Tomorrow you will begin paying attention to your body.

Most people move through the day without awareness of posture, breathing, or tension.

Tomorrow's practice is simple.

Begin your day the same way as Day 1.

Win the morning.

Then add a short movement practice.

Spend five minutes moving your spine and joints.

Examples:

- Cat–cow movement
- Shoulder rolls
- Hip circles
- Gentle spinal waves

During the day, observe your posture.

How are you standing?

How are you sitting?

Are your bones stacked, or are your tendons carrying the load?

Simply notice.

Bring your notebook with you and write down anything you observe.

Small awareness creates big change over time.

DAY 3

Tomorrow you will train your hearing.

Find a café or public place and sit quietly for a few minutes.

First listen to the entire environment.

Take in the whole soundscape.

Then begin separating the sounds.

Notice:

- conversations
- cups and plates
- footsteps
- machines
- background noise

Finally, focus briefly on one conversation without staring or making it obvious.

Simply listen.

This exercise develops layered awareness.

Write down what you notice in your notebook.

Most people move through life without truly listening.

DAY 4

Tomorrow your awareness shifts toward people.

As you move through your day, begin observing body language.

Notice:

- posture
- pace of movement
- weight distribution
- gestures
- facial expression

Try making small guesses.

What kind of work might this person do?

What mood are they in? What is their resting pose? What would you correct in their walk, their posture , their awareness of their environment?

You will often be wrong. That is fine.

The goal is simply to develop awareness of the signals people give without realizing it.

Write a few observations in your notebook.

Presence grows when observation becomes a habit.

DAY 5

Tomorrow you will practice environmental awareness.

Each time you enter a building or room, pause briefly and observe.

Notice:

- entrances and exits
- the layout of the space
- where people gather
- where the quiet areas are

Look for risks, environmental, people, things . How much can you relax on a scale of 1-5 and why? How much you stay switched on on a scale of 1-5 and why?

Most people walk into environments completely unaware of their surroundings.

Tomorrow you will begin seeing what others miss.

Write a few notes in your notebook about what you observe.

Over time this habit becomes automatic.

DAY 6

Tomorrow you will practice your beginner's mind.

Choose something small where you are not an expert.

Examples:

- take a different walking route
- try a new movement exercise
- visit a new place
- learn a simple new skill

When we become experts, we stop noticing details.

Beginners see everything.

Approach the experience with curiosity. Look at the layers of things. Look at a flower or a leaf, really study it. The more you look the more you will see

Write down what you notice in your notebook.

The goal is to stay mentally flexible and open.

DAY 7

Tomorrow you complete The Presence Initiation.

Take a few minutes to review your notebook.

Ask yourself:

What did I notice this week?

What changed in how I moved through the world?

Write your reflections.

Then write one final sentence:

“I choose awareness over distraction.”

This marks the completion of the initiation.

Over the next few days I will send you information about continuing the practice through the 30-Day Presence Protocol.

For now, simply notice what has already changed.

Show up.

Be consistent.

Do the work.

— Colin