

THE COMPANION WRITE-IN JOURNAL

STACK THE F*CK UP • 365 DAYS



[JOSHUABROGLEY.COM/STACK](https://joshuabrogley.com/stack)

"YOU CAN'T STACK WHAT YOU CAN'T SEE."

HOW THIS WORKS

The day numbers here match the book. When a day tells you to write something down, turn to that day in this journal.

The structural pages come first: the charter you sign, the guesses you make before Day 1, the twelve monthly statements and the final statement. Then the daily log, ten days to a page.

Print it, or fill it in on a tablet. The book is the coach. This is where the year gets recorded.

THE CHARTER • SIGN IT IN PEN

THE HOUSE RULES

Five rules. Every dollar gets a job. Pay yourself first, both of you. Zero by midnight. Within your means, on purpose. Ask someone smarter.

SIGNED

DATE

BEFORE DAY ONE • GUESSES IN PEN

THE STARTING BALANCE

Guesses, not real numbers. Day 365 reads this page back like an old photo.

I THINK I MAKE (PER MONTH) _____

I THINK I SPEND (PER MONTH) _____

I THINK THE GAP IS _____

I THINK I OWE, TOTAL _____

I COULD COVER A 500 SURPRISE (Y / N) _____

MONEY MAKES ME FEEL (ONE WORD) _____

DATE _____

THE STATEMENT: 01

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 02

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 03

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 04

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 05

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 06

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 07

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 08

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 09

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 10

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 11

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

THE STATEMENT: 12

	LAST TIME	NOW
IN (LANDED)		
OUT (LEFT)		
THE GAP (+/-)		
BUFFER BALANCE		
BUCKETS FED (Y/N)		
LEAKS FIRED		

ONE MOVE THAT PAID THIS MONTH

ONE LEAK TO HUNT NEXT MONTH

TALKED IT THROUGH OUT LOUD (SOLO COUNTS): Y / N

DAY 001

KNOW YOUR THREE FUCKING NUMBERS.

IN

OUT

GAP

DAY 003

HOW YOU GOT HERE.

1.

2.

3.

4.

5.

DAY 006

OUT: THE HONEST MONTH.

MUST

LIFE

LEAKS

DEBT

DAY 007

THE GAP HAS A SIGN.

1.

DAY 008

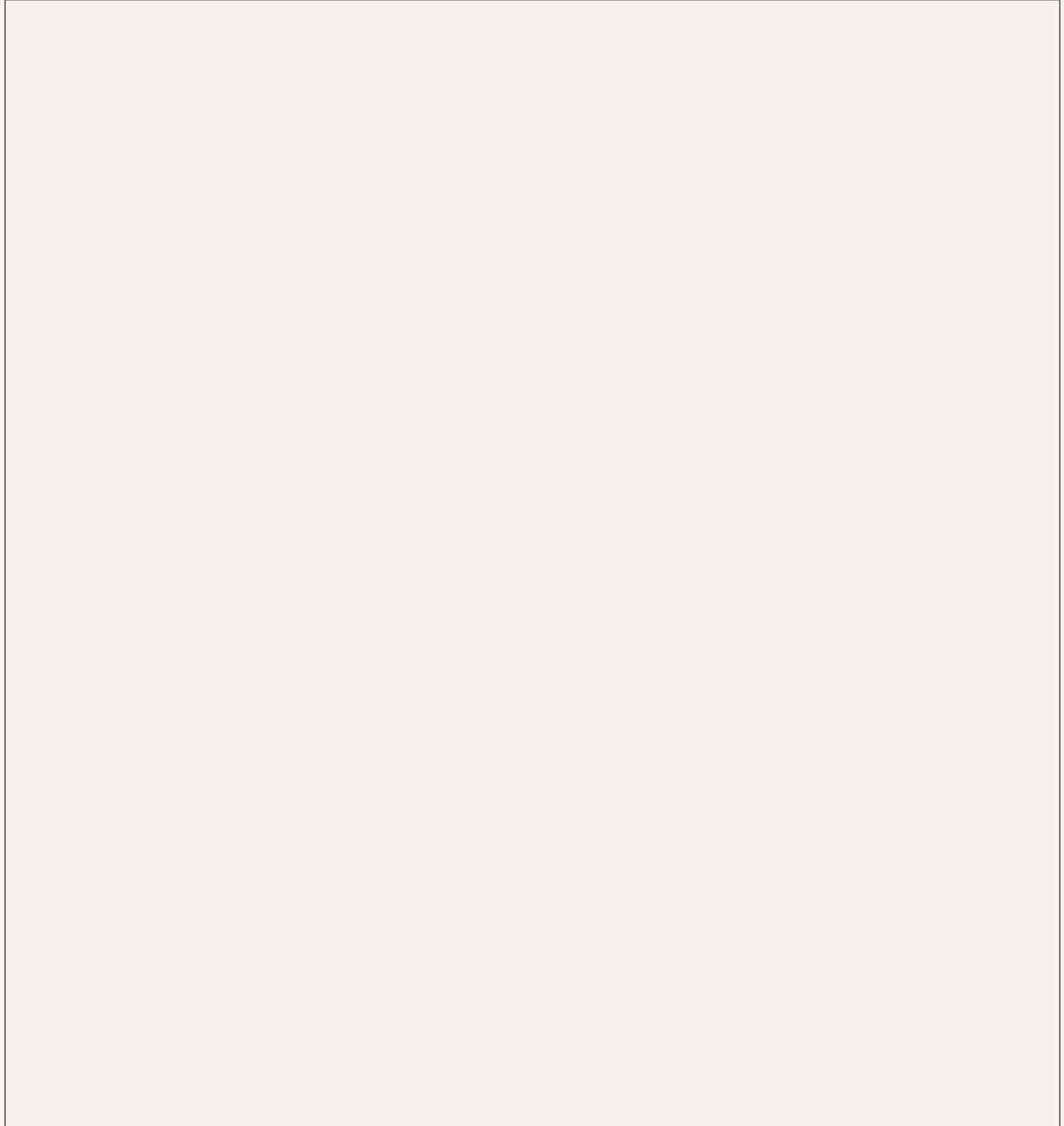
MONEY WAR I: THE FULL AUDIT.

