

THE HUMAN RECLAIM

7-DAY RESET

You don't need to fix your whole life.
You just need to interrupt the signal long enough to hear yourself again.

WHAT THIS IS

This is not a challenge. This is not motivation. This is a reset. For 7 days, you step out of constant noise to regain control of your attention, reduce mental overload, and reconnect with your thoughts.

HOW TO USE THIS

Do each day as written. Don't skip ahead. Keep it simple. If you mess up, continue anyway.

DAY 1 — SUNRISE RESET

Action: Go outside within 30 minutes of waking. No phone for 10 minutes. Look at the sky.
Why: Your brain needs a real signal to start the day.

DAY 2 — SILENCE BLOCK

Action: 30 minutes with no input. No music, no scrolling.
Why: Your brain cannot process without silence.

DAY 3 — REMOVE ONE DISTRACTION

Action: Remove one distraction for the day.
Why: Control starts small.

DAY 4 — SUNSET RESET

Action: Go outside at sunset. No phone for 10 minutes.
Why: Signals the end of the day.

DAY 5 — INTENTIONAL ACTION

Action: Do one thing you've been avoiding. Finish it.

Why: Clarity comes from action.

DAY 6 — LOW INPUT DAY

Action: Cut your input in half.

Why: Your brain resets when not flooded.

DAY 7 — REFLECTION

Action: Sit 15–30 minutes. Think about what changed.

Why: Reflection creates awareness.

WHAT HAPPENS NEXT

You've proven you can interrupt the noise and take control. This is the foundation.

FINAL NOTE

You don't need more information. You need less noise. Start there.