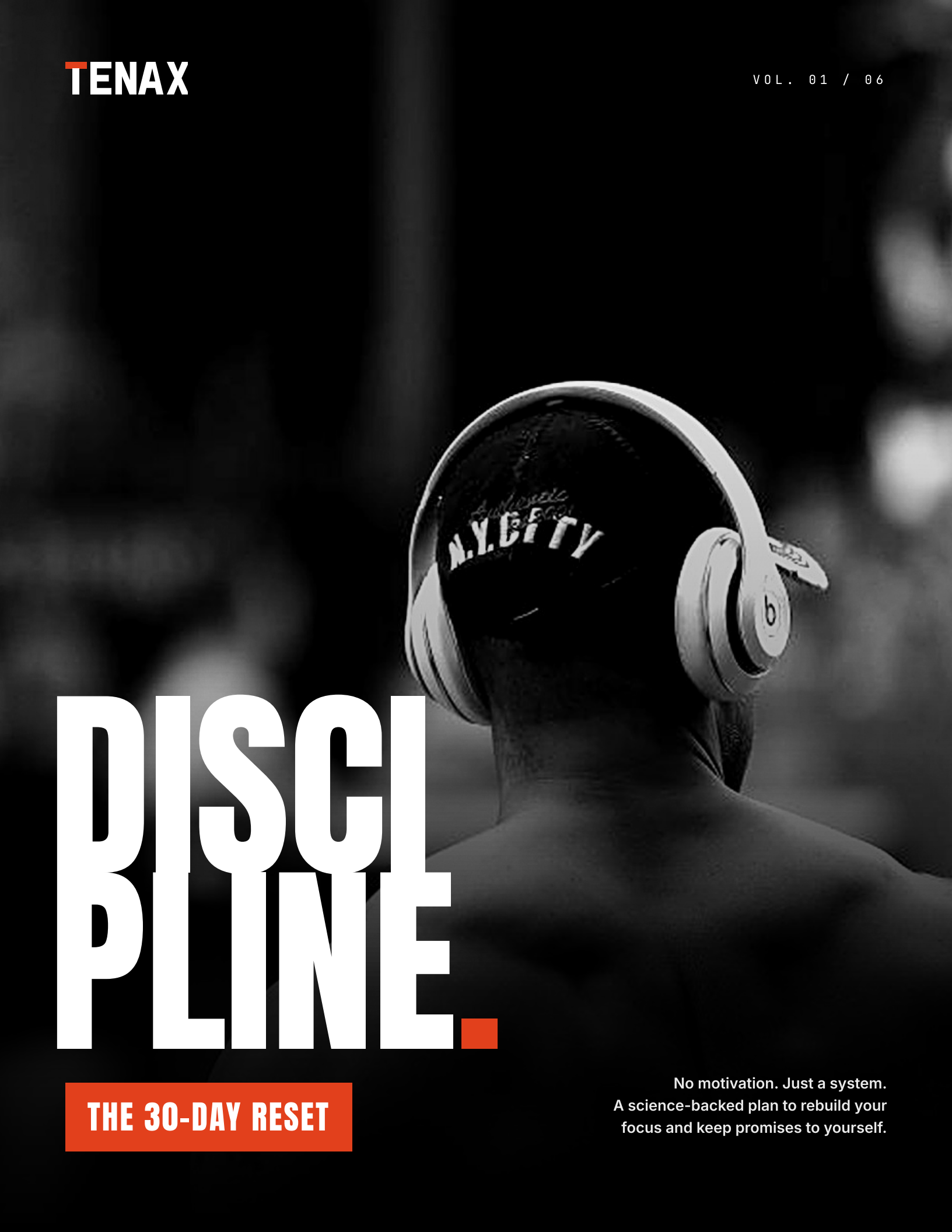
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