

# TRIMION AFRICA™

## Discipline Framework™

Morning discipline, night reset, dopamine control and social media structure.

### Morning Routine

- Wake at a fixed time.
- Water before phone.
- 10 minute walk, stretch or mobility.
- Plan meals and training before the day becomes busy.
- Delay social media for the first 30 minutes.

### Night Routine

- Prepare clothing, meals and work priorities.
- Review habit completion.
- Light stretching or breath work.
- Reduce screens before sleep.
- Sleep at a consistent time where possible.

### Dopamine Control

- Remove random scrolling windows.
- Use phone only after completing priority tasks.
- Replace instant stimulation with walking, reading, training or work blocks.
- Reward completion, not emotion.
- Protect attention like a premium asset.

### Social Media Discipline

- Post with intention, do not consume endlessly.
- Set content windows.
- Unfollow accounts that weaken discipline.
- Do not compare your raw process to someone else's edited result.
- Use social media as a tool, not a master.

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| Framework | Premium Final Form Systems™ |
| Document  | Discipline Framework™       |
| WhatsApp  | 061 118 5978                |

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