

The 7-Day Mind Sovereignty™ Challenge

Seven days. Seven small acts to strengthen judgment in the age of AI.

You do not need to retreat from the digital world to change your relationship with it. For the next seven days, try one small practice each day. No streaks, no badges, no scorekeeping. Notice what changes.

- DAY 1**
RECLAIM
Turn off the machine-generated notifications you do not actually need. Let people reach you. Stop letting every application do the same.
- DAY 2**
MAKE ROOM
Take a brief walk in nature, drive your commute, or sit with a cup of coffee in the morning without any digital media. No news. No podcast. No scrolling. Let your mind wander.
- DAY 3**
CHALLENGE
What is one belief I hold strongly? What evidence would genuinely cause me to rethink my position? Don't argue the position; just notice what evidence would affect your judgment. (Choose a belief beyond religion. This question is not about one's faith.)
- DAY 4**
EXPAND
Find the strongest credible argument against one position you hold. Not the loudest critic. Someone thoughtful who sees the world differently. What might they understand that you do not?
- DAY 5**
VERIFY
Before you take any action prompted by an emotional reaction to online content (sharing, forwarding, commenting, or otherwise acting), quickly run the S.P.Y. Check: Source. Purpose. You. Did it change anything?
- DAY 6**
PROTECT TRUST
Identify one high-consequence action in your organization that should require independent second-channel confirmation. Ask whether the procedure still assumes that a familiar face, voice, message, or video is authentic. Bonus: choose a family password to confirm that an urgent request from a family member is not a deepfake.
- DAY 7**
CHOOSE
Ask yourself whether something in your life deserves more of your attention than it is receiving, and whether your relationship with digital technology is playing a role. If so, is it time to think differently about how you coexist with the technology you use every day?

At the end of seven days

Do not ask whether you were perfect. No one is. But what did you notice? A moment of digital silence, perhaps? Less reactivity to online content? Were you able to create a bit of space, a pause, between stimulus and action?

That is where Mind Sovereignty begins.