

GUARDIAN AWARENESS – QUICKSTART

Purpose

Give you the first habits to live alert, not afraid.

Three rules

- 1) Head up, phone down when moving.
- 2) Know two exits in every space.
- 3) Trust the early signal. If it feels off, it is off until proven otherwise.

Daily rhythm

- Entry scan. Pause at the threshold. Note exits, choke points, people clusters.
- Five-second sweep. Front. Left. Right. Back. Above.
- Parking practice. Park nose-out. Scan before you exit or re-enter the vehicle.

Language to use with yourself

Calm. Eyes up. Choose.

When something pings your attention

See. Decide. Move. Change angle. Create distance. Get behind cover. Leave if needed.

End state

Relaxed readiness. You are present, in control, and harder to harm.