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THE

311

METHOD

A FIVE-MINUTE RESET FRAMEWORK

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INTERRUPT OLD PATTERNS

| CREATE MOMENTUM

| RECONNECT WITH YOUR FUTURE

5 MINUTES

| 1 FUTURE SCENE

| 1 ACTION STEP

Hello there.

This is the quiet daily ritual that is pulling me out of the reset I've been in for the past year — and helping me feel alive again, one morning at a time.

When life falls apart, most routines feel pointless or overwhelming. This one doesn't. It meets you exactly where you are and gently moves the three things that actually matter when life has hit reset:

- Identity — who am I now that the old story is gone?
- Energy — how do I shift from surviving to thriving?
- Momentum — how do I take one step without forcing or faking it?

Do it for 30 days and you'll feel the shift in your own body and bones.

Five minutes. *Every morning.*

3 MIN **Reclaim — Breathwork and three spoken affirmations that reclaim your identity. Say them out loud. Say them slowly.**

1 MIN **Remember the Future — Close your eyes and inhabit one beautiful moment from the life you're moving toward.**

1 MIN **One Step Today — Open your eyes and do one small thing — right now — that belongs to that future.**

This is not a productivity ritual. This is a return-to-yourself ritual. Five minutes. Every morning. That's all.

3

Reclaim

3 MINUTES

Stand or sit tall. Hand over heart. Three slow breaths — inhale 4, hold 4, exhale 8. Repeat 3-4 times. Then say these three lines out loud, slowly, like you're speaking directly to the part of you that's listening.

"I am still here. That is enough for today."

"I am allowed to want more than just getting by."

"I am becoming the version of me that can handle whatever comes next."

Pause between lines. Let them sink in. Use your own words if these don't feel true yet — but say something out loud. Your voice is part of the ritual.

1

Remember the Future

60 SECONDS

Close your eyes. Choose one ordinary, beautiful moment from the life you're moving toward. It can be as simple as:

- Waking up without dread
 - Laughing with someone who truly sees you
 - Sitting in a space that finally feels like home
 - Moving through the day with ease in your body
-

20 SEC See it clearly.

20 SEC Hear the sounds.

20 SEC Let the feeling of that moment live in your body right now.

1

One Step Today

60 SECONDS

Open your eyes and do one small thing — right now — that belongs to that future moment.

- **Step outside and take ten real breaths**
- **Delete one draining contact or notification**
- **Text someone something honest and kind**
- **Let go of one object that belongs to the old chapter**
- **Stretch or sway for thirty seconds**
- **Open a window and let fresh air in**
- **Write one true sentence about today**

| *Do it immediately. That's the moment the rebuild becomes real.*

*You don't have a right to the cards
you believe you should have been
dealt. You have an obligation to
play the **hell** out of the ones you're
holding.*

— CHERYL STRAYED

30-DAY TRACKER

Day 1

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 2

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 3

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 4

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 5

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 6

☐ Reclaim ☐ Future Scene ☐ One Step

PROOF IT'S WORKING:

Day 7

☐ Reclaim ☐ Future Scene ☐ One Step

PROOF IT'S WORKING:

Day 8

☐ Reclaim ☐ Future Scene ☐ One Step

PROOF IT'S WORKING:

Day 9

☐ Reclaim ☐ Future Scene ☐ One Step

PROOF IT'S WORKING:

Day 10

☐ Reclaim ☐ Future Scene ☐ One Step

PROOF IT'S WORKING:

DAY 10

*The wound is the place where the
Light enters you.*

— RUMI

Here's what's already shifted —

30-DAY TRACKER

Day 11

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 12

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 13

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 14

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 15

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 16

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 17

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 18

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 19

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 20

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

DAY 20

*It does not matter how slowly you go
as long as you do not stop.*

— CONFUCIUS

Here's what's becoming clearer —

30-DAY TRACKER

Day 21

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 22

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 23

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 24

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 25

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

30-DAY TRACKER

Day 26

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 27

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 28

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 29

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Day 30

☐ Reclaim☐ Future Scene☐ One Step

PROOF IT'S WORKING:

Woohoo.

Look at you. Rising.

Thirty days ago, you were standing at the edge of a blank chapter.

Today, you're someone who proved it to themselves. You rebuilt your energy. You rebuilt your momentum. Five minutes a day. Thirty days in a row.

This is how an unfinished life becomes a powerful one.

You're not done. You're unfinished — and that's your advantage. Keep going. Your next chapter doesn't just look different. It feels different — because you wrote it.