[illegible]

DAY 010

DRAW THE MAP.

DRAW IT HERE

A large, empty rectangular box with a thin black border, intended for drawing a map.

DAY 013

BROKE ISN'T A PERSONALITY.

1.

DAY 017

ROUNDING IN YOUR FAVOR.

1.

2.

3.

DAY 021

THE 500 QUESTION.

1.

DAY 022

WHO TAUGHT YOU MONEY.

1.

DAY 024

LETTER TO FUTURE YOU.

1.

2.

3.

4.

5.

DAY 025

SPEAK THE LANGUAGE.

1.

2.

3.

4.

DAY 027

THE LOTTERY BRAIN.

1.

DAY 030

CLOSE THE BOOKS.

IN

OUT

GAP

DAY 034

THE 6 P.M. PROBLEM.

1.

2.

3.

4.

5.

6.

7.

DAY 038

MONEY WAR II: THE FIRING SQUAD.

1.

2.

3.

4.

5.

DAY 058

THE LEAK PATROL.

1.

2.

3.

4.

5.

DAY 070

THE RATE CALL.

1.

2.

3.

DAY 083

THE CAR MATH.

1.

2.

3.

DAY 085

THE DEBT-FREE DATE.

1.

2.

3.

4.

5.

DAY 087

THE ZERO IDENTITY.

1.

2.

3.

DAY 088

THE RULES AFTER ZERO.

1.

2.

3.