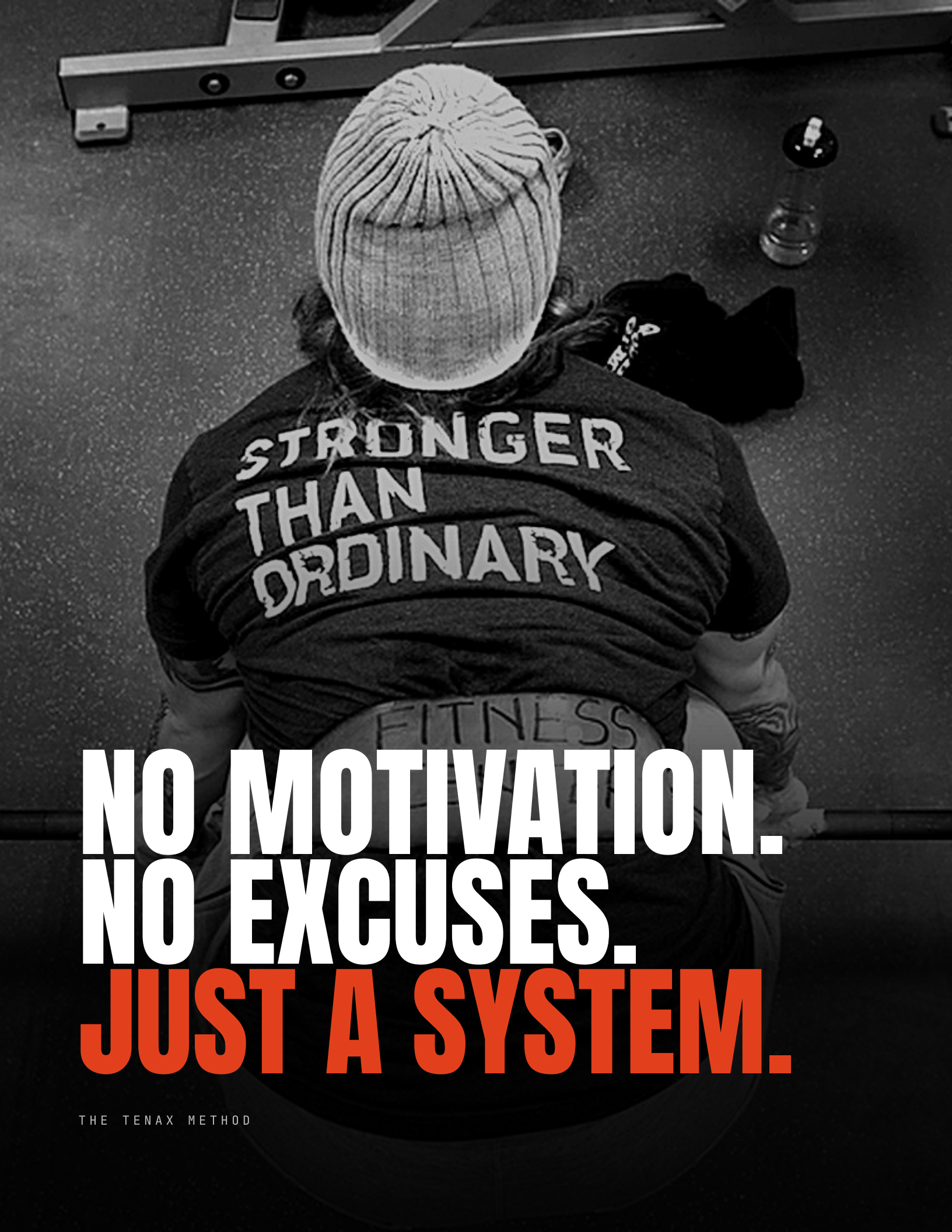
VOL. 01 / 06



