

The “Greater Than” Mental Gym — 5■Minute Daily Loop

Use this quick loop to translate knowledge into decisions. One rep a day builds clarity and speed.

Step	Prompt	Your Note
1) Pick an Equation	Which “X > Y” fits today’s choice?	
2) Run Filters	20■second tests: Repeatable? Sustainable? Reversible?	
3) Antithesis Check	When might the other side win?	
4) Decide	What is the smallest decisive step?	
5) Log Feedback	What happened? What will you change tomorrow?	

Weekly Plan (10 minutes on Day 1)

Focus (Top 1)	What matters most this week?
Inputs (2)	What two weekly actions drive the outcome?
Buffers	Where will you add 15% margin?
Red Flags	What will tempt you to flip the equation?
Accountability	Who will you tell? When do you review?

Tip: Keep reps small and frequent. **Consistency > Intensity.**