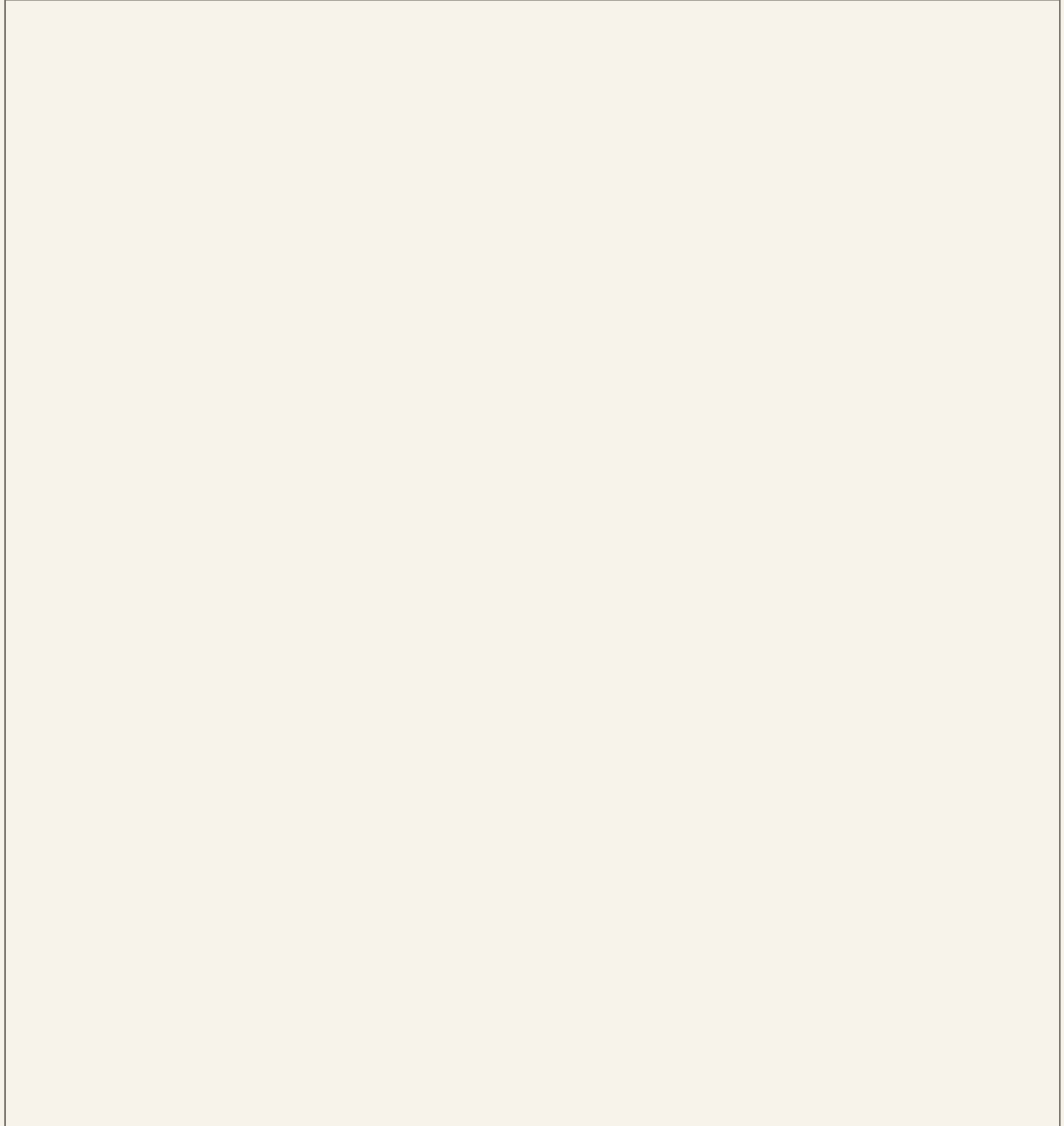
4.

5.

DAY 092

DESIGN THE SYSTEM.

DRAW IT HERE

A large, empty rectangular box with a thin black border, intended for drawing the system design.

DAY 094

THE VAGUE SAVINGS TRAP.

1.

2.

3.

DAY 099

THE VACATION BUCKET.

1.

2.

3.

DAY 100

DAY 100. READ THAT AGAIN.

1.

2.

3.

DAY 101

THE PROJECT BUCKET.

1.

DAY 105

THE CAR BUCKET.

1. _____

2. _____

DAY 106

THE ALLOWANCE, IN PRACTICE.

1.

DAY 109

THE BUCKET REVIEW.

FED

TRACKED

SIZED

DAY 115

SPEAK THE LANGUAGE: II.

1. _____

DAY 117

WHICH POCKET PAYS.

1.

DAY 124

POINTS, PLAYED PROPERLY.

1.

2.

3.

DAY 127

THE THREE QUESTIONS.

1.

2.

3.

DAY 128

THE BIG PURCHASE PROTOCOL.

1.

2.

3.

4.

DAY 133

THE ADULT PRICE LIST.

1.

2.

3.

4.

5.

DAY 134

SECONDHAND FIRST.

1.

2.

3.

DAY 139

EATING OUT, ON PURPOSE.

[illegible]

DAY 140

THE CREEP CHECK.

1.

2.

3.

DAY 146

THE ADD-TO-CART AUDIT.

1.

DAY 147

WHAT YOU STOPPED NOTICING.

1.

DAY 148

THE NO-SPEND WEEKEND.

1.

2.

3.

4.

5.

DAY 149

SPEND WHAT YOU SAY YOU VALUE.

