

Monk Mode Protocol: Your 21–90 Day Focus Blueprint

Monk Mode = a period of **immersion, discipline, and non-negotiables** designed to give you tunnel vision on your most important goals. Unlike rigid programs, you'll build your own system—using shared constants plus personal variables that fit your lifestyle and business.

Step 1. Set Your Timeframe

Decide how long you'll commit.

- ☐ **21 days** (beginner, reset phase)
- ☐ **30 days** (intermediate, strong focus)
- ☐ **60 days** (deep reset, serious transformation)
- ☐ **90 days** (elite level, full lifestyle shift)

My Monk Mode timeframe: _____

Step 2. Define Your Mission

Write the one thing you're committing to for this phase.

Example: "For the next 30 days, my #1 focus is launching my first info-product."

My Mission Statement: _____

Step 3. Lock in Your Non-Negotiables

These three rules are mandatory for everyone:

1. **Meditation** – At least **10 minutes daily**.
2. **Exercise** – Minimum **30 minutes daily** (gym, yoga, run, brisk walk).
3. **No alcohol or weed** – Zero tolerance.

Step 4. Choose Your Variables (Pick at least 2)

Select what matters most to you.

- ☐ No caffeine
- ☐ Follow a clean, whole-food diet
- ☐ Daily prayer / spiritual practice
- ☐ Minimum 1 core business activity per day (e.g. posting, outreach, offer creation)
- ☐ Set cap on entertainment screen time: _____ minutes/day
- ☐ Other: _____

Step 5. Optimize for Focus

Make your environment distraction-proof:

- Block social media & distracting websites (Freedom, Focus, Unhook, Feed Eradicator).
- Clear your desktop (max 6 visible items).
- Use Brain.fm or similar for focus music.
- Keep your workspace clean, organized, and set up for flow.

Action: Audit your environment. Write 3 things you'll remove/change today:

- 1.
- 2.
- 3.

Step 6. Align Work With Energy

Track your energy for a week. Plan deep work for peak hours, admin for low-energy hours.

My peak energy hours: _____ to _____

My deep work block: _____ to _____

Step 7. Track Your Progress

Use a calendar, whiteboard, or journal. Mark  each day you complete all your rules.

Example:

Day	Meditation	Exercise	No Alcohol/Weed	Variable 1	Variable 2	 / 
1						
2						

Step 8. Review & Adjust

At the end of your timeframe:

- What worked best? _____
- What rules felt too easy? _____
- What rules felt too hard? _____
- What will you keep for the next round? _____

Final Reminder

Stick to your 3 non-negotiables, add your chosen variables, and track your streak.

Start with **21 days**, share your protocol with someone for accountability, and then level up.