

LIVE LIKE A DOG

# 21 Things My Dog Taught Me About Living Fully

*A short, honest guide to the kind of life we've forgotten how to live.*

*— for the ones who already know their dog is the wisest soul in the house —*

# A Note Before We Begin

Somewhere along the way, most of us stopped living and started managing. We manage inboxes, calendars, expectations, energy, image. We are exhausted and we don't know exactly why.

Meanwhile, our dogs — with smaller brains and shorter lives — have it figured out. They wake up grateful. They love without armor. They forgive without grudges. They play without shame. They show up fully, every single day, with no exit strategy.

This little book is a love letter to that wisdom. Twenty-one lessons. One for every day for three weeks, or read them all in an evening with your dog at your feet. There's no wrong way to do it.

Each lesson includes one tiny practice. Not a system. Not a program. Just a small invitation back to the life you were meant to be living — the kind your dog has been modeling all along.

*“Be the human your dog already is.”*

## LESSON 01

### Wake up like the world owes you nothing.

Dogs don't open their eyes thinking about what went wrong yesterday or what could go wrong today. They wake up with their whole body — stretching, sighing, ready. Imagine starting your day without the running list. Just here. Just now. Just grateful for another one.

- *Today's tiny practice: Tomorrow morning, before your phone, take three breaths. Notice you're alive. That's enough to begin.*

## LESSON 02

### Greet the people you love like you mean it.

Every time you walk through the door, your dog acts like it's the best moment of their week. They don't perform — they're actually that happy. We've made love subtle. They keep it loud.

- *Today's tiny practice: Today, greet someone you love like they just came home from a year away. Watch what happens.*

## LESSON 03

### Be where your paws are.

Dogs don't multitask their lives. When they eat, they eat. When they sniff, they sniff. When they nap, they're all the way in the nap. Presence isn't a meditation app — it's a way of being.

- *Today's tiny practice: Pick one thing today and do only that. Just for ten minutes.*

## LESSON 04

### Love without keeping score.

Your dog doesn't track what you forgot, what you missed, who hurt them last week. They love because love is what they have to give. Imagine loving the people in your life like that — without a ledger.

- *Today's tiny practice: Forgive one small thing today. Don't tell anyone. Just let it go.*

## LESSON 05

### Move your body for joy, not for punishment.

Have you ever seen a dog run because they thought they should? No. They run because they're alive and there's a field and the wind exists. Movement is celebration, not penance.

- *Today's tiny practice: Move today for five minutes the way a dog would — because it feels good. Not because it counts.*

## LESSON 06

### Rest is sacred.

Dogs nap with full commitment. No guilt. No "I should be doing something." They understand what we've forgotten: rest is part of the work, not the opposite of it.

- *Today's tiny practice: Take a real nap this week. Or just sit in the sun for ten minutes doing nothing. That counts.*

## LESSON 07

### Sniff the moment.

On every walk, your dog stops to investigate something invisible to you. They're paying attention to a world you've stopped noticing. Slow down. There's more here than you think.

- *Today's tiny practice: On your next walk, notice three things you've never noticed before. They were always there.*

## LESSON 08

### Bark back when it matters.

Dogs aren't aggressive — they're honest. When something's wrong, they say so. When they need space, they take it. Boundaries aren't unkind. They're how loyal love stays alive.

- *Today's tiny practice: Say no to one thing this week that drains you. You don't owe an explanation.*

## LESSON 09

### Show up for your pack.

A dog will sit at your feet through your worst day and ask for nothing. They show up. That's the whole job. Most people don't need your advice — they need your presence.

- *Today's tiny practice: Text one person in your pack today. Not to fix anything. Just to say: I'm here.*

## LESSON 10

### **Forgive faster than feels reasonable.**

You step on their paw and they're licking your face thirty seconds later. They don't store wounds. They live forward. Grudges are heavy – and dogs travel light.

- *Today's tiny practice: Name one grudge you're still carrying. Ask yourself: does keeping this serve anyone?*

## LESSON 11

### **Trust your nose.**

Dogs trust their instincts before they trust anyone else's opinion. We've been taught to override ours. The body knows. The gut knows. Listen back.

- *Today's tiny practice: Notice one moment today when something felt off. Don't dismiss it. Honor it.*

## LESSON 12

### **Play is not optional.**

Watch a dog with a stick. Watch them with a tennis ball. They've turned the simplest thing into a religion. Joy isn't reserved for vacation. It's available now, in something small.

- *Today's tiny practice: Do one playful thing today. Not productive. Not useful. Just play.*

## LESSON 13

### **Be loyal to a few, fully.**

Dogs don't try to be everyone's best friend. They pick a pack, and they love it with their whole chest. Spread thin is not the same as showing up.

- *Today's tiny practice: Pick three people. Pour into them. Let the rest be acquaintances.*

## LESSON 14

### **Show your belly to the right people.**

It takes a dog time to roll over and show their soft underside. They trust who has earned it. So should you. Vulnerability isn't for everyone — it's for your pack.

- *Today's tiny practice: Share one true thing with one trusted person this week. Not the highlight reel. The real.*

## LESSON 15

### **Be unapologetically yourself.**

Your dog has never once tried to be a different breed. They are exactly what they are, all the time, without negotiation. The world has enough copies. Be the original.

- *Today's tiny practice: Name one thing about you that you've been dimming. Today, let it back on.*

## LESSON 16

### **Eat like it's the best meal you've ever had.**

Dogs eat with their whole body. No phone. No half-attention. No critique of the bowl. There is gratitude in their chewing. Imagine bringing that to a sandwich.

- *Today's tiny practice: Eat one meal this week with no screens. Just food. Just you. Notice it.*

## LESSON 17

### **Stretch before you start.**

Every dog wakes up and does the same thing first: a long, full-body stretch. They prepare for the day with their body, not their inbox. The body remembers what to do.

- *Today's tiny practice: Tomorrow, stretch for sixty seconds before you reach for your phone.*

## LESSON 18

### **Choose your humans by their heart, not their resume.**

Dogs don't care what someone does for a living. They read energy. They trust kind. They walk away from cruel. They pick their people accurately — every time.

- *Today's tiny practice: Audit your circle. Who lights you up? Who drains you? Choose accordingly.*

## LESSON 19

### Run toward the people you love.

Watch a dog spot their person across a park. They don't walk. They sprint. Pure delight, no filter. We've gotten so cool. Be uncool. Be glad to see people.

- *Today's tiny practice: Greet someone today like the dog who hasn't seen them in a hundred years.*

## LESSON 20

### Live full-hearted.

Dogs don't half-love. They don't half-greet. They don't half-grieve. They don't half-nap. Everything they do, they do all the way. That's the whole secret.

- *Today's tiny practice: Pick one thing today and do it fully. Just one. See how it feels.*

## LESSON 21

### Today is enough.

Your dog doesn't worry about being remembered. They don't worry about legacy. They are completely fine with today being the whole point. So are you, when you remember.

- *Today's tiny practice: Tonight, before bed, name three small things from today. That was a good day. Most of them are.*

# One Last Thing

You don't have to overhaul your life. You just have to notice your dog — really notice them — and let them remind you how it's done.

Wag more. Worry less. Show up fully. Love without conditions. Forgive faster. Rest deeper. Play harder. Be who you already are.

That's the whole philosophy. Your dog wrote it. We're just passing it on.

**Be here for your life.**  
Live more. Love harder. Wag often.

Come find your pack:

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