

# The Daily Calm Edge™

*Set Up in the morning. Slow Down at night. Five minutes that build the gap.*

## SET UP

*Morning · about 5 minutes · in bed, the shower, or walking*

1. **Settle.** A few slow breaths, longer out than in. Feet on the ground.  
*Right now, you're just arriving.*
2. **Read what you're carrying.** Notice where the four states are this morning. Name it, and let it be there.
3. **Set who you're bringing.** Settled and present is the weather you carry in.  
*Today, the man who takes life in.*
4. **The one scene.** Find the moment today most likely to test you. See it coming, then see yourself meeting it settled: the breath, the pause, staying open. Feel it. That's the file ready for later.
5. **Stay settled.** Trust yourself to know what's real. Meet what's genuine, and let the rest move through.
6. **One breath. Go.** Take it in, not on.

## SLOW DOWN

*Evening · about 2 to 3 minutes · before you switch off*

1. **Breathe the day off.** A long breath out. You're off the clock. Set it down.
2. **Where did you catch it today?** One moment, however small. A pause. A stay. Even just noticing the pattern start. That counts.
3. **Let it land.** Stay with it a second. That's the moment Charlie and Dai file: this is what I do now. Give it the attention you'd give a win.

And if today was a hard one, tomorrow's a fresh go. The new way is built a day at a time. Repair if you need to, from settled.

## WHO I AM AS A CALM EDGE MAN.

I am a Calm Edge man. I take life in, not on. I stay present when the pressure rises, and I feel things fully without being run by them. I'm firm without aggression, and sure of myself without needing to prove it. When something's real, I meet it. When it's noise, I let it pass. I know who I am before the day asks me to show it, and when I get it wrong, I come back and repair it.

Listen to the full guided versions: scan the code below.

