



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."

Phase 5: Tomorrow is Handled: Close the Mental Loops

- Take approximately 3–5 minutes to prepare for morning:
 - Set out tomorrow's clothes.
 - Prepare anything needed for work or training.
 - Place essential items where they'll be easy to grab.
 - Review tomorrow's schedule only if necessary.
 - Identify tomorrow's single most important priority.

♥ 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
 - Ambient noise if needed (fan shall not blow directly on face, this will prevent congestion)

Evening Mantras

🌙 Primary Mantra

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

🔥 Warrior Version

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

🧘 Mindfulness Version

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

🌙 The Final Rule

The evening protocol is **not another task to master**.

Some nights will be imperfect. You may miss the Tai Chi, you may only meditate for five minutes, you may read two pages instead of twenty. That's okay. When life interferes, return to the essentials:

Disconnect. Breathe. Reflect. Prepare. Release. Sleep.

Then begin again tomorrow.



END THE DAY IN STILLNESS