



6

S.O.P

Standard Operating
Procedures

THE ATPL PROTOCOL



"Concretely, how do I apply all of this in my day?"

THE LOGICAL ORDER FOR SUCCESS

(b) (7)(C), (b) (7)(D)

[REDACTED]

[REDACTED]

(b) (7)(C), (b) (7)(D)

[REDACTED]

[REDACTED]

(b) (7)(C), (b) (7)(D)

[REDACTED]

[REDACTED]

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PHASE 1: EXPLORATION (Month 1)

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PHASE 2: CONSOLIDATION (Month 2)

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PHASE 3: FINAL SPRINT (Month 3 / D-15)

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APPENDIX: THE HYPNAGOGIC PROTOCOL

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