

# THE APEX RESET

## When to Execute:

- Tension spikes
- Overthinking starts
- Hesitation before acting

## The Protocol:

1. **Breathe:** Inhale 4, hold 4, exhale 4, repeat 4x
2. **Posture:** Stand or sit upright, relax shoulders, lift chest slightly
3. **Stillness:** Pause, do not react immediately
4. **Focus:** One point. Return to the moment

## Apex Anchor:

- This moment does not require protection

*Operate from calm, not reaction.*

