

FIELD MANUAL

Nº 001

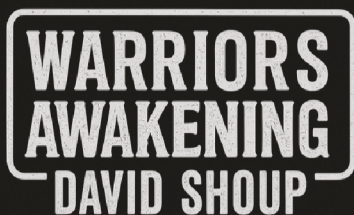
CLASSIFIED

FOR YOU

WARRIORS AWAKENING // FIELD MANUAL 001

THE 5- MINUTE RESET PROTOCOL

*A field-tested method to take back control of your mind,
your body, and the moment — anytime, anywhere.*



DAVID SHOUP
FOUNDER, WARRIORS AWAKENING
MISSION: FREEDOM PROGRAM

SECTION 01 • THE MOMENT

WHEN YOUR MIND OR EMOTIONS SPIKE — THIS IS THE MOMENT.

Stress hits. Anxiety rises. Anger, overwhelm, or doubt kicks in. Your body reacts before you can think.



This protocol gives you control in five minutes or less. No app. No script. No excuses. Just a sequence you run.

USE IMMEDIATELY WHEN

- 01 Anxiety or stress spikes

- 02 You feel overwhelmed or mentally flooded

- 03 Anger, frustration, or shutdown hits

- 04 Negative thoughts start looping

- 05 You feel stuck, frozen, or out of control

“*Do not wait. Execute immediately.*”
 — FIELD ORDER

SECTION 02 • THE PROTOCOL

FIVE STEPS. FIVE MINUTES. RUN THEM IN ORDER.

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- | | | |
|-----------|--|---------------|
| 01 | BREATH RESET
Slow the nervous system. Stop the escalation. | 00:00 - 00:30 |
| 02 | GROUND
Bring the mind back to the present moment. | 00:30 - 01:30 |
| 03 | PATTERN INTERRUPT
Break the loop with the body. | 01:30 - 01:50 |
| 04 | COMMAND YOUR MIND
Take authority back. Out loud. | 01:50 - 02:10 |
| 05 | FOCUS FORWARD
Shift from reaction to direction. | 02:10 - 03:10 |
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TOTAL RUN TIME • ~5 MINUTES // EQUIPMENT • NONE // LOCATION • ANYWHERE

01

STEP

DURATION • 30 SEC // PHASE • STABILIZE

BREATH RESET

Box-extended breathing. Four rounds. The exhale is the reset switch.

4S INHALE	2S HOLD	6S EXHALE	×4 REPEAT
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WHY THIS WORKS

A long exhale activates the vagus nerve and slows the heart rate. You stop escalation at the body level — before the story in your head can take over.

02

STEP

DURATION • 60 SEC // PHASE • ANCHOR

GROUND

Bring your mind back to the present. You are *here*. Not in the stress. Not in the story.

3

THINGS YOU SEE

Name them out loud. Specific. The texture of the wall. The clock. Your hands.

2

THINGS YOU HEAR

Close ones. Far ones. The hum of the room. Your own breath.

1

THING YOU FEEL

The chair. The floor under your feet. The weight of your body.

03

STEP

DURATION • 20 SEC // PHASE • DISRUPT

PATTERN INTERRUPT

Break the loop physically. Movement resets your state.

CLAP HANDS • HARD

SHAKE OUT ARMS

TURN HEAD L → R • FAST

STAND UP

04

STEP

DURATION • 20 SEC // PHASE • AUTHORITY

COMMAND YOUR MIND

Say it out loud. Or in your head — but mean it.

“

*This moment does not control me.
I'm in charge right now.*

— THE COMMAND

05

STEP

DURATION • 60 SEC // PHASE • DIRECT

FOCUS FORWARD

Lock onto something that matters. Shift from reaction to direction.

- **A goal** — what you're moving toward this week.
- **A person** — who you're showing up for.
- **A responsibility** — what's on you right now.
- **The next right action** — the smallest move forward.

■ SECTION 03 • AFTER ACTION CHECK

DID THE NUMBER DROP?

Rate your intensity before and after. If the number dropped — it worked.
Repeat until control becomes automatic.

INTENSITY • BEFORE

1	2	3	4	5	6	7	8	9	10
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INTENSITY • AFTER

1	2	3	4	5	6	7	8	9	10
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■ PART 02 • IDENTIFY YOUR TRIGGERS

YOUR REACTIONS ARE NOT RANDOM. THEY FOLLOW PATTERNS.

If you can see them, you can break them. Start by naming the five situations that consistently spike you.

■ WORKSHEET A

TOP 5 TRIGGERS

WHAT CONSISTENTLY SPIKES YOU?

01 _____

02 _____

03 _____

04 _____

05 _____

■ WORKSHEET B

BREAK ONE DOWN

PICK ONE TRIGGER. WALK IT BACK.

→ *Where were you?*

→ *What happened right before?*

→ *What emotion hit first?*

→ *What did your body feel?*

→ *What thoughts followed?*

THE INSIGHT

This reveals your pattern. Patterns can be broken.

FINAL TRUTH

YOU ARE NOT OUT OF CONTROL. YOU'VE JUST NEVER BEEN TRAINED.

This protocol is the training. The protocol stops the spiral. **Mission: Freedom** eliminates the patterns causing it.

MISSION: FREEDOM 12-WEEK SYSTEM • NOT THERAPY • TRAINING

- 01 Eliminate emotional triggers at the source
- 02 Reprogram destructive thought patterns
- 03 Take full control of your mental and emotional state
- 04 Build discipline, clarity, and confidence
- 05 Step into the strongest version of yourself

■ YOUR NEXT MOVE

IF YOU'RE READY TO STOP REACTING AND START LEADING YOUR LIFE —

BOOK YOUR DISCOVERY CALL

MISSION: FREEDOM DISCOVERY CALL

calendly.com/david-szy/mission-freedom-program-discovery-call

BOOK THE CALL →

REACH OUT • DIRECT

EMAIL Info@WarriorsAwakening.com

WEB WarriorsAwakening.com

PHONE 951 • 447 • 2273

FINAL NOTE

You don't need more time. You need the right system. This is your opportunity to take control — for real.

