

THE ARETÉ METHOD

21-DAY RESET PROTOCOL

"ELEVATING BRANDS WITH EXCELLENCE"

MISSION BRIEFING



HOW THIS WORKS:

You are currently operating below your potential. This 21-Day Protocol is designed to fix your baseline by focusing on three non-negotiables: Mindset, Biology, and Focus.

1. SET YOUR INTENTION: Don't just start. Define the standard. Write your "Morning Focus" every single day on Page 3.
2. EXECUTE THE CODE: Adhere to The Code (Page 4) with zero deviation. If you miss a day, you restart at Day 1.
3. REVIEW & ELEVATE: At the end of 21 days, you will have a new standard. Do not revert.

Execute the program. Trust the process.

— John Constantino

Daily Planner

Date : _____

MORNING FOCUS

One word intention

TOP 3 PRIORITIES

1

2

3

HABIT TRACKER

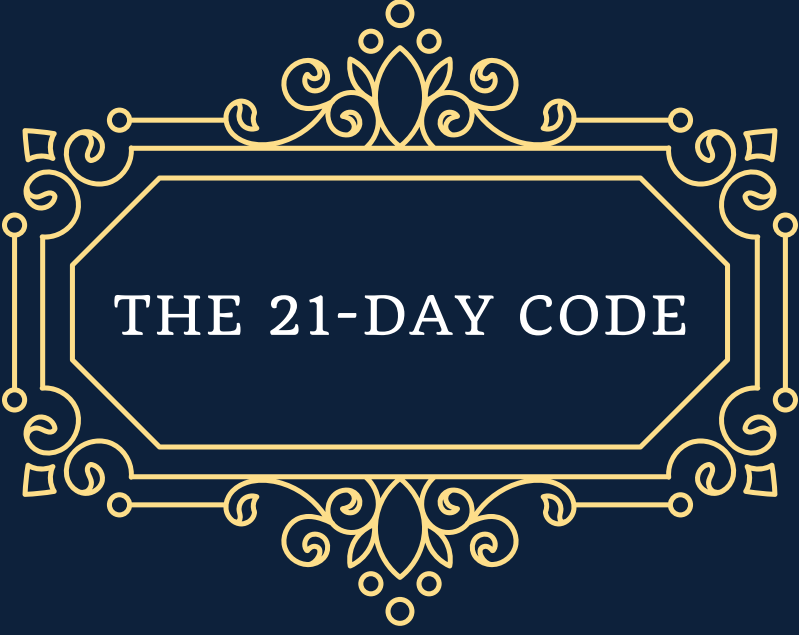
Hydrate, Movement, Silence



1

2

3



THE 21-DAY CODE

THE RULES



Rule 1:

NO ALCOHOL. Zero tolerance for 21 days.

Rule 2:

MOVE DAILY. Minimum 20 minutes of sweat.

Rule 3:

REAL FOOD. No processed sugar or fried foods..

Rule 4:

HYDRATE. 1 Gallon of water daily...

Rule 5:

READ. 10 pages of non-fiction (Mindset).



21 DAYS OF ARETE

MANAGE YOUR HABITS TO STAY FOCUSED AND
ACHIEVE YOUR GOALS.



MON

TUE

WED

THU

FRI

SAT

SUN

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21



"DON'T BREAK THE CHAIN. IF YOU MISS
A DAY, YOU START OVER AT DAY 1."



FIELD NOTES:

Observations, struggles, and breakthroughs experienced during the climb.



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THE STANDARD IS SET



You have reset the baseline. You have the tools, the code, and the daily protocol. The 21 days are over, but the mission never ends.

Do not revert to the old version of yourself. **KEEP MOVING.**

DAILY MINDSET FUEL

"Listen to the Areté Frequency audio primer every morning to calibrate your focus."

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