

PROTOCOL ZERO

The Executive's 15-Minute Performance Protocol

A Zero-Friction Manual for High-Achievers

The Science of the Start

High performance is not about willpower; it's about biology. This protocol is designed to synchronize your internal clock and prime your neurochemistry for a high-output day in exactly 15 minutes.

0-5 Minutes: Neural Priming (Sunlight)

The Action: Step outside within 30 minutes of waking. Look toward the sun (not directly at it) for 5 minutes.

The Why: Photons hitting your retina trigger the release of cortisol and set a timer for melatonin release 16 hours later. This regulates your sleep-wake cycle and boosts dopamine by up to 50%.

5-10 Minutes: Autonomic Reset (Box Breathing)

The Action: Inhale for 4s, Hold for 4s, Exhale for 4s, Hold for 4s. Repeat for 5 minutes.

The Why: This technique, used by Special Forces, shifts your nervous system from 'Fight or Flight' to 'Rest and Digest' (Parasympathetic), clearing mental fog and lowering resting heart rate.

10-15 Minutes: The Priority Audit

The Action: Identify the ONE task that makes everything else easier or unnecessary. Write it down. Do not check your phone.

The Why: Protecting your 'attention capital' in the first hour of the day prevents the 'reactive loop' that destroys executive productivity.

Welcome to the 1%.

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