

ROOTED

**FEEL IT.
FACE IT.
FLY.**

The toolkit for rewriting your code. Body, mind, and heart.
The exact tools, in plain language.

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START HERE

YOU CAN'T THINK YOUR WAY OUT OF THIS. YOU HAVE TO FEEL IT.

Most people try to fix their life from the neck up. Read more. Think harder. White-knuckle a new habit. It does not hold, because the wound does not live in your thoughts. It lives in your body and your wiring.

So we do it in order. **Feel it.** Let the thing you have been running from actually move through you. **Face it.** Look straight at the rule it taught you. **Fly.** Make one move from the real you, not the old fear.

**FEELINGS ARE NOT FACTS.
BUT YOU STILL HAVE TO FEEL THEM
TO GET FREE OF THEM.**

And remember this one: **sorrow is surrender.** The sadness you keep dodging is not the enemy. It is the door. You stop running, you let it land, you rise lighter. This guide gives you the tools to do all three.

PART 1

THE BODY. REGULATE FIRST.

You cannot heal a nervous system that is stuck on high alert. So before the mind, you calm the body. These are the tools I actually use. Pick two and start.

BREATHWORK

The fastest off-switch for the alarm. Slow the exhale longer than the inhale and the body drops out of fight-or-flight in minutes. Free, always with you.

COLD EXPOSURE

Cold shower, 1 to 3 minutes. You practice staying calm while your body screams. That is the exact muscle you need for real life.

FASTING

Gives the body a break and the mind a clarity you cannot get any other way. It also breaks the eat-to-soothe loop so you feel what is actually there.

FERMENTED FOOD + GUT CARE

Your gut is your second brain. Most of your feel-good chemistry is made down there. Feed it real, fermented food and your mood steadies.

HIIT / HARD TRAINING

Burns off the stress chemistry the program keeps dumping in your blood, and builds the capacity to handle pressure without breaking.

STILLNESS

Ten quiet minutes, no phone. The only room where you can finally hear yourself under the noise.

THE RESEARCH

Your **gut is a second brain**, an enteric nervous system with hundreds of millions of neurons, and it makes most of your body's serotonin. The **vagus nerve** connects gut and brain both ways, which is why breathwork, cold, and food directly change how you feel. The body is the control panel.

Gershon, *The Second Brain*; Porges, polyvagal theory; van der Kolk, *The Body Keeps the Score*.

PART 2

THE MIND. WATCH THE PROGRAM RUN.

Once the body is calm, you can finally see your own thinking instead of being trapped inside it. That skill has a name: **metacognition**, thinking about your thinking. It is the difference between being the wound and being the one watching the wound.

FEELINGS ARE NOT FACTS

A feeling is real. That does not make it true. "I feel worthless" is a feeling. "I am worthless" is a lie the program tells in the feeling's voice. Feel it fully, then ask: is this today, or is this the 8-year-old? Most of the time, it is the kid.

TRAIN THE THIRD VOICE

You have a critic voice and you have a coach voice. Most people let the critic drive. You can train the coach, on purpose, like a skill.

THE RESEARCH

In *The Confident Mind*, performance psychologist Nate Zinsser shows confidence is not something you are born with, it is a **trained self-talk practice**. You deliberately feed the coach voice and starve the critic, and the brain rewires toward it.

Zinsser, The Confident Mind.

CONSCIOUS REWRITE (USE AI AS A MIRROR)

This is the new edge. Use AI as a thinking partner to spot your blind spots and rewrite the old rule in real time. Not to outsource your mind, to sharpen it. That is Actual Intelligence: the tool serving the human, not replacing him.

**GET ABOVE THE PROGRAM.
THEN REWRITE THE RULE.**

PART 3

THE HEART. DROP THE CONTROL.

Almost everything broken in us comes down to one thing: control. Controlling how we look. Controlling the room. Controlling people so they do not leave. The healing is learning to drop the grip and actually feel, and let people in.

Keep it human. You do not need religion to get this. The heart of it was always about **heart posture and character**, not rules and performance. Greatness over defeat. Rising over staying down. That is the energy.

TURN THE LOVE INWARD FIRST

You learned to scan everyone else and never check yourself. Flip it. Give yourself the thing you keep chasing through partners, work, and approval. Nothing on the outside fills a hole on the inside.

THEN LET PEOPLE SEE YOU

The perceptive, high-capacity person looks perfect on the outside and just wants to be seen the way they were not when they were young. So practice **serendipity**: put the guard down, on purpose, with safe people, and feel.

FROM THE BOOKS

The Alchemist (Coelho): the treasure was never out there, the journey was to become who you already were. *How to Win Friends and Influence People* (Carnegie): the whole secret to people is genuine interest, make others feel seen. Both point home: be real, and let it be mutual.

Coelho, *The Alchemist*; Carnegie, *How to Win Friends and Influence People*.

THE TRAP

HABITS CAN BE A HOLDING CELL.

Habits build you. They can also cage you. A perfect routine can keep you together on the outside while you quietly fall apart on the inside. Structure is not the same as freedom.

FROM THE BOOKS

Atomic Habits (Clear) is right that habits become identity. The ROOTED add-on: make sure the identity you are building is **yours**, not just a tidier version of the program. Do not become a well-run machine running someone else's code. Become **one of one**.

Clear, *Atomic Habits*.

**BE ONE OF ONE.
NOT A TIDY VERSION
OF THE OLD PROGRAM.**

THE WHY

THE 8-YEAR-OLD'S DREAM. THE 80-YEAR-OLD'S LEGACY.

Before any change, ask the real question: why, and what does it do for the people I love? Do it for two people. The 8-year-old who had to grow up too fast and never got to dream out loud. And the 80-year-old who wants to look back without regret.

That is your **Ikigai**, the Japanese idea for your reason to get up: where what you love, what you are good at, what the world needs, and what sustains you all meet. Heal first, then build the life the kid dreamed and the elder will be proud of. That is the ultimate legacy. That is breaking the line for good.

**FROM SURVIVAL
TO ASSIGNMENT.**

STEP ONE

YOUR DAILY PROTOCOL.

Stack it so it actually happens. This is a full rewrite day in about 30 minutes.

Morning (10 min): Cold shower + 5 minutes of slow breathing. Then the check: "What do I feel? How old does it feel? What's the one move today from center, not fear?"

Midday (5 min): When a trigger hits, name it: "That's the program, not the truth." Feed the coach voice one line.

Train (your window): HIIT or hard movement to burn the stress chemistry.

Night (10 min): Stillness, no phone. Feel whatever is there, let it move through (sorrow is surrender). Ask the 8-and-80 question. One gratitude, one repair you owe someone, one promise to you.

Two weeks of this changes the man or woman in the mirror. That is not hype. That is a nervous system relearning safe.

WHEN YOU WANT IT DONE WITH YOU, NOT ALONE

ROOTED

This is the toolkit. ROOTED is me running it with you. Six weeks, one on one. We find the exact program, regulate the body, rewrite the rule, and rebuild your identity, your love, and your energy at the same time. For the man or woman done surviving and ready to build.

**THE FIRST CALL IS FREE.
DM THE WORD ROOTED.**

6 weeks 1-on-1 from \$3,500 · @joshua_betancur on Instagram

Feel it. Face it. Fly. You were never the problem. You were running old code, and now you have the tools to rewrite it. Be one of one.

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