

Wake Invocation Checklist

A bedside checklist for hard starts. Use it when mornings turn into negotiations before your feet hit the floor.

Use this when getting vertical is the whole battle. The point is not a perfect routine. The point is to move before the negotiation gets louder.

How to use it

- Put it beside the alarm or phone.
 - Read the command phrase first.
 - Move before you decide whether you feel like moving.
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Command and move

- Command phrase: _____
- Feet on floor within three seconds: _____
- Alarm placed far enough away to force a stand: _____

Light and body

- Lights on or curtains open: _____
- Water sip: _____
- Cold splash or cool object: _____
- Hype song: _____

Accountability rope

- "I am vertical" sent to: _____
- Proof sent: _____

Exit the cave

[] First action named: _____

[] Timer set for next step: _____