

7-DAY

DOWNSHIFT CHALLENGE

One honest prompt a day. That is it.

YOUR PROMPT

YOUR PROMPT

YOUR PROMPT

YOUR PROMPT

YOUR PROMPT

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You did it.

Seven days. Seven honest answers.
That is more self-awareness than most men
accumulate in a year.

This is just the beginning.

Everything you found here is waiting for you.
More tools. More honest conversations.
A community of men doing the same work.

downshiftmen.ca

If it is heavier than this

Some weeks a prompt is not enough, and that is not a failure.

If the tiredness, the low mood or the waking at night
has gone on for weeks, talk to your doctor.
Burnout and depression can look the same from the inside.

If it feels like too much, or you have had thoughts
of ending your life, call or text 988 at any hour.

If you are in danger right now, call 911.

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