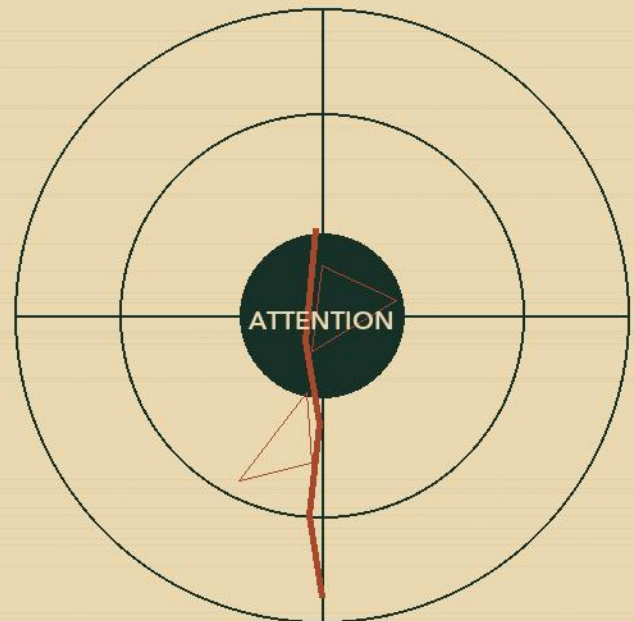


FROM CHAOS TO CLARITY

The 5-Day Attention Reset

A practical field guide for men ready to reduce the noise, steady their system, and hear what matters again.



One day at a time.
Pen and paper. An honest look.

DR. K

NOTICE THE PATTERN

This is not a willpower contest.

Willpower breaks down when your environment and body, your emotional life, plus your spiritual life are pulling in different directions. Mark what has been true lately. There is no score to win.

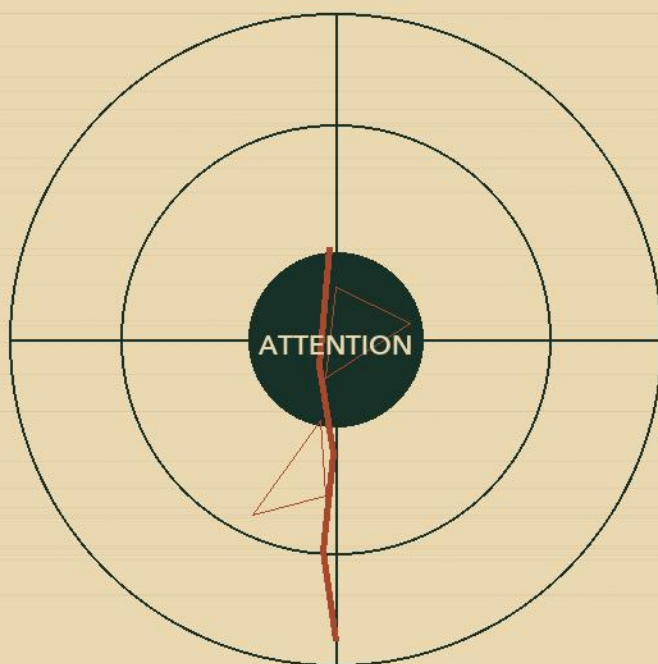
- ☐ I open my phone before my feet hit the floor.
- ☐ Late-night scrolling steals sleep I need.
- ☐ I move between apps without deciding to.
- ☐ I reach for stimulation when I feel uneasy.
- ☐ I start strong, then lose momentum.
- ☐ I feel too overloaded to pray or sit still.
- ☐ I know what matters, but struggle to follow through.
- ☐ I am not as present with people as I want to be.

My biggest attention steal is...

FOUR SYSTEMS. ONE ATTENTION.

Give each system a turn.

When one system is strained, the others compensate. The reset gives each system a turn instead of asking one habit to solve the whole problem.



01 Environment + input
Make distraction less convenient.

02 Body
Use daylight and movement. Support steadiness with regular meals, sufficient sleep, plus-unhurried-breathing.

03 Mind + emotion
Name the trigger and choose the next response.

04 Spirit + mission
Return to prayer and stillness. Take one faithful action.

What would become possible if my attention was no longer scattered?

01

ENVIRONMENT + INPUT

Name the steal.

You cannot protect your attention from a pattern you refuse to name.

- ☐ List every source of input you touched yesterday.
- ☐ Mark each one as signal, neutral, or static.
- ☐ Remove one source of static for the next 24 hours.
- ☐ Silence every notification that does not come from a person.

When the noise drops, what do I notice?

One thing I will carry into tomorrow:

02

BODY

Settle the system.

Clarity returns more easily when your body is not bracing against the day.

- ☐ Spend ten phone-free minutes outside after waking.
- ☐ Breathe in for four and out for six for five minutes. Stop if you feel dizzy.
- ☐ Eat one meal without a screen, podcast, or open tab.
- ☐ Choose tonight's device-off time before noon.

What helps my body feel steady enough to slow down?

One thing I will carry into tomorrow:

03

MIND + EMOTION

Meet the urge.

The urge to scroll, snack, shop, or numb is often carrying a message.

- ☐ Pause for 90 seconds the next time you reach for quick stimulation.
- ☐ Name the sensation in your body and the emotion beneath it.
- ☐ Ask what you need: movement, water, prayer, a person, or the next task.
- ☐ Choose the response on purpose, even if you still choose the screen.

Which feeling am I trying not to feel?

One thing I will carry into tomorrow:

04

SPIRIT + MISSION

Restore the signal.

Silence creates room to hear what hurry keeps covering up.

☐ Spend fifteen minutes in prayer or stillness with no device nearby.

☐ Read one passage that returns you to truth.

☐ Finish the sentence: "I am being called to..."

☐ Take one visible action before the day ends.

What becomes obvious when I stop consuming?

One thing I will carry into tomorrow:

05

INTEGRATION

Build your rule of life.

A reset matters only if you know what you will protect after it ends.

- ☐ Choose a phone-free opening for your morning.
- ☐ Protect one daily block for focused creation.
- ☐ Set a device shutdown that protects sleep and presence.
- ☐ Send your three rules to the man who is checking in on you.

What will I protect because my mission depends on it?

One thing I will carry into tomorrow:

YOUR RULE OF LIFE

Write the three rules you will carry forward.

MORNING

Before I consume, I will...

CREATION

I will protect time to build by...

EVENING

To protect sleep and presence, I will...

The goal is not perfect abstinence. The goal is authority over what gets your attention.

Educational use only. This guide does not replace medical or mental health care. If you or someone you know is in immediate danger or considering self-harm in the U.S., call or text 988. Outside the U.S., contact local emergency or crisis services.

A FIELD NOTE FROM DR. K

Your mission needs your attention.

You were not made to spend your life reacting to every alert and headline, then every appetite. Take the quiet seriously. Let your body settle. Return to your Creator. Then build the thing you already know is yours to build.

I choose what gets my mind, my time, and my life.

Dr. K