

# STEP THE F\*CK UP COMPANION JOURNAL

Every page of the book that asks you to write has a page here.  
Print it, or keep it in a notebook app. Either works.

The writing is not decoration. It is most of how the book works:  
the excuse written word for word, the promise signed, the score  
kept somewhere you cannot quietly edit it later.

Free, always. [joshuabrogley.com/stfu-journal](https://joshuabrogley.com/stfu-journal)

# STOP MAKING FUCKING EXCUSES.

**TODAY'S MISSION**

Name the one thing you have been putting off the longest. Write the excuse you use for it, word for word. Read that excuse out loud and hear how weak it sounds. Then take the first physical step on that thing before you sleep tonight.

**WRITE IT HERE**

The thing I keep putting off

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The excuse I use, word for word

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# “I DON'T HAVE TIME” IS BULLSHIT.

**TODAY'S MISSION**

Open your phone's screen time report right now. Write today's number below. Then trade thirty of those minutes tonight, straight across, for the thing you claim you have no time for.

**WRITE IT HERE**

Screen time today

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The thirty minutes go to

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# DO IT TIRED.

**TODAY'S MISSION**

Pick the task you are most avoiding today. Do it at the exact moment you feel like quitting for the day. Not before, not after. When it is done, write one sentence about how you feel. Keep that sentence.

**WRITE IT HERE**

The task I did tired

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How it felt afterward

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# THE RIGHT TIME IS A LIE.

**TODAY'S MISSION**

Take the thing you postponed until things settle down. Start it within the next sixty minutes. No cleaning up first. No prep ritual. No new notebook. Set a timer for ten minutes and begin exactly where you stand.

**WRITE IT HERE**

What I started mid-mess

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Time I started

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# NOBODY KNEW SHIT. THEY STARTED ANYWAY.

**TODAY'S MISSION**

Spend twenty minutes learning only the first step of your thing. Not the whole skill. Step one. Then do one ugly, imperfect rep of it before the day ends. Ugly counts. Ugly is the entrance fee.

**WRITE IT HERE**

Step one is

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The ugly rep I did

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# “TOO LATE” IS AN EXCUSE WITH A CALENDAR.

**TODAY'S MISSION**

Write where you will be in five years if you start today. Then write where you will be in five years if you don't. Tape the second one somewhere painful: the mirror, the fridge, the dashboard. Let it haunt you into motion.

**WRITE IT HERE**

Five years from now if I start today

Five years from now if I don't

# FAIL ON PURPOSE TODAY.

**TODAY'S MISSION**

Attempt something today you will probably fail at. Ask for the discount. Apply for the stretch role. Pitch the idea. Invite the person. Then write down what happened, and write down that you are still breathing afterward.

**WRITE IT HERE**

What I attempted

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What actually happened

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Still breathing?

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**YOUR LIFE. YOUR DAMN RESPONSIBILITY.**

## TODAY'S MISSION

Copy this in your own handwriting, then sign it: "I own everything in my life from this day forward. The wins, the losses, and the fixes. No more blame. No more waiting. If it's going to change, I change it."

## NOTES



**SIGNATURE**

DATE \_\_\_\_\_

# MOTION BEATS EMOTION.

**TODAY'S MISSION**

Pick the task you have been circling all week. Set a timer for ten minutes and start it right now, before you feel like it. When the timer ends, write whether you kept going.

**WRITE IT HERE**

The task I started cold

Did I keep going past ten minutes?

# DONE IS A WEAPON. PERFECT IS A HIDING SPOT.

**TODAY'S MISSION**

Take the thing you have been polishing and finish it today at 80%. Send it, post it, submit it, or hand it over. Then write what you were afraid would happen, and what actually happened.

**WRITE IT HERE**

What I shipped at 80%

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What I feared would happen

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What actually happened

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# THEY'RE NOT WATCHING. THEY'RE SCROLLING.

**TODAY'S MISSION**

Name the specific person whose judgment you have been managing. Write what you have not done because of them. Then do a small version of it today, in public, without warning them first.

**WRITE IT HERE**

Whose judgment I have been managing

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What I have not done because of it

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The small version I did today

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# TOMORROW IS WHERE DREAMS GO TO DIE.

**TODAY'S MISSION**

List three things currently sitting in tomorrow. Pick the one that has been waiting longest. Do a ten minute version of it before you sleep tonight.