[illegible]

DAY 156

WHERE THE WALL LIVES.

1.

2.

3.

4.

5.

DAY 164

THE DATE ON THE WALL.

1.

DAY 167

THE WALL CHART.

1.

DAY 168

FIVE HUNDRED: THE CEREMONY.

1.

2.

3.

4.

DAY 176

TWO PEOPLE, ONE WALL.

1.

2.

3.

DAY 181

ABOVE THE WALL, A DOOR.

1.

2.

3.

4.

5.

6.

DAY 189

WHEN TO ASK.

1.

DAY 190

MONEY WAR VII: THE RAISE ASK.

1.

2.

3.

DAY 191

THE NO IS AN OPENING OFFER.

1.

2.

3.

DAY 195

EVERYTHING AT WORK IS NEGOTIABLE.

1.

2.

3.

DAY 197

THE VALUE LEDGER.

1.

2.

3.

4.

5.

DAY 200

DAY 200. STILL HERE.

1.

DAY 201

THE RATE LETTER.

1.

2.

3.

DAY 215

EMBARRASSINGLY SMALL.

1.

DAY 218

ONE LANE. FOR NOW.

1.

DAY 219

MONEY WAR VIII: FIRST DOLLAR ELSEWHERE.

1.

DAY 222

THE SELLING STREAM.

1.

DAY 223

THE SHINY STREAM PROBLEM.

1.

DAY 230

THE STREAM LEDGER.

[illegible]

DAY 236

THE HOUSEHOLD VOTES ON HOURS.

1.

DAY 242

THE STREAMS BECOME POLICY.

1.

DAY 246

TRADE MAPS.

1.

DAY 253

WHAT THE FIGHT WAS ACTUALLY ABOUT.

1.

2.

3.

4.

5.

THE EXTENDED TABLE.

1.

2.

3.

4.

DAY 268

LOVE AS PAPERWORK.

1.

2.

3.

4.

5.

6.

DAY 278

THE BORING TRUTH.

1.

DAY 290

WHO PAYS YOUR ADVISOR?

1.

2.

DAY 300

DAY 300. OWNER.

1.

DAY 301

THE OWNER IDENTITY.

1.

DAY 315

THE TEN-YEAR SKILL ARC.

1.

DAY 320

THE RICHEST GUY IN THE GRAVEYARD.

1.

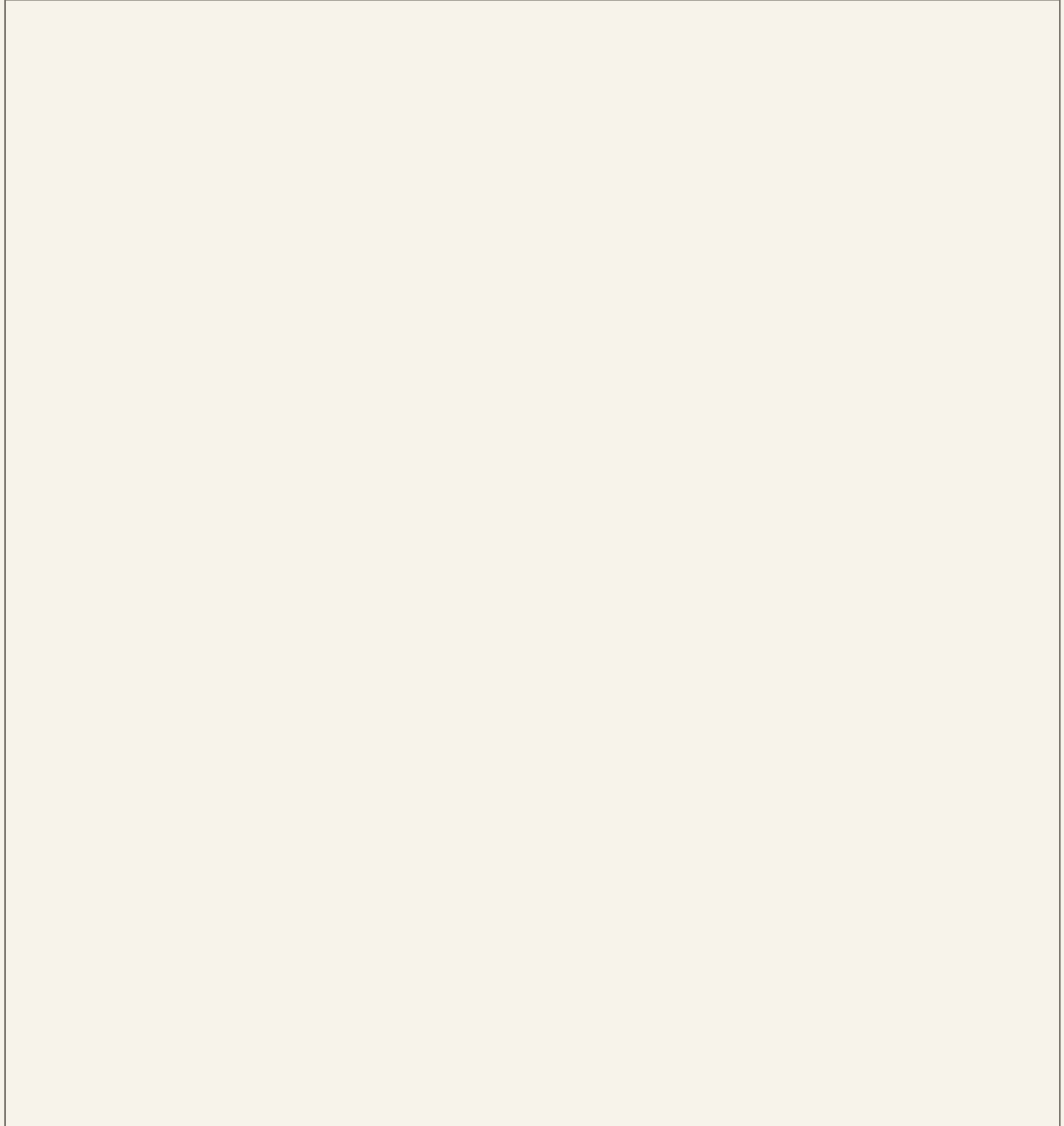
2.

