

ANIMAL ELVIS FIELD GUIDE / VOL. 01



THE ANIMAL ELVIS GAUNTLET

Seven days to live it, study it, build it, and give it away.

I AM HERE. I AM AWARE. I WILL USE THIS LIFE WELL.

A practical experiment. Not a performance. Not a belief system.

BECOME YOUR OWN SCIENTIST

READ THIS FIRST

A gauntlet, not a guru

You do not need another belief system. You need a clean experiment, honest observation, and one week of proof.



HOW TO USE THIS FIELD GUIDE

Each day gives you one practice. Do it before you judge it. Keep the protocol small enough to complete and real enough to teach you something. At night, record evidence: what changed, what resisted, and what you will adjust tomorrow.

THE OPERATING SENTENCE

Live it. Study it. Build it. Give it away.

- ☐ LIVE IT - Put the idea into behavior today.
- ☐ STUDY IT - Watch what actually happens.
- ☐ BUILD IT - Shape the environment so the practice can repeat.
- ☐ GIVE IT AWAY - Share only what you have earned through experience.

The rules of the gauntlet

Seven days. One honest practice each day. No dramatic reinvention required.

01 Small enough to finish

Shrink the practice until excuses become unnecessary.

02 Evidence over identity

Do not ask whether you are disciplined. Record whether you did the thing.

03 Correction over shame

Miss cleanly. Learn quickly. Resume at the next available moment.

04 The body is part of the experiment

Sleep, food, movement, breath, and surroundings influence every conclusion.

05 No preaching from theory

Share what you tested, not what makes you sound enlightened.

06 Keep one promise

A kept promise builds more power than ten ambitious intentions.

07 Finish with something useful

Turn one lesson into a tool another person can actually use.

BEFORE DAY ONE

Take the baseline

A scientist records the starting conditions. Do not improve the answers. Make them accurate.

WHERE IS MY LIFE WORKING WELL RIGHT NOW?

WHERE AM I LEAKING ENERGY, ATTENTION, OR INTEGRITY?

WHAT PROMISE TO MYSELF HAVE I BEEN AVOIDING?

WHAT WOULD MAKE THESE SEVEN DAYS GENUINELY USEFUL?

Be your own scientist

Separate the experiment from the story you tell about yourself.

THE PROTOCOL

- ☐ Choose one behavior you want to understand - not your whole life.
- ☐ Define the smallest repeatable experiment you can finish today.
- ☐ Write the result before explaining or defending it.

PROOF, NOT MOOD

Evidence is a completed action, a time, a count, an observed sensation, or a clear before-and-after. 'I felt like I tried' is not evidence.

FIELD QUESTION

What did I learn when I stopped judging myself and simply observed?

Care for the instrument

Your body is not transportation for your brain. It is the instrument through which every practice happens.

THE PROTOCOL

- ☐ Drink water before the first stimulating drink of the day.
- ☐ Move deliberately for at least twenty minutes.
- ☐ Choose one meal that leaves you clearer rather than heavier.
- ☐ Protect a realistic sleep window tonight.

PROOF, NOT MOOD

Record energy, patience, clarity, and bodily tension at morning, midday, and evening using a 1-10 score.

FIELD QUESTION

Which form of physical care produced the clearest change in my mind or conduct?

Direct the awareness

Attention is a life resource. What receives it gets a piece of you.

THE PROTOCOL

- ☐ Begin with ten minutes without phone, feed, news, or audio.
- ☐ Choose one task and work on only that task for twenty-five minutes.
- ☐ Notice three times when attention is captured without your consent.
- ☐ Return on purpose without scolding yourself.

PROOF, NOT MOOD

Count deliberate returns. Every return is a repetition of attention training, not proof that you failed.

FIELD QUESTION

What repeatedly captured me, and what helped me come back?

Unite head, heart, and hands

A clear idea, an honest feeling, and a physical act belong in the same life.

THE PROTOCOL

- ☐ HEAD - Name one thing you know is true today.
- ☐ HEART - Name the feeling or value that makes it matter.
- ☐ HANDS - Complete one visible action that expresses both.

PROOF, NOT MOOD

The practice is complete only when there is a physical result: a conversation begun, a surface cleared, a page written, a walk taken, or a promise kept.

FIELD QUESTION

Where are my thoughts, values, and actions out of alignment?

Build the environment that builds you

Willpower is expensive. A useful environment makes the better action easier to begin.

THE PROTOCOL

- ☐ Remove one cue that feeds a behavior you want less of.
- ☐ Place one cue that invites a behavior you want more of.
- ☐ Prepare tomorrow's first good action before the day ends.

PROOF, NOT MOOD

Photograph, list, or sketch the before-and-after. Then note whether the desired action required less negotiation.

FIELD QUESTION

What in my environment is training me without my permission?

Feed the imagination

The images you rehearse quietly shape what you notice, expect, and attempt.

THE PROTOCOL

- ☐ Read, watch, or study one thing that enlarges your sense of possibility.
- ☐ Spend ten quiet minutes picturing a specific capable action - not a fantasy outcome.
- ☐ Create one page, sketch, voice note, or plan from what appeared.

PROOF, NOT MOOD

Useful imagination produces a next action, a better question, or a clearer image of service. Escapism produces only appetite for more escape.

FIELD QUESTION

What image of a better life is asking to become a concrete practice?

Tell the truth. Become useful.

Correct quickly. Self-honesty is accurate contact with reality followed by repair.

THE PROTOCOL

- ☐ Name one place where your behavior did not match your stated value.
- ☐ Make the smallest honest correction available today.
- ☐ Turn one lesson from this week into something useful for another person.
- ☐ Share the tool without pretending you have finished the work.

PROOF, NOT MOOD

A correction changes something outside your head. Usefulness means another person can understand, try, or benefit from what you made.

FIELD QUESTION

What can I repair, and what have I earned the right to share?

Daily field note

Copy this page or use it after any experiment worth studying.

DATE / PLACE / CONDITIONS

THE PRACTICE I CHOSE

WHAT I ACTUALLY DID - OBSERVABLE FACTS

WHAT CHANGED IN BODY, MIND, BEHAVIOR, OR ENVIRONMENT

RESISTANCE, SURPRISE, OR FAILURE POINT

TOMORROW'S SMALLEST CORRECTION

Seven-day tracker

Use marks, not mythology. One honest check is enough.

DAY	PRACTICE	DID IT	LEARNED	CORRECTED
1	Scientist	[]	[]	[]
2	Instrument	[]	[]	[]
3	Awareness	[]	[]	[]
4	Head / heart / hands	[]	[]	[]
5	Environment	[]	[]	[]
6	Imagination	[]	[]	[]
7	Truth / usefulness	[]	[]	[]

ONE SENTENCE THAT DESCRIBES THE WEEK

Keep what works

The gauntlet ends. The experiment continues.

WHICH PRACTICE CREATED THE STRONGEST OBSERVABLE CHANGE?

WHAT DID I LEARN ABOUT MY RECURRING RESISTANCE?

WHAT SHOULD BECOME A WEEKLY OR DAILY STANDARD?

WHAT SHOULD I STOP DOING BECAUSE THE EVIDENCE DID NOT SUPPORT IT?

WHAT TOOL, STORY, OR QUESTION CAN I GIVE AWAY NOW?

THE CLOSING DECREE

I AM HERE.
I AM AWARE.
I WILL USE
THIS LIFE WELL.

I will live it before I preach it.

I will study what happens.

I will build what helps.

I will give away what becomes useful.

ANIMAL ELVIS

EXPLORE. UNDERSTAND. CREATE. SHARE.