SattvaStack

THE STACK

Five anchors that hold a day in shape.

Modern life runs the day backwards: the phone before the sun, the heaviest meal at nine, a lit screen at midnight. These five, from dinacharya, the classical daily regimen, run it the right way round. Keep them for twenty-one days before you judge them.

Before dawn

Rise before the sun

instead of the alarm at eight

One wake time, seven days a week, thirty to sixty minutes before sunrise. Feet on the floor before you touch the phone.

First hour

Ten minutes of daylight

instead of the feed

Outside within an hour of waking, no sunglasses, eyes open to the sky. Cloudy counts.

Before the phone

Sit still, ten minutes

instead of the scroll

Same seat, same time. Slow breath or a mantra. When the mind wanders, come back; that is the practice.

By seven

Early, light dinner

instead of a late, heavy one

The smallest meal of the day, finished by seven, three hours before bed. A hundred slow steps after it.

By ten

In bed by ten

instead of the midnight screen

Lights down after dinner, phone charging in another room, the same bedtime within half an hour all week.

Your own two, for the areas you are working on:

The verse and the study behind each anchor: sattvastack.com/practices

Free to print and share

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TWENTY-ONE DAYS

Tick what held. Leave what slipped blank.

A blank is information, not failure. Week one is for the first three anchors; add the evening ones when the mornings hold. Missing a day is normal. Disappearing for a week is what this page prevents.

Practice	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Rise before the sun																					
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Week one · Establish

What held

What slipped

Week two · Deepen

What held

What slipped

Week three · Integrate

What held

What slipped

Started on ___ / ___ / _____