

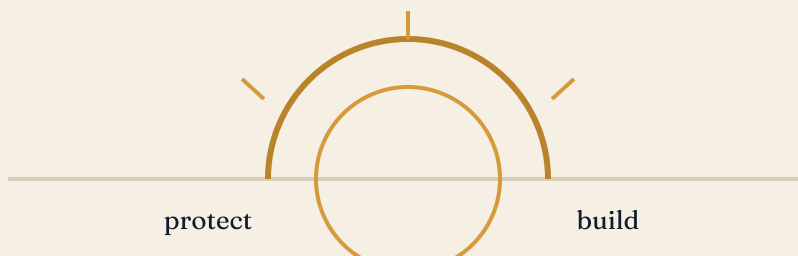
THE ANCESTRAL WATCH · A DAILY PRACTICE

The Dawn Vow

Sixty seconds at first light.

Most days grab you before you've chosen anything. The Dawn Vow lets you choose first — and sets your frequency for the whole day. Sixty seconds, before the noise.

- 1 **Before the phone.**
Feet on the floor. One slow breath, longer on the way out. Don't reach for the screen yet — this minute is yours.
- 2 **Name one thing to protect.**
A person, your attention, your word, your peace. Say what you will guard today.
- 3 **Name one thing to build.**
One concrete move on what actually matters — small enough to finish, real enough to count.
- 4 **Say it once — aloud if you can.**
Protect this. Build that. Let the vow set the day's frequency. Then begin.



Own the first minute and you own the day. Comfort is where frequency goes to sleep.

Drawn from The Ancestral Watch. A vow is small and kept — better one you finish than five you abandon.