YOUR FIRST 30 DAYS IN THE HUMAN CAPABILITY ERA

Protect the system that produces your advantage.

DAILY FOUNDATIONS

- One 20-minute recovery walk (zero screens)
- 5-minute end-of-day reflection: What signal did I notice?
- Consistent sleep, hydration, one device-free meal

WEEKLY PRACTICES

- [ ] Week 1: Cut non-essential inputs by 50%
- [ ] Week 2: Scan for one weak signal daily
- [ ] Week 3: Ask "What am I not seeing?" before every major decision
- [ ] Week 4: Reframe one problem with three "what if" options

DAILY CAPABILITY BUILDERS

- **Perception:** Notice one thing others miss
- **Creativity:** Generate three new options
- **Judgment:** Decide with ~70% of the information you wish you had
- **Adaptability:** Update your model when reality shifts
- **Empathy:** Ask "What's the real problem?" and listen

DAY 30 CHECK-IN

30

What felt stronger this month? Which single habit will you protect forever?

YOU ARE NOT OPTIMIZING FOR MORE OUTPUT.
YOU ARE BUILDING THE HUMAN CAPABILITY ERA
ONE CYCLE AT A TIME.