

The "No-Snooze Mastery" (Bed Exit Protocol)

Phase 1: The Protocol Mission

The goal of this 14-day sprint is to automate the transition from sleep to standing. We focus on the physical movement, not the mental struggle.

Mission Briefing: My mission is to execute my Minimum Viable Habit every day for 14 days without breaking the chain.

- **My Minimum Viable Habit (MVH):** Place both feet flat on the floor for **10 seconds** immediately after the alarm.
- **The Goal:** Eliminate the "decision-making" gap where snoozing happens.

Phase 2: The Anchor Protocol (The Trigger)

We are piggybacking on your existing alarm routine to trigger the physical exit.

- **The Anchor:** "After I turn off my first alarm, I will immediately **swing my legs over the side of the bed and plant my feet.**"

Examples of Success:

- *Alarm rings \rightarrow Hand hits 'Stop' \rightarrow Feet hit the floor.*
- *Phone is 3 feet away \rightarrow I reach for it \rightarrow I remain standing for 10 seconds.*

Phase 3: The Consistency Matrix (14-Day Sprint)

Place a large 'X' over each day you successfully complete your **10-second feet-to-floor MVH**. Do not break the chain.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
[]	[]	[]	[]	[]	[]	[]

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
[]	[]	[]	[]	[]	[]	[]

Phase 4: The System Debrief

Analyze the mechanics of your environment, not your willpower.

1. **What was the single biggest obstacle that almost broke my chain?** (e.g., The room was freezing, I stayed up too late, the alarm was too quiet).
2. **On the days I succeeded, what made it easy?** (e.g., I put my robe within reach, I drank water immediately).
3. **Did my Anchor Moment work effectively as a trigger?**

Phase 5: The System Refinement Loop

Use your data from Phase 4 to upgrade your bedroom environment for the next 14 days.

The Biggest Obstacle Was:	My New Strategy to Overcome It Is:
<i>e.g., "The floor was too cold."</i>	<i>"I will place a plush rug or slippers exactly where my feet land."</i>
<i>e.g., "I turned it off and laid back down."</i>	<i>"I will move my phone/alarm to the dresser across the room."</i>
<i>e.g., "It was too dark to wake up."</i>	<i>"I will set my smart lights to turn on 1 minute before my alarm."</i>