

// FAST-START SEQUENCE — INITIATING

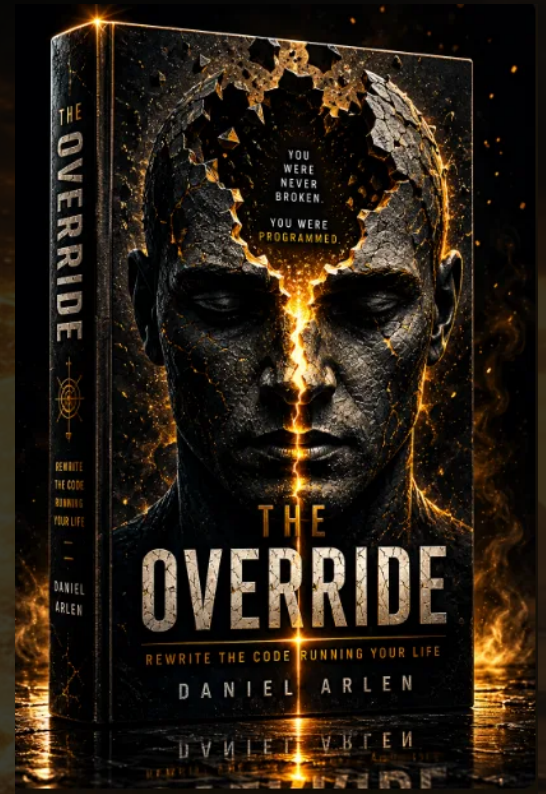
THE FIRST 72 HOURS

A field guide for finding one loop, interrupting the old response, and creating your first piece of evidence.

You do not need to believe in a new life before you begin. You only need to catch one old pattern while it is running and make one move it did not expect.

YOUR 72-HOUR OBJECTIVE

Choose one repeat pattern, observe it without shame, interrupt the automatic response, and collect one small proof that a different move is possible.



FOUR MOVES. RUN IN ORDER.

The first 72 hours is a controlled test. It shows you the mechanism quickly, then gives you one small piece of evidence that the loop is not fate.

01 — OBSERVE

Watch the loop fire in real time instead of becoming it. Ask: what just triggered the old code?

02 — INTERRUPT

Create a gap between trigger and response. Ask: what would I normally do next?

03 — REWRITE

Name the identity the old response was defending. Ask: who am I practicing becoming here?

04 — RUN

Cast one small vote for the new identity through action. Ask: what would the new code do today?

The first crack: The moment you can say, “That is old code firing,” you are no longer fully inside the loop. You have created space.

SEE THE LOOP. BUILD YOUR CODE LOG.

Today is not about changing the pattern. Today is about catching it. Pick one loop that repeats often enough to observe, then write it down without turning the log into a courtroom.

CODE LOG FIELD	WHAT TO RECORD
Trigger	What happened immediately before the pattern fired?
Default response	What did you feel pulled to do automatically?
Result	What did that response protect you from, and what did it cost?
Old code phrase	If this pattern had a line of code, what would it say?

WRITE THIS BEFORE THE DAY ENDS

The loop I am testing for the next 72 hours is:

The old response has been protecting me from:

The quiet cost of letting it keep running is:

INTERRUPT ONCE. CAST ONE NEW VOTE.

When the trigger appears, pause long enough to name what is happening. Then make one smaller, cleaner move the old pattern did not choose for you.

“That is old code firing. I do not have to obey it on autopilot.”

THE INTERRUPT QUESTION

What would the old response make me do next, and what is one smaller, cleaner move I can make instead?

My cleaner move is:

THE EVIDENCE LINE

The old code expected me to:

Instead, I voted for the new code by:

The evidence I now have is:

- ☐ I logged the loop without shaming myself.
- ☐ I named the default response before obeying it.
- ☐ I made one different move, even if it was small.

// AFTER THE FIRST CRACK

THE FULL **OVERRIDE** STARTS WHERE THIS GUIDE ENDS.

If 72 hours showed you the loop, the full six-week program gives you the operating system to keep rewriting what happens next.

INSIDE THE COMPLETE PROGRAM

Week 1	See The Code
Week 2	Find Your Set-Points
Week 3	Interrupt The Loop
Week 4	Write New Code
Week 5	Run The Code
Week 6	Release & Hold



THIS IS FOR THE OPERATOR, NOT THE BROWSER.

Not a hype course. Not a passive book. A private, structured field manual built around daily 15-minute drills, the Code Log, Set-Point Map, Real-Time Interrupt, Daily Votes, Evidence Log, and Author's Charter.

Educational personal-development program. Not medical, psychological, or financial advice. Individual results vary.

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