

A person stands on a dark rock at the bottom of the frame, arms raised in a 'V' shape towards a bright sun. The sun is positioned in the upper left quadrant, creating a large, radiant starburst effect that fills the sky. The sky is a deep blue with scattered white clouds. The overall mood is one of triumph and achievement.

# YOUR FOCUS RECLAIM

THE 7-DAY DOPAMINE RESET  
PROTOCOL  
By: Hadi

## THE 24-HOUR RESET

**TO RECLAIM YOUR FOCUS, YOU MUST SILENCE THE NOISE. FOLLOW THESE 3 RULES:**

- 1. DIGITAL FAST: NO SOCIAL MEDIA OR NEWS.**
- 2. DEEP SILENCE: 10 MINUTES OF ABSOLUTE STILLNESS.**
- 3. BRAIN RECOVERY: READ A PHYSICAL BOOK OR WALK IN NATURE.**

**THIS IS YOUR BASELINE. YOUR JOURNEY STARTS HERE.**