**SITTING IN TOMORROW**

1.

2.

3.

# STOP ASKING PERMISSION.

**TODAY'S MISSION**

Name the decision you have been waiting for someone to approve. Make it today without asking anyone.  
Then tell one person what you decided, as a statement, not a question.

**WRITE IT HERE**

The decision I stopped asking about

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What I decided

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Who I told

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# “I’M JUST NOT THAT PERSON.” THEN BECOME THEM.

**TODAY’S MISSION**

Write the sentence you use that starts with “I’m just not a...”. Then write the smallest daily action that person would take. Do that action today, badly, and again tomorrow.

**WRITE IT HERE**

I’m just not a...

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The smallest thing that person does daily

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# RUN YOUR OWN DAMN RACE.

**TODAY'S MISSION**

Name who you have been measuring yourself against. Unfollow, mute, or close that tab today. Then write the one number in your own lane you will move this week.

**WRITE IT HERE**

Who I have been measuring against

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My own number this week

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# DAY 16. STILL HERE. GOOD.

**TODAY'S MISSION**

Count the missions you completed out of fifteen, honestly. Ten or more: raise one personal standard today and keep rolling. Under ten: go back and complete the three you dodged, before this day ends.

**WRITE IT HERE**

Missions completed out of 15

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The dodge I am completing today

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# YOU DIDN'T FAIL. YOU QUIT.

**TODAY'S MISSION**

Pick the goal you already failed at once. Write the specific point where it broke down last time. Then write the one thing you will do differently, and restart it today.

**WRITE IT HERE**

The goal I failed at

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Exactly where it broke down

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What I do differently this time

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# YOUR AGE IS A NUMBER, NOT A VERDICT.

**TODAY'S MISSION**

Find one person who started what you want after the age you are now. Write their name down. Then take the first step they would have taken, today.

**WRITE IT HERE**

Who started later than I am now

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The first step I am taking today

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# BROKE ISN'T THE BLOCKER.

**TODAY'S MISSION**

Name the thing you say you cannot afford. Write the free version of it next to that. Then use the free version today, for thirty minutes, before you close this book.

**WRITE IT HERE**

What I say I cannot afford

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The free version of it

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When I used it today

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# SOMEBODY HAD IT WORSE AND STILL WON.

**TODAY'S MISSION**

Write the sentence you use to explain why your case is special. Underneath it, write one person who had it harder and did it anyway. Then take the step your excuse was blocking.

**WRITE IT HERE**

Why I think my case is special

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Who had it harder and did it anyway

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# SHUT YOUR COMPLAINT HOLE FOR 24 HOURS.

**TODAY'S MISSION**

Go 24 hours with zero complaints. Out loud, in texts, and in your head where you can catch it. Every slip costs ten pushups on the spot. Then restate the complaint as an action.

**WRITE IT HERE**

Slips today

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The complaint, restated as an action

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# YOU DIDN'T EARN THAT BREAK.

**TODAY'S MISSION**

Write what you actually did to rest yesterday. Mark it earned or escape, honestly. Then do the work first tonight and take the rest after it.

**WRITE IT HERE**

How I rested yesterday

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Earned or escape?

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The work I did first tonight

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# DELETE “I CAN’T” FROM YOUR MOUTH.

**TODAY’S MISSION**

Catch yourself saying “I can’t” today and write it down. Rewrite it as “I won’t” and read both out loud. Then decide which one is actually true, and act on that.

**WRITE IT HERE**

What I said I can't do

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The same sentence as I won't

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Which one is true

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# BE YOUR OWN DAMN CORNER.

**TODAY'S MISSION**

Write the encouragement you have been waiting to hear from somebody else. Say it to yourself out loud, in the mirror, today. Then do the thing you were waiting for permission on.

**WRITE IT HERE**

What I have been waiting to hear

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What I did without hearing it

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# TOO BIG? SHRINK IT.

**TODAY'S MISSION**

Take the goal that overwhelms you and cut it into three pieces. Cut the first piece into three again. Do the smallest one now, before you close this book.

**THE GOAL, CUT INTO THREE**

1.

2.

3.

# START CONDITION-FREE.

**TODAY'S MISSION**

Write the condition you keep waiting for. Then write the smallest version of the thing you could start without it. Start that version today, with the condition still unmet.

