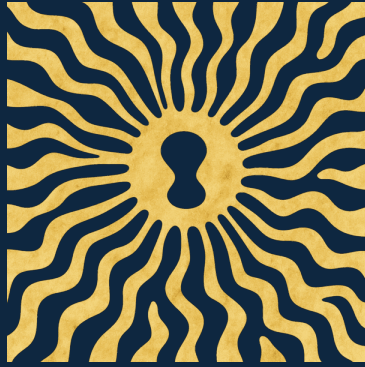




UNLOCK YOUR BRAIN

The Daily Unlock

A five-minute morning practice to think clearer, feel calmer, and act with intention.

Stephen Latteri · Unlock Your Brain, Unlock Your Life

Better today than yesterday.

Five minutes. That's the whole ask.

Most people try to change their life before they've ever really looked at it. They white-knuckle their way toward "better" and wonder why it never sticks.

Here's what almost thirty years of studying the mind taught me: you cannot change what you have not noticed. Awareness comes before change. Always.

So this isn't a program. It's five minutes — the first five of your day, before the noise starts and the phone begins deciding how you feel.

Five questions. One minute each. Do them at the kitchen table, in the car, or standing on the beach watching the sun come up. The sunrise isn't the point. What it makes room for is.

You won't overhaul your life by Friday. You'll just be a little clearer than you were yesterday. Do that enough mornings in a row and it stops being a practice — it starts being who you are.

"Awareness comes before change. Always."

— Stephen

The Practice

1 ARRIVE

one minute

Before the phone. Feet on the floor, three slow breaths.

Your nervous system wakes up before your judgment does. Give it a minute to catch up. No input yet - no scrolling, no news, no inbox. Just be where you actually are.

2 NAME IT

one minute

What am I actually feeling right now?

Say it plainly: 'this is anxiety.' 'This is dread about that meeting.'
Labeling a feeling quiets the brain's alarm center. You are not getting rid of it - you are just no longer being run by something you cannot see.

3 SEE THE PATTERN

one minute

What is the loudest thought this morning - and is it a fact, or a story?

Write it down. On paper it is only a sentence; in your head it is the truth. Most of what runs us is a story we have never once read back to ourselves.

The Practice

continued

4 CHOOSE THE RESPONSE

one minute

Where today am I most likely to react instead of respond?

Name the moment before it arrives - the email, the comment, the red candle, the tone in someone's voice. Then decide now, while you are calm, what you will do instead. A quiet morning makes better decisions than a loud afternoon. Response builds bridges. Reaction builds walls.

5 ONE INTENTION

one minute

What one thing would make today a little better than yesterday?

One. Not ten. Write it as a single sentence you could actually finish before dark. Intention is not a mood you wait for - it is a decision you make while the day is still quiet.

That is it. Five minutes.

Close the notebook and go live your day.

The Daily Unlock · five questions

Print it. Screenshot it. Tape it to the mirror.

1 Arrive. Three breaths, no phone.

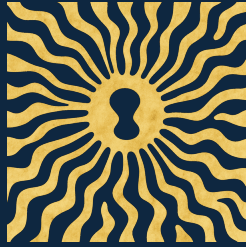
2 What am I actually feeling right now?

3 What is the loudest thought - fact, or story?

4 Where am I likely to react today? What will I do instead?

5 What one thing would make today better than yesterday?

Better today than yesterday.



If this helped, keep going.

- Every morning I post a sunrise and one lesson.
Instagram: @stevelatteri
- A free line that just listens - call any time.
Steve-O: (854) 227-3506
- If you want to talk something through, my door is open.
calendly.com/yourdeservinglife
- And if you trade: a calm mind reads a chart better than a loud one.
chart-mastery.com

Better today than yesterday.

- Stephen