

LIVE LIKE A DOG

The PAWS Method

Four daily moves for living like the dog at your feet.

P

PRESENCE

Be where your paws are.

Before anything else, arrive. One breath, one moment, one thing at a time. Your dog has never been anywhere but here. Most of life is missed because we were already somewhere else.

A

AFFECTION

Greet like you mean it.

Love loudly. Forgive faster. Run toward your people. Your dog has never offered a half-hearted hello. The world has enough subtle love — be the person who is glad, openly.

W

WAG

Choose joy in something small.

Play, stretch, sniff, savor. Joy isn't the reward at the end of the to-do list — it's how the to-do list gets survived. Find your tennis ball. Make a religion out of the small good thing.

S

STAY

Show up for your pack & yourself

Don't leave the room when it gets hard. Loyalty isn't a feeling — it's a posture, repeated. Pick your people, and pick yourself. Stay with your values, your needs, your truth. Be the one who doesn't walk away when the day turns.

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

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