**WRITE IT HERE**

The condition I keep waiting for

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The version I can start without it

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# THAT'S NOT LOGIC. THAT'S FEAR IN A SUIT.

**TODAY'S MISSION**

Write your most reasonable sounding reason for not acting. Underneath it, finish this sentence honestly: "And the fear underneath this is...". Then take one small action anyway, today.

**WRITE IT HERE**

My most reasonable sounding reason

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And the fear underneath this is...

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What I did anyway

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# THAT'S NOT WHO YOU ARE. THAT'S WHAT YOU REPEAT.

**TODAY'S MISSION**

Write the label you have given yourself. Rewrite it as a behavior you have practiced. Then do one rep of the opposite behavior today, however small.

**WRITE IT HERE**

The label I gave myself

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The same thing as a practiced habit

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One rep of the opposite

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# TODAY WE BURY YOUR FAVORITE EXCUSE.

## TODAY'S MISSION

Write a three line eulogy: "Here lies [the excuse]. It protected me from nothing and cost me [be specific]. It is survived by a person who no longer needs it." Sign and date it below. Then rip up your copy and throw it away.

## NOTES



**SIGNATURE**

DATE \_\_\_\_\_

# CALL IT LIKE YOU SEE IT.

**TODAY'S MISSION**

Pick one person you can hear making the excuse you just buried. Tell them what changed for you, not what they should do. Then write what you said and how they took it.

**WRITE IT HERE**

Who I talked to

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What I told them

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How they took it

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# MONTH ONE: COMPLETE.

**TODAY'S MISSION**

Score Month One from 1 to 10, honestly. Name the excuse that is deadest. Name the one still twitching, because it gets special attention in Month Two. Then sign the line below.

SCORE 1 TO 10

**WRITE IT HERE**

The excuse that is deadest

The one still twitching



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# NAME YOUR ENEMIES.

**TODAY'S MISSION**

Write your fear inventory: every fear that has shaped a decision in the past year. Big, small, embarrassing, all of it. Then circle the three that have cost you the most. Those three are this month's hit list.

FEAR INVENTORY. CIRCLE THE WORST THREE.

1.

2.

3.

4.

5.

# REJECTION IS A PAPER TIGER.

**TODAY'S MISSION**

Get rejected on purpose today. Make one ask where a no is likely: the discount, the upgrade, the favor, the meeting. Write what you asked and what they said. If you get a yes, that is the joke. Fear was bluffing.

**WRITE IT HERE**

The ask I made

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What they actually said

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# FEAR IS A COMPASS.

**TODAY'S MISSION**

List the three actions that scare you most right now. Notice they are also the three with the biggest payoff.  
Pick the smallest one and do it before midnight.

**THE THREE THAT SCARE ME MOST**

1. 

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2. 

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3. 

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# DO IT WITH YOUR HANDS SHAKING.

**TODAY'S MISSION**

Do one thing today while visibly nervous instead of waiting for calm. Make the call with the racing heart. Hit publish with the sweaty palms. Then write what the fear predicted and what actually happened.

**WRITE IT HERE**

What fear predicted would happen

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What actually happened

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# FAILURE FADES. REGRET COMPOUNDS.

**TODAY'S MISSION**

Write one thing you chickened out of years ago that still bugs you. Then write the current opportunity most likely to become the next regret. Take one step on it today. The ghost stops here.

**WRITE IT HERE**

What I chickened out of, and still think about

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The next likely regret

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---

The step I took today

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# AFRAID TO WIN? YEAH. YOU.

**TODAY'S MISSION**

Find your sabotage pattern. Where do you reliably pull back right before a breakthrough? Write the exact moment. Then take one current project and push it past the point where you usually stop, today.

**WRITE IT HERE**

The exact moment I pull back

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How I pushed past it today

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# THE CONVERSATION YOU'VE BEEN DODGING.

**TODAY'S MISSION**

Write the opening sentence of that conversation, word for word. Then commit to a person and a deadline inside 72 hours. Sign it below. The sentence exists now. Go say it.

**WRITE IT HERE**

The opening sentence, word for word

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I will have this conversation with

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By when, within 72 hours

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SIGNATURE

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# ANXIETY IS A SMOKE ALARM, NOT A FIRE.

## TODAY'S MISSION

Next anxiety spike, run the check: am I in actual danger right now, yes or no? Say the answer out loud. If no, name five things you can see, then take the next small action anyway.

