

FREE PRACTICE • PLANT THE SPEAR

THE SEVEN-DAY PRACTICE

Fifteen minutes each morning for one week.
One small, honest rep at a time, until standing
your ground and keeping your heart open stop
feeling like opposites.



HOW TO USE THIS WEEK

Most men know two ways to handle pressure. They harden, or they give way. This week is practice for a third way: holding a clear position without shutting the people you love out of it.

You do not need to have read the books. You need a pen, this printout, and fifteen quiet minutes before the day gets its hands on you.

CONTROL Rigid and cold. Wins the argument, loses the person.	COLLAPSE Small and agreeable. Keeps the peace, loses himself.	THE SPEAR A clear No, with the heart still open.
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WHEN First thing in the morning, before your phone. Fifteen minutes is enough.

HOW Read the day's idea. Do the practice. Write your answer by hand. Carry one line with you into the day.

IF YOU MISS Do the next day tomorrow. Don't double up and don't start over. Missing a day is part of the practice, not a failure of it.

THE RULE Be honest on paper. Nobody reads this but you.

01

FIND WHERE YOU STAND NOWHERE

Before you can plant anything, you have to see where you've been floating.

Every man has places where he holds no real position. He goes along, keeps it smooth, waits to see which way the wind blows. It feels like flexibility. Usually it's absence.

THE PRACTICE

1. Sit still for two minutes. Breathe slowly and let the morning settle.
2. Walk through the last seven days in your head: home, work, friends, yourself.
3. Notice the moments you went quiet when you had something to say, or agreed when you didn't.
4. Pick the three that bother you most and write them down.

Where in my life am I standing nowhere?

CARRY IT

Today, just notice. Don't fix anything yet.

☐ Done

02

NAME YOUR FALSE YES

A false Yes is a No that didn't have the nerve to show up.

It sounds generous. It costs you later, as resentment, as distance, as a promise you keep with a closed face. The people around you can feel the difference even when they can't name it.

THE PRACTICE

1. Go back to yesterday's list. Find one place where you said yes and meant no.
2. Write down exactly what you agreed to and who you said it to.
3. Write what you were afraid would happen if you'd said no. Be specific.
4. Read it back once, slowly. Don't argue with it.

What was the false Yes, and what was I protecting by saying it?

CARRY IT

Catch one false Yes before it leaves your mouth today. Pause, even if you still say yes.

☐ Done

03

ONE CLEAN NO, HEART OPEN

A clean No is short, clear and warm. It doesn't need a speech.

Most men either soften a No until it means nothing, or harden it until it becomes a wall. Today you practise the third version: you hold the line and you stay in the room.

THE PRACTICE

1. Choose one small No you can say today. Start small; this is a rep, not a test.
2. Write it in one sentence. No apology, no excuse, no lecture.
3. Add one line that keeps your heart in it. For example: "I care about this, and I'm still saying no."
4. Say it out loud once, alone, until it sounds like you.

My clean No, and the line that keeps my heart open:

CARRY IT

Say it today. Then don't take it back and don't explain it twice.

☐ Done

04

ATTENTION IS THE SPEAR

Where your attention goes, you go.

A man can hold firm boundaries with everyone else and still let every notification pull him off his own ground. Your attention is the first thing you have to govern, because everything else depends on it.

THE PRACTICE

1. Pick the one thing that matters most today. Just one.
2. Name the three things most likely to pull you away from it.
3. Decide one block of time today, at least 45 minutes, where those three don't get in. Phone in another room.
4. Write the block down with a start time.

What matters most today, and when will I guard it?

CARRY IT

When your hand reaches for the phone, notice the reach. Put it down once.

☐ Done

05

DISCOMFORT AT THE GATE

Every boundary has a moment where it gets tested. That moment is uncomfortable. That is the gate.

Most men either slam the gate or swing it wide open just to make the feeling stop. Today you practise standing there, feeling it, and doing neither.

THE PRACTICE

1. Recall a recent moment when a boundary was pushed and you felt the heat rise.
2. Close your eyes. Let the feeling come back for one minute. Notice where it sits in your body.
3. Breathe out slowly, longer than you breathe in, five times. Stay with it.
4. Write what the discomfort was trying to make you do.

When it gets uncomfortable, what do I usually do to make it stop?

CARRY IT

Next time the heat rises today, take three slow breaths before you answer.

☐ Done

06

ONE CLEAN PROMISE, KEPT

Trust is built from small promises kept, starting with the ones you make to yourself.

A man who breaks his own word every day learns, quietly, that his word doesn't mean much. One small promise, kept exactly, starts to change that.

THE PRACTICE

1. Make one promise to yourself for today. Small enough that you will certainly keep it.
2. Make it exact: what, when, and how you'll know it's done.
3. Write it down and sign your initials beside it.
4. Tonight, tick it off or write one honest line about why not.

Today I *promise myself*:

CARRY IT

Keep it exactly as written. No upgrading it, no shrinking it.

☐ Kept ☐ Not kept, and here's why

07

WRITE YOUR VOW

Six days of reps. Now put it into words you can come back to.

Read back through the week first. Your vow is not a list of rules. It's a short statement of where you stand, what you will hold, and how you'll stay open while you hold it.

THE PRACTICE

1. Read your answers from Days 1 to 6 without judging them.
2. Circle the one line that hit hardest.
3. Write your vow in three to five sentences. Use "I will", not "I'll try".
4. Sign and date it. Keep it somewhere you'll see it.

MY VOW

SIGNED

DATE

KEEP THE SPEAR PLANTED

A week of practice won't change a lifetime of habit. It shows you where the work is. Run the week again whenever you feel yourself drifting back toward control or collapse; it reads differently every time.

The books go deeper into each of these days: why a man floats, why the false Yes is so tempting, and what it takes to hold ground without hardening.

BOOK 1 • STAY OPEN

Boundaries in relationship. Can I remain beside you without abandoning myself?

a.co/d/096pvQNX

BOOK 2 • WITHIN

Discipline and attention. Can I remain with myself when my own impulses pull me away?

a.co/d/0gmClrm7

Questions, or reading this with a group? Write to stand@plantthespear.ca

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