



# Aware Wolf Life Evening Protocol



“I release the day. I quiet the mind. I restore the body. I sharpen the spirit.”  
Be DETERMINED. Stay MOTIVATED. Remain PASSIONATE

## Phase 1: Transition (Shift Out of the World)

### After Dinner / Post-Workout

- Digital Sunset – 7:00 PM
- No screens (or switch to red light / night mode if needed / Night Blue Light Blockers)
- 5 minutes of slow nasal breathing (box style-inhale 4 seconds & exhale 6-8 seconds)

👉 Signals your nervous system: we are shutting down

## Phase 2: Body Reset (Physical Decompression)

- Tai Chi – 20–30 minutes (Flow, balance, breath control)
  - Think: moving meditation
- Hydration – 8–16 oz water (Take magnesium, add a pinch of sea salt)
- Step Outside 1-3 minutes (Feel the air. No phone. Just breathe and observe)
- Hot Shower → Cold Finish
  - Hot = muscle relaxation
  - Cold finish 1-2 mins) = nervous system reset + resilience

## Phase 3: Mental Wind-Down

- Reading – 10–20 minutes (Outside if able)
  - Prefer: Philosophy (Musashi, Stoics, Buddhist texts), Wellness, or Personal Growth. Avoid stimulating or work-related material
  - Low light / candle / ambient lighting

## Phase 4: Mind Discipline

- Meditation – 10–20 minutes
  - Breath focus or stillness
  - This is my anchor
- Journaling – 5–10 minutes
  - Keep it simple, structured:
  - What went well today?
  - What needs improvement?
  - One lesson learned
  - Write down anything unresolved → clears cognitive clutter
  - One intention for tomorrow
- Say aloud, “Today is complete. Nothing remains. The noise shall end here.”

— END THE DAY IN STILLNESS —

## Phase 5: Sleep Ritual (Consistency = Power)

- Goodnight and love to family (pets too!)
- Lights out
  - 9:00 PM (weekdays)
  - 10:00 PM (weekends)
- Environment
  - Cool, dark, quiet
  - No phone within reach if possible
  - Ambient noise if needed (fan shall not blow directly on face, this will prevent congestion)

## Evening Mantras

### ✂️ Primary Mantra

#### PHASE 2: DECOMPRESSION

“I release the day.  
I quiet the mind.  
I restore the body.  
I sharpen the spirit.  
I become the Wolf.”

TAI CHI

HYDRATE  
🔥 Warrior Version

HOT > COLD SHOWER

#### PHASE 3: MENTAL FOCUS

“The noise ends here.  
The mind becomes still.  
The body recovers.  
The spirit hardens.  
Tomorrow, I rise stronger.”

#### MEDITATE & JOURNAL

🧘 Mindfulness Version

#### PHASE 4: READ & RELAX

“Nothing to chase.  
Nothing to prove.  
This moment is enough.  
In stillness, I return to myself.”

9 PM WEEKDAYS • 10 PM WEEKENDS



— END THE DAY IN STILLNESS —