

What Do I Do Now?

You are enrolled. Your Day 1 is the second Tuesday of the month.
These are the steps to complete before your cohort begins.

STEP 1 — FILM YOUR COMMITMENT RECORD (DO THIS TODAY)

60s RECORD YOUR VIDEO — FACE TO CAMERA

Say the following:

"My name is [your name]."

"Today is [today's date]."

"I am committing to develop [your specific pursuit] across 365 days."

"I am 365 or nothing. One revolution around the sun. Hold me to it."

Save to your camera roll or cloud storage. Do not delete it.

This video is replayed to you at Day 365. The contrast is the proof.

STEP 2 — SET UP YOUR POSTING SYSTEM (DO THIS TODAY)

10m BUFFER — FREE, ONE-TIME SETUP

1. Go to buffer.com and create a free account.
2. Connect Instagram, Facebook, TikTok, YouTube.
3. Save your daily caption to your phone notes (see below).
4. Follow @performancecapability on every platform.

Done once. Never repeated. Daily posting takes under three minutes.

YOUR DAILY CAPTION — COPY THIS EXACTLY

365 or Nothing — Trisphereon Challenge. Day [X].

@performancecapability #Trisphereon #365OrNothing #PerformanceCapability #Trisphereon365

STEP 3 — YOUR THREE DAILY ACTIONS (EVERY DAY, NO EXCEPTIONS)

- 01 Develop Your Capability — Work on your thing. Every day. The commitment does not rest.
- 02 Engage Your Mind — Study something that makes you better at your pursuit.
- 03 Post Your Evidence — Film it, post it, minimum 30 seconds. Caption above. Every time.

YOUR MILESTONE JOURNEY — WHAT YOU EARN

Day 7**THE WRISTBAND**

Your first earned mark. Worn daily. The number changes as you progress.

Day 30**THE STRUCTURE EVENT**

First in-person gathering. First PC gear drop. Handed to you in the room.

Day 101**THE TRANSFORMATION EVENT**

The flagship event. Ben speaks. Your Day 1 commitment record is replayed.

Day 250**THE INTEGRATION EVENT**

Intimate. Elite. Captain nominations open.

Day 365**THE MASTERY EVENT**

One full revolution. The Mastery Kit conferred personally by Ben Benson.

YOUR DAILY CHECKLIST — THREE MINUTES PER DAY

- ★ Film your 30-second evidence clip and post via Buffer to all connected platforms
- ★ Caption: 365 or Nothing — Trisphereon Challenge. Day [X]. @performancecapability #Trisphereon #365OrNothing
- ★ Tag @performancecapability in the Instagram image (manual — 20 seconds)

[Day 1 only — tag @performancecapability and tell Ben you have entered the 365]

PLATFORM QUICK REFERENCE

- Instagram** Visual evidence — wristband shot, 5am proof, capability action. Tag @performancecapability in the image.
- Facebook** Post to personal profile and share to relevant groups. Ask a question to drive comments.
- TikTok** Raw, face-to-camera clips perform best. Day count as on-screen text overlay.
- YouTube** Daily Shorts. Weekly compilations — 'My Week X in the 365' — build a subscriber archive.

***"I am 365 or nothing. One revolution around the sun. Hold me to it."***

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