3.

DAY 331

THE TWENTY-YEAR VIEW.

DRAW IT HERE

A large, empty rectangular box with a thin black border, intended for drawing or sketching. It occupies the majority of the page below the title and above the footer.

DAY 335

THE FINAL MONTH.

1.

DAY 336

READ THE WHOLE CONSTITUTION.

1.

DAY 337

THE STATEMENT, FINAL FORM.

1.

DAY 339

ONE PAGE OF RHYTHMS.

DAILY

WEEKLY

MONTHLY

QUARTERLY

ANNUAL

DAY 340

THE MIRROR, ONE YEAR LATER.

1.

2.

3.

DAY 353

KEEP. DROP. CHANGE.

[illegible]

DAY 355

YEAR TWO'S MAP.

1.

DAY 356

TWELVE RUNGS, CLAIMED.

1.

DAY 358

OPEN THE LETTER.

1.

2.

3.

DAY 362

THE BOOK'S NEXT READER.

1.

2.

3.

MONTH 01 • THE MIRROR

DAYS 001 - 010

DAY 001

DAY 002

DAY 003

DAY 004

DAY 005

DAY 006

DAY 007

DAY 008

DAY 009

DAY 010

MONTH 01 • THE MIRROR

DAYS 011 - 020

DAY 011

DAY 012

DAY 013

DAY 014

DAY 015

DAY 016

DAY 017

DAY 018

DAY 019

DAY 020

DAYS 021 - 030

DAY 021

DAY 022

DAY 023

DAY 024

DAY 025

DAY 026

DAY 027

DAY 028

DAY 029

DAY 030

DAYS 031 - 031

DAY 031

MONTH 02 • LEAKS

DAYS 032 - 041

DAY 032

DAY 033

DAY 034

DAY 035

DAY 036

DAY 037

DAY 038

DAY 039

DAY 040

DAY 041

DAYS 042 - 051

DAY 042

DAY 043

DAY 044

DAY 045

DAY 046

DAY 047

DAY 048

DAY 049

DAY 050

DAY 051

DAYS 052 - 059

DAY 052

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DAY 059

DAYS 060 - 069

DAY 060

DAY 061

DAY 062

DAY 063

DAY 064

DAY 065

DAY 066

DAY 067

DAY 068

DAY 069

DAYS 070 - 079

DAY 070

DAY 071

DAY 072

DAY 073

DAY 074

DAY 075

DAY 076

DAY 077

DAY 078

DAY 079

DAYS 080 - 089

DAY 080

DAY 081

DAY 082

DAY 083

DAY 084

DAY 085

DAY 086

DAY 087

DAY 088

DAY 089

DAYS 090 - 090

DAY 090

MONTH 04 • THE BUCKETS

DAYS 091 - 100

DAY 091

DAY 092

DAY 093

DAY 094

DAY 095

DAY 096

DAY 097

DAY 098

DAY 099

DAY 100

MONTH 04 • THE BUCKETS

DAYS 101 - 110

DAY 101

DAY 102

DAY 103

DAY 104

DAY 105

DAY 106

DAY 107

DAY 108

DAY 109

DAY 110

MONTH 04 • THE BUCKETS

DAYS 111 - 120

DAY 111

DAY 112

DAY 113

DAY 114

DAY 115

DAY 116

DAY 117

DAY 118

DAY 119

DAY 120

DAYS 121 - 130

DAY 121

DAY 122

DAY 123

DAY 124

DAY 125

DAY 126

DAY 127

DAY 128

DAY 129

DAY 130

DAYS 131 - 140

DAY 131

DAY 132

DAY 133

DAY 134

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DAY 136

DAY 137

DAY 138

DAY 139

DAY 140

DAYS 141 - 150

DAY 141

DAY 142

DAY 143

DAY 144

DAY 145

DAY 146

DAY 147

DAY 148

DAY 149

DAY 150

DAYS 151 - 151

DAY 151

DAYS 152 - 161

DAY 152

DAY 153

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DAY 161

MONTH 06 • THE BUFFER

