



The 7-Day Starter Challenge

One small practice a day. Seven days. The whole life changes when the inputs do.

You don't have to overhaul your life. You just have to do what the dog at your feet is already doing – one move a day, for a week.

DAY 01

Wake Up Like a Dog

Every dog wakes up and does the same thing: a long, full-body stretch. He prepares for the day with his body, not his inbox. Tomorrow, before you reach for the phone, give yourself sixty seconds of stretch first. The body remembers what the mind forgets.

TODAY'S PRACTICE

60 seconds of stretch before you touch your phone.

BEFORE BED, ASK

What was the first thing my body wanted, before the day started asking?

DAY 02

Greet Like You Mean It

Your dog doesn't do half-hellos. He doesn't greet you while reading something else. The whole body says you're here. Today, pick one person – partner, kid, coworker, stranger at the coffee shop. Look at them. Mean it. Let the hello cost something.

TODAY'S PRACTICE

One real greeting today. Eyes up. Whole self in it.

BEFORE BED, ASK

Who lit up when I actually saw them?

DAY 03

Sniff the Walk

Your dog doesn't walk to get there. He walks to be there. Today, take ten minutes outside with no podcast, no call, no goal. Notice five things you'd usually miss. The walk is allowed to be the point.

TODAY'S PRACTICE

Ten minutes outside, no input. Five noticings.

BEFORE BED, ASK

What did I see today that I'd been walking past for years?

DAY 04

Joy in the Small Thing

Your dog loses his mind over a tennis ball. He hasn't been waiting for the big milestone. Today, find one small good thing – a song, a sandwich, the first sip of coffee – and let yourself care about it more than is reasonable. Joy is a muscle. Use the small reps.

TODAY'S PRACTICE

One small thing today. Full attention. No apology.

BEFORE BED, ASK

What did I let myself love today, even though it was small?

DAY 05

Nap Without Guilt

Your dog sleeps deeply without earning it. He never apologizes for resting. Today, take twenty minutes – a nap, a couch, a closed door. Don't justify it. Don't earn it. Just rest like it's allowed, because it is.

TODAY'S PRACTICE

20 minutes of rest you don't apologize for.

BEFORE BED, ASK

What was true after I rested that wasn't true before?

DAY 06

Forgive Faster

Your dog has never held a grudge past dinnertime. He barks once and the day moves on. Pick one thing you've been carrying – a small one. A driver, a coworker, an old text. Drop it before bed tonight. You're allowed to put it down without anyone signing off.

TODAY'S PRACTICE

Drop one small grudge before bed.

BEFORE BED, ASK

What got lighter once I stopped carrying it?

DAY 07

Show Up Anyway

Your dog shows up when you're sad. He doesn't have words. He just sits closer. Today, show up for someone who needs it. Send the text. Make the call. Sit closer. You don't have to fix anything. Loyalty isn't a feeling – it's a posture, repeated.

TODAY'S PRACTICE

One real show-up today. No fixing required.

BEFORE BED, ASK

Who was I a better human to today, just by being there?

That's the week.

Seven moves. Seven small returns. None of them required a new job, a new city,
or a new you.

If a day worked, repeat it tomorrow. If a day didn't, do it again anyway. Your dog
never grades the wag. He just keeps wagging.

Be here for your life.

Live more. Love harder. Wag often.

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