DISCIPLINE.

THE 30-DAY RESET

No motivation. Just a system.
A science-backed plan to rebuild your
focus and keep promises to yourself.



NO MOTIVATION.
NO EXCUSES.
JUST A SYSTEM.

THE TENAX METHOD



INTRODUCTION

00

YOU ARE NOT LAZY.

You are a normal human brain living inside an environment designed, by some of the best-funded engineers on earth, to capture your attention.

If you picked up this book, you probably know the feeling. You wake up already behind. You reach for your phone before your feet touch the floor. You promise yourself today will be different, and by evening you are scrolling again, wondering where the hours went.

And then comes the second hit: the story you tell yourself about it. *I have no discipline. I'm lazy. Other people are just built differently.*

Let's start by taking that story apart, because it is not true, and believing it is one of the main reasons people stay stuck.

THE FIGHT YOU WERE NEVER MEANT TO WIN

The average internet user now spends roughly six and a half hours online every day, according to the DataReportal *Digital 2024* global report. Much of that time lives inside apps that make money from one thing: how long you stay. Infinite feeds, autoplay, streaks, red badges and unpredictable rewards are not accidents. They are engineered features, tested and optimised against human psychology.

Trying to beat that with raw willpower is like trying to stay dry in a storm by deciding not to get wet. You will lose, and you will blame yourself for losing.

DISCIPLINED PEOPLE DON'T RESIST MORE. THEY ARE TEMPTED LESS, BECAUSE THEY BUILT A LIFE WHERE TEMPTATION RARELY SHOWS UP.

THE CORE IDEA OF THIS BOOK

WHAT THE RESEARCH ACTUALLY SAYS

One of the most surprising findings in self-control research comes from a 2012 study by Wilhelm Hofmann and colleagues. They tracked hundreds of people through their day, pinging their phones to ask what they wanted, and whether they were resisting it. The people who scored highest on self-control did *not* report resisting temptation more often. They reported **encountering fewer temptations in the first place**.

In other words, the "disciplined" people were not winning more battles. They were fighting fewer of them. They had routines, environments and habits that removed the decision entirely.

That is great news for you, because environments and habits can be built. They can be learned. They can be designed in an afternoon and strengthened over 30 days.

WHAT THE NEXT 30 DAYS WILL DO

The Reset is not about becoming a different person overnight. It is about running a structured experiment on your own life:

- **Week 1 — Quiet the noise.** Cut the cheapest sources of stimulation and measure your baseline.
- **Week 2 — Build your anchors.** Install a morning and night routine that hold your day together.
- **Week 3 — Train your focus.** Practise deep, undistracted work in protected blocks.
- **Week 4 — Become it.** Shift from "trying to be disciplined" to "this is who I am".

By Day 30 you will not be finished. Research suggests most habits take longer than a month to become fully automatic. But you will have something more valuable than a perfect streak: **proof**. Proof that you can make a promise to yourself and keep it. That proof is where real confidence comes from.

DO THIS NOW

Open your phone settings and write down your average daily screen time from last week. Write it on the first page of your Workbook. Don't judge the number. Just record it. This is your Day 0.

DAY 0 · BASELINE

DAY 0: YOUR STARTING POINT

Rate each area honestly from 1 (very poor) to 10 (excellent). Circle the number. No one will see this but you.

AREA	1	2	3	4	5	6	7	8	9	10
Sleep quality	1	2	3	4	5	6	7	8	9	10
Morning routine	1	2	3	4	5	6	7	8	9	10
Control over my phone	1	2	3	4	5	6	7	8	9	10
Ability to focus	1	2	3	4	5	6	7	8	9	10
Physical energy	1	2	3	4	5	6	7	8	9	10
Mood & calm	1	2	3	4	5	6	7	8	9	10
Keeping promises to myself	1	2	3	4	5	6	7	8	9	10
Sense of direction	1	2	3	4	5	6	7	8	9	10

AVERAGE DAILY SCREEN TIME

PICK-UPS PER DAY (FROM PHONE SETTINGS)

USUAL WAKE TIME / BEDTIME

MOST-USED APP

AVERAGE HOURS OF SLEEP

DAYS I EXERCISED LAST WEEK

THE THREE TEMPTATIONS THAT BEAT ME MOST OFTEN

PHASE 1 · QUIET THE NOISE · READ TODAY: CH. 01 + 04

CLARITY

01/30

Discipline without direction is just suffering. Today you decide who you are becoming, and you load the decisions you'll need when motivation is gone.

TODAY'S MISSION

Complete the Clarity page: your One Line, one WOOP, three if-then plans and your three non-negotiables.

