

Ten Ground Rules

The free stuff that helps you grow

You don't have to do all ten perfectly at once. Start three. Keep them small enough that you'll actually do them tomorrow. Small, steady effort adds a ring.

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TEN GROUND RULES



- 1 Sleep. Non-negotiable, not optional.
- 2 Move today. Strength train twice a week.
- 3 Protein, fat, and fiber, every plate.
- 4 Water before you decide you're hungry.
- 5 Get outside daily.
- 6 Breathe on purpose when stress spikes.
- 7 Don't isolate. Connection is part of the protocol.
- 8 Know your peptide and your concentration before your number.
- 9 Never raise your dose out of impatience.
- 10 This medicine supports the work. It doesn't replace it.

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