

T H E S P I R I T P R A C T I C E · 3 0 D A Y S

PAWS

P R E S E N C E · A F F E C T I O N · W A G · S T A Y

One practice a day. The dog already runs them.

L i v e L i k e a D o g

livelikeadogtoday.com



One small move a day. For thirty days.

You don't have to fix your whole life. You just have to do today's practice.

01

DO THE MOVE

Each day gives you one small practice. Read it in the morning. Do it before the day ends.

02

WRITE IT DOWN

A line or two on the reflection prompt. Not an essay — just what you noticed.

03

LET IT REPEAT

The four moves cycle: Presence, Affection, Wag, Stay. By day 30, they're a rhythm, not a task.

"Presence. Affection. Wag. Stay. That's the whole job."

PAWS is the spirit practice.

Four daily moves for the heart and mind. You'll cycle through them all month.



PRESENCE

Be where your paws are.

Be here. Not last week, not tomorrow. The dog already is.



AFFECTION

Greet like you mean it.

Love out loud. Don't wait to be earned. The dog never does.



WAG

Choose joy in something small.

Joy as a discipline. Find one thing. Celebrate it daily.



STAY

Show up for your pack.

Loyalty is what you do, repeated. The dog stays. So can you.

DAY 1

PAWS · 01 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Take your first walk today with no phone. Just notice five things — really notice them.

REFLECT

What did you notice that you'd normally have walked right past?

DAY 2

PAWS · 02 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Greet the first person you see the way your dog greets you — full attention, real warmth.

REFLECT

How did it feel to greet someone without holding anything back?

DAY 3

PAWS · 03 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Find one small thing today and let yourself be genuinely delighted by it.

REFLECT

What made you smile that you almost overlooked?

DAY 4

PAWS · 04 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Show up for one person in your pack today — a call, a text, a moment of real attention.

REFLECT

Who did you show up for? What did it give them — and you?

DAY 5

PAWS · 05 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Eat one meal today with no screen in front of you. Slow down and taste it.

REFLECT

What was different about eating with your full attention?

DAY 6

PAWS · 06 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Tell someone you love them — out loud, with no occasion and no reason needed.

REFLECT

Why don't we say it more often than we do?

DAY 7

PAWS · 07 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Do something purely for play today. No purpose, no productivity, no point but joy.

REFLECT

When was the last time you played, before today?

DAY 8

PAWS · 08 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Keep one small promise you made to yourself — however tiny.

REFLECT

What does it feel like to be someone you can count on?

DAY 9

PAWS · 09 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Sit still for three minutes and just breathe. No phone, no agenda, no fixing.

REFLECT

What came up when you finally stopped moving?

DAY 10

PAWS · 10 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Give a genuine compliment to someone you don't usually thank.

REFLECT

How did they respond? How did it feel to mean it?

DAY 11

PAWS · 11 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Put on a song you love and move to it — even for one minute, even badly.

REFLECT

What does joy actually feel like in your body?

DAY 12

PAWS · 12 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Reach out to someone you've been meaning to contact for too long.

REFLECT

Why did you wait? What shifted when you finally reached out?

DAY 13

PAWS · 13 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Notice the weather on your skin today. Stop, step outside, and feel it.

REFLECT

When did you last pay real attention to the air around you?

DAY 14

PAWS · 14 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Hug someone a few seconds longer than usual. Don't be the first to let go.

REFLECT

What did those extra seconds give you both?

DAY 15

PAWS · 15 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Celebrate a tiny win today like it actually matters — because it does.

REFLECT

What win did you almost let pass by unmarked?

DAY 16

PAWS · 16 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Be the one who follows through today, even when it's inconvenient.

REFLECT

Where were you tempted to flake — and what did staying look like?

DAY 17

PAWS · 17 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Take a different route today, and actually look around while you do.

REFLECT

What did the new path show you that the old one hid?

DAY 18

PAWS · 18 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Forgive someone today — even silently, even just a little.

REFLECT

What were you carrying that you can finally set down?

DAY 19

PAWS · 19 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Laugh on purpose today. Watch, read, or remember something genuinely funny.

REFLECT

How does it change a day to choose laughter on purpose?

DAY 20

PAWS · 20 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Protect your time for the people who matter. Say no to one thing that doesn't.

REFLECT

What did you protect today, and who quietly benefited?

DAY 21

PAWS · 21 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Watch a sunrise or sunset with no distraction. Just be there for it.

REFLECT

What is it about the light at the edges of the day?

DAY 22

PAWS · 22 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Do a small kindness today with zero expectation of anything back.

REFLECT

What's the real cost of giving without keeping score?

DAY 23

PAWS · 23 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Try one new thing today — even something tiny and a little uncomfortable.

REFLECT

What did your curiosity open up?

DAY 24

PAWS · 24 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Stay present in a hard conversation instead of escaping it.

REFLECT

What happened when you chose not to run?

DAY 25

PAWS · 25 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

Put your phone in another room for one full hour today.

REFLECT

What filled the space once the phone was gone?

DAY 26

PAWS · 26 / 30



AFFECTION

Greet like you mean it.

TODAY'S PRACTICE

Write a short thank-you to someone who shaped who you are.

REFLECT

Why does gratitude feel so good to actually give?

DAY 27

PAWS · 27 / 30



WAG

Choose joy in something small.

TODAY'S PRACTICE

Find the joy hiding inside an ordinary chore today.

REFLECT

Where was the small delight you didn't expect to find?

DAY 28

PAWS · 28 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Show up early for someone today. Be the steady, dependable one.

REFLECT

What does it mean to be a safe place for your pack?

DAY 29

PAWS · 29 / 30



PRESENCE

Be where your paws are.

TODAY'S PRACTICE

End today by naming three things you genuinely noticed — out loud or on paper.

REFLECT

How has your attention changed over these 29 days?

DAY 30

PAWS · 30 / 30



STAY

Show up for your pack.

TODAY'S PRACTICE

Look back over the month. Pick the one practice that changed you most — and commit to keeping it.

REFLECT

Presence, Affection, Wag, or Stay — which one is yours to carry forward?

The whole practice, one page.

No need to wait thirty days — here's every move, grouped by letter.

P PRESENCE

Be where your paws are.

- Single-task one thing, one person, at a time
- Treat each day as brand new
- Let go fast — shake off stress
- Look up before the agenda

A AFFECTION

Greet like you mean it.

- Stay close; make time for your people
- Love without conditions — forgive fast
- Lead with warmth; assume good intent
- Be gentle with the vulnerable
- Celebrate your people out loud

W WAG

Choose joy in something small.

- Celebrate the small wins
- Play every day
- Be easily delighted
- Be silly without shame
- Return to joy quickly after stress

S STAY

Show up for your pack.

- Stand your ground; say the hard “no”
- Guard your time and energy
- Protect your people when it counts
- Bounce back fast
- Try the new thing

Y O U D I D T H E T H I R T Y .

*The dog never stops.
Neither should you.*

*Ready to go deeper? The 90-Day Journal takes the practice further —
mind and body, one day at a time.*

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