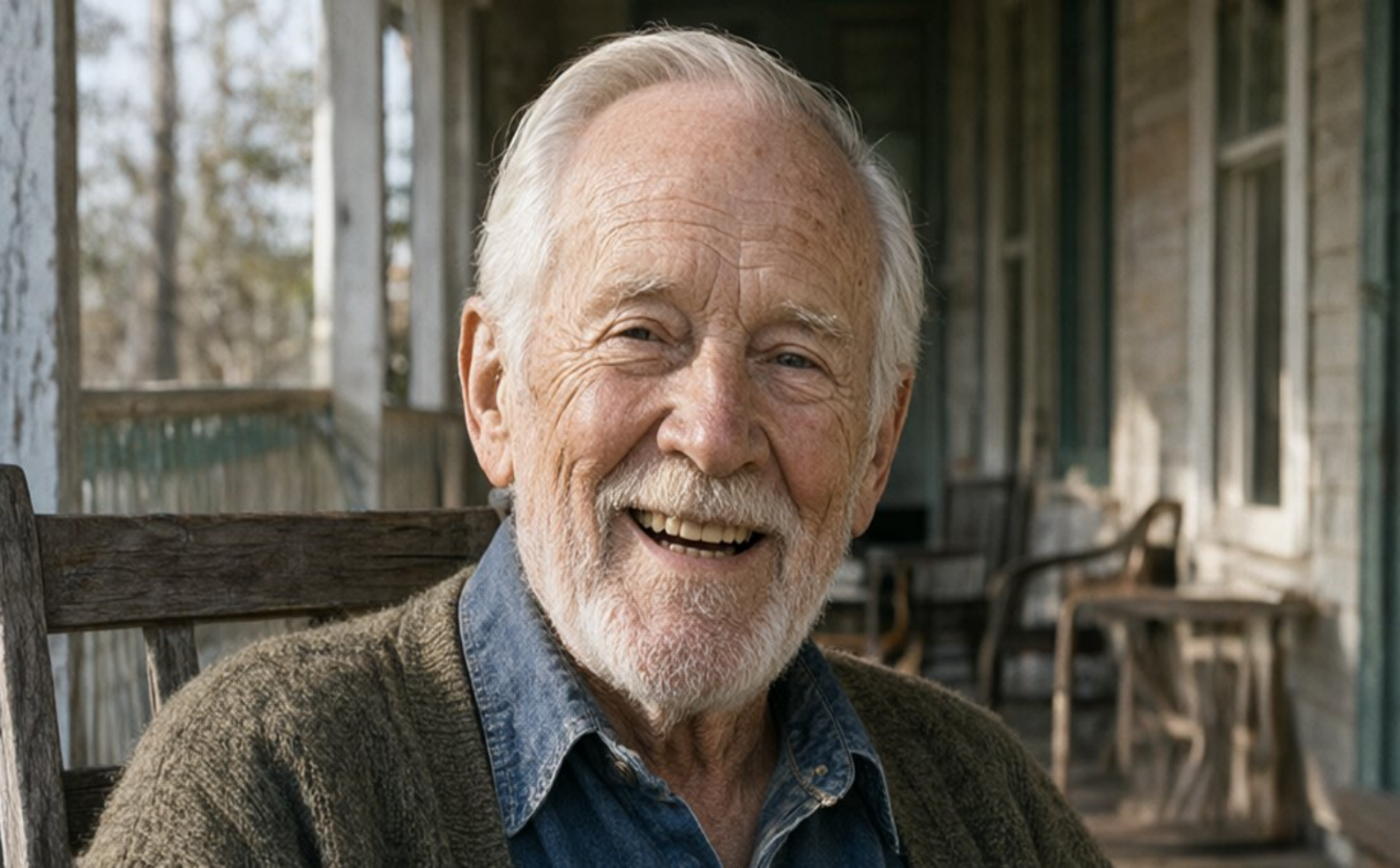




The first five old ways

Five days, from the thirty. This is the free starter — the full set, on paper, with a box to tick every day, is the 30-Day Reset.

Written in the voice of an AI-generated character — not a real person, and not medical, dietary or financial advice.

How to use these five days

One habit a day, in order. Do the day, tick the box, come back tomorrow.

A missed day is a missed day, not a broken streak. Pick it up where you left off.

At the end of five days, ask one question: which of these did you stop having to think about? That is the one to keep.



DAY 01

Wake with the light

Your body reads sunlight before it reads an alarm, and it does not argue with the sun.

Leave a gap in the curtain tonight. No alarm for tomorrow morning. Get up when the room is light enough to see colour properly.

☐

Done today



DAY 02

Cold water to the face

It ends the argument with the pillow in about four seconds.

Fill the sink or a basin with cold water. Put your whole face in it and count to four. Once, in the morning, before anything else.

☐

Done today



DAY 03

Ten minutes outside first

The day gets claimed by other people the moment you touch a screen.

Go outside before breakfast with no phone. Stand or sit. Notice the weather, the birds, whatever the sky is doing. Ten minutes, then come in.

☐

Done today



DAY 04

Walk before you eat

The walk used to be for the animals, and it still puts the morning in order.

Ten to fifteen minutes of walking before breakfast. Out the door, round the block or down the lane, then eat.

☐

Done today



DAY 05

Eat food you have to chew

Eating slows down when the food resists you.

Get a loaf with a real crust — baked or bought. Chew every mouthful until it is paste. Notice how long a meal takes when it cannot be swallowed whole.

☐

Done today

There are twenty-five more.

This starter is the first five days of a thirty-day printable: one habit a day, numbered, with a box to tick, a fridge sheet for the door, and a closing page that asks which habit you kept. Twelve dollars, instant download.

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