

LIVE LIKE A DOG

What Would My Dog Do?

A four-question filter for moments you'd rather not overthink.

When you're stuck, spiraling, or about to send the email you'll regret — run it through these four. Your dog already passes them all.

01 Am I being present, or am I rehearsing?

Your dog has never rehearsed a conversation. He's never re-litigated yesterday. Before you respond, drop into this minute. The next move gets made from here, not from the loop in your head.

THE MOVE

Take one breath. Name one thing you see.

02 Am I leading with curiosity or with judgment?

Your dog sniffs first. He doesn't decide who someone is from across the street. If your first move is a verdict, you've already missed the truth.

THE MOVE

Ask one real question before you decide.

03 Am I showing up, or performing?

Your dog doesn't dress up his joy. He doesn't perform his loyalty. He's just glad you're home. If you're trying to impress, you're not showing up — you're auditioning.

THE MOVE

Say the real thing. Skip the polish.

04 Is this worth a bark, or is it just noise?

Your dog barks at what matters and lets the rest pass. He doesn't grade every car on the street. Most of what's loud in a day is not worth your voice.

THE MOVE

If it won't matter Friday, don't carry it past lunch.