DAYS 162 - 171

DAY 162

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DAYS 172 - 181

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DAY 174

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DAYS 182 - 183

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DAYS 184 - 193

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DAYS 194 - 203

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DAY 201

DAY 202

DAY 203

DAYS 204 - 212

DAY 204

DAY 205

DAY 206

DAY 207

DAY 208

DAY 209

DAY 210

DAY 211

DAY 212

MONTH 08 • SIDE STREAMS

DAYS 213 - 222

DAY 213

DAY 214

DAY 215

DAY 216

DAY 217

DAY 218

DAY 219

DAY 220

DAY 221

DAY 222

MONTH 08 • SIDE STREAMS

DAYS 223 - 232

DAY 223

DAY 224

DAY 225

DAY 226

DAY 227

DAY 228

DAY 229

DAY 230

DAY 231

DAY 232

MONTH 08 • SIDE STREAMS

DAYS 233 - 242

DAY 233

DAY 234

DAY 235

DAY 236

DAY 237

DAY 238

DAY 239

DAY 240

DAY 241

DAY 242

DAYS 243 - 243

DAY 243

MONTH 09 • MONEY & LOVE

DAYS 244 - 253

DAY 244

DAY 245

DAY 246

DAY 247

DAY 248

DAY 249

DAY 250

DAY 251

DAY 252

DAY 253

MONTH 09 • MONEY & LOVE

DAYS 254 - 263

DAY 254

DAY 255

DAY 256

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DAY 259

DAY 260

DAY 261

DAY 262

DAY 263

MONTH 09 • MONEY & LOVE

DAYS 264 - 273

DAY 264

DAY 265

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DAY 271

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DAYS 274 - 283

DAY 274

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DAYS 284 - 293

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DAYS 294 - 303

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DAY 302

DAY 303

DAYS 304 - 304

DAY 304

DAYS 305 - 314

DAY 305

DAY 306

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DAY 312

DAY 313

DAY 314

MONTH 11 • THE LONG GAME

DAYS 315 - 324

DAY 315

DAY 316

DAY 317

DAY 318

DAY 319

DAY 320

DAY 321

DAY 322

DAY 323

DAY 324

MONTH 11 • THE LONG GAME

DAYS 325 - 334

DAY 325

DAY 326

DAY 327

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DAYS 335 - 344

DAY 335

DAY 336

DAY 337

DAY 338

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DAYS 345 - 354

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DAY 354

DAYS 355 - 364

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DAY 360

DAY 361

DAY 362

DAY 363

DAY 364

DAYS 365 - 365

DAY 365

DAY 365

THE FINAL STATEMENT

IN, THEN TO NOW

OUT, THEN TO NOW

THE GAP, THEN TO NOW

DEBT, THEN TO NOW

THE WALL, FROM ZERO

STREAMS, FROM ZERO

INVESTED, FROM ZERO

THE SENTENCE THAT CAPTURES THE YEAR

SIGNED, THE BOARD
