

PROOF OF LIFE

DAILY CHECKLIST

You want change? Then do it.

STEP 1 — MOVE YOUR BODY

- Walk for 10 minutes. No phone. No music.
- If you can't walk, move something.
- This is fucking crucial.

STEP 2 — YOU SAY YOU'RE NOT ALIGNED? PROVE IT

- Pick ONE: your car or a room.
- Take a photo before.
- Clean it completely.
- Take an after photo.
- If it's already clean, mess it up first.
- Whatever you're doing now isn't working.

STEP 3 — FINISH ONE REAL TASK

- One task you've been avoiding.
- No planning. No lists.
- Finish it today.

STEP 4 — CHECK IN

- How do you feel now?
- One honest sentence.

STEP 5 — SET YOUR MEDITATION TIME

- Morning or night.
- Same time every day.
- 5-10 minutes.
- Put it in your calendar.

STEP 6 — COMMUNITY

- Post one sentence:
- What you cleaned. What you finished. How you felt.
- Invite everyone you know who's stuck.