MORNING · TODAY'S 3 PRIORITIES

NON-NEGOTIABLES

- [ ] Move — 20 minutes
- [ ] Focus — at least one block
- [ ] Protect the edges (first & last hour)
- [ ] The Launch
- [ ] The Shutdown

NUMBERS

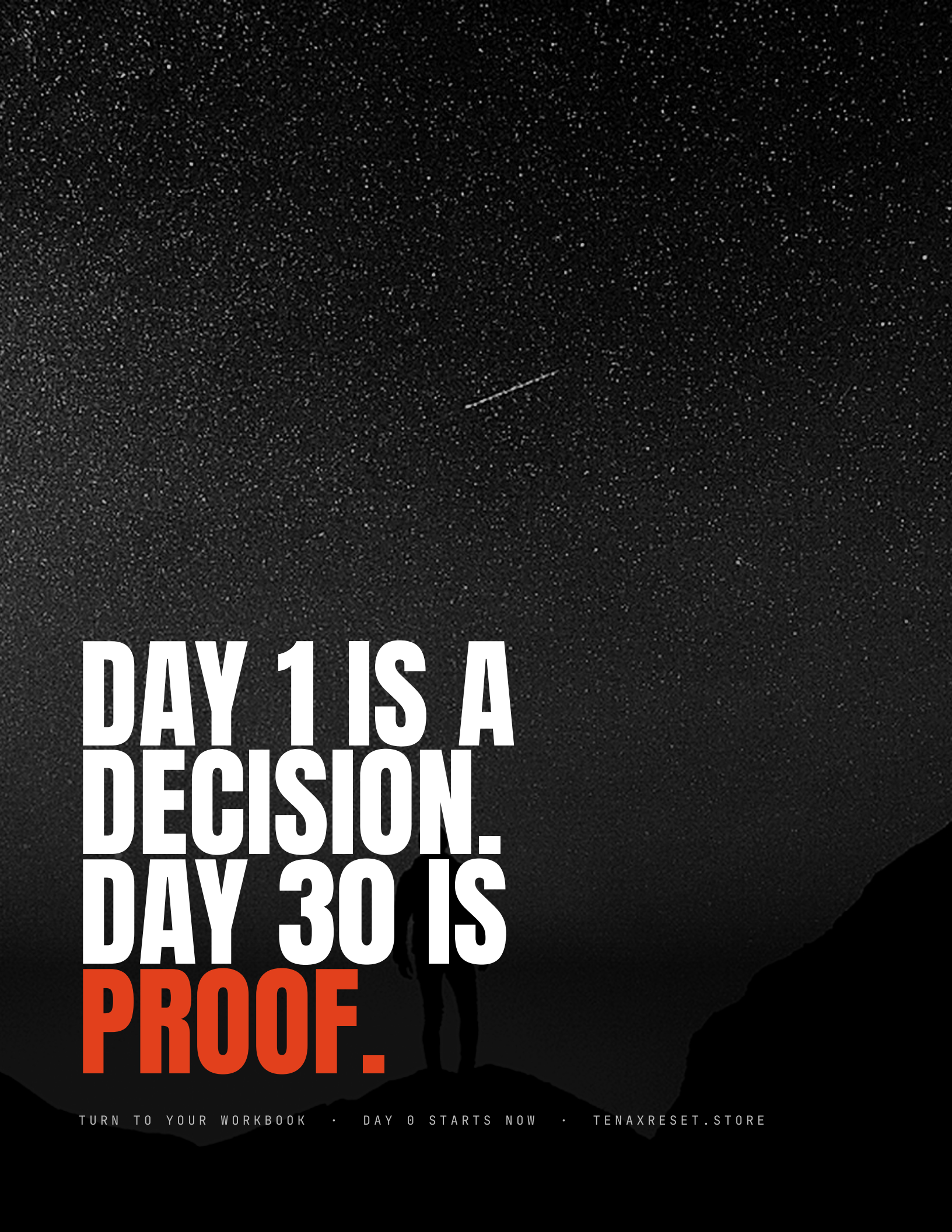
Sleep (hrs)	
Screen time	
Focus minutes	
Energy (1–5)	

SCORE TODAY

1 2 3 4 5 6 7 8 9 10

EVENING REFLECTION

Why does this Reset matter to you, really? What happens if nothing changes in the next year?


DAY 1 IS A DECISION. DAY 30 IS PROOF.
TURN TO YOUR WORKBOOK · DAY 0 STARTS NOW · TENAXRESET.STORE