FLUXLINE RESONANCE CORE · 4-WEEK PROGRAM

Stuck Again? It's Not Willpower — It's Identity.

*If you keep starting over with your health goals, the problem usually isn't discipline. It's **an internal conflict** between the part of you that wants change and the part still wired for the old pattern. The RCF-Aligned 4-Week Unblocking Program finds that conflict and resolves it — so consistency stops being a fight.*

PILLAR 01

Identity Before Behavior

We don't fix habits — we fix the identity architecture habits emerge from.

PILLAR 02

Internal Interference Mapping

"I can't stay consistent" is a blocked part, a misaligned role, or a nervous-system mismatch — not a character flaw.

PILLAR 03

Embodied Integration

Health becomes sustainable only when it's a felt sense — not another task list.

THE 4-WEEK PATH

Phase 1 · Discovery & Identity Alignment

WEEKS 1–2

Reveal the internal architecture, locate the blocks, and name the identity you're becoming.

Week 1 — Internal Architecture Mapping

- RCF intake: map roles, parts & conflicts
- Identify where consistency collapses
- Somatic check-ins on wellness tasks

Week 2 — Identity Reconstruction

- Define the health identity you're becoming
- Establish identity-based values & anchors
- 5-minute daily embodiment drills

Phase 2 · Integration & Embodied Practice

WEEKS 3–4

Build the bridge between identity and behavior so wellness becomes automatic, not effortful.

Week 3 — Identity → Behavior Bridge

- Design habits that match the new identity
- Remove friction from daily routines
- 2-minute morning identity ritual

Week 4 — Embodied Integration

- Anchor wins into the nervous system
- Sign a future-self contract
- Integration session & next-phase plan

WHAT YOU WALK AWAY WITH

- Internal role & block map
- New identity statement
- Identity-based habit plan
- Future self contract

PRE-ORDER

$49

4 weeks, guided

Ready to find what's actually in the way?

fluxline.pro/services/resonance-core

$49 with a book pre-order until January 15, 2027. Regularly $99.

LISTEN

The Resonant Identity Podcast

theresonantidentity.com/start_here

STUDY THE FRAMEWORK

The Resonance Core Framework

fluxline.pro/resonance-core-framework