### FIVE THINGS I CAN SEE

1. 

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2. 

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3. 

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4. 

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5. 

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# COURAGE IS A REP.

**TODAY'S MISSION**

Do three small brave reps today: one honest sentence, one small ask, one visible action. Small counts. Write all three down tonight. That is a courage workout.

**TODAY'S THREE BRAVE REPS**

1.

2.

3.

# DAY 46. FEAR CHECK.

**TODAY'S MISSION**

For each of the three fears on your Day 32 hit list, write the action you took against it, or write NONE. Any fear still untouched gets one concrete action booked in your calendar before Day 48, with a time.

**ACTION TAKEN AGAINST EACH FEAR, OR NONE**

1.

2.

3.

**TODAY'S MISSION**

Ask the question you've been avoiding: what would I actually do if I lost it tomorrow? Write the rough plan in ten minutes. Watch the fear deflate the moment a plan exists on paper.

# MEET YOUR WORST CASE.

**TODAY'S MISSION**

Take one feared move and fill in three answers: the worst case in detail, how you would repair it, and what staying still costs you over a year. Then decide like an adult with data.

**WRITE IT HERE**

The worst case, in detail

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How I would repair it

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What staying still costs me over a year

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# DAY 50. YOU'RE DIFFERENT NOW.

## TODAY'S MISSION

Write five things you have done since Day 1 that Day-Zero you would not have done. Read the list twice.  
This one is for you and nobody else.

### FIVE THINGS DAY-ZERO ME WOULD NOT HAVE DONE

1. 

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2. 

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3. 

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4. 

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5. 

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# MOVE BEFORE FEAR FINISHES LOADING.

**TODAY'S MISSION**

Use the five-count launch three times today on things you would normally hover over: the email, the heavy set, the raised hand, the cold call. Count down, launch on one, no negotiation. Write your three down.

**TODAY'S THREE LAUNCHES**

1.

2.

3.

# YOUR POTENTIAL SCARES YOU. GOOD.

**TODAY'S MISSION**

Finish this sentence honestly and write it down: if I fully showed up, I could \_\_\_\_\_ within a year. Go big.  
Then do the first thing that sentence demands, today, while it still scares you.

**WRITE IT HERE**

If I fully showed up, I could...

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The first thing that sentence demands

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# THE DEATHBED TEST.

**TODAY'S MISSION**

Run the test on your biggest current fear. Answer both questions in writing. Then let the second answer move your feet today, with one concrete action chosen by the oldest version of you.

**WRITE IT HERE**

Will this fear matter when I am 80?

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Will NOT acting matter when I am 80?

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The action I took today

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# HUNT FEAR FOR SPORT NOW.

**TODAY'S MISSION**

Create a recurring weekly calendar slot called Fear Rep: one scary act per week, minimum, for life. Book the first four appointments now, with dates and times. Standing appointment. No cancellations.

**FEAR REP: FIRST FOUR APPOINTMENTS**

1.

2.

3.

4.

# FACE THE BIG ONE.

**TODAY'S MISSION**

Name the big one in writing. Then commit to a first step and a date inside seven days. Sign and date below.  
A signed fear is already half-hunted.

**WRITE IT HERE**

The big one

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My first real step against it

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The date, within 7 days

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# MONTH TWO: COMPLETE.

## TODAY'S MISSION

Score Month Two from 1 to 10, honestly. Write the bravest thing you did and the fear that shrank most. Note the one that still has teeth, because it comes with us. Then sign the line below.

SCORE 1 TO 10

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## WRITE IT HERE

The bravest thing I did

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The fear that shrank the most

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The one that still has teeth

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# MEET THE LITTLE BASTARD.

## TODAY'S MISSION

Carry a tally today. Every time the voice takes a shot at you, mark it. Don't argue yet, just count. Tonight write the number down and read it out loud. That is how many times a day you let something talk to you like that.

**WRITE IT HERE**

Times the voice took a shot at me today

The line it used most

# THAT VOICE ISN'T YOU.

## TODAY'S MISSION

Give the voice a stupid name today. Gary. Brenda. The Intern. Something you could never take seriously. From now on every negative thought gets attributed out loud: thanks, Gary. It is hard to obey a middle manager.

**WRITE IT HERE**

## The voice's new name

# SHUT THE FUCK UP.

**TODAY'S MISSION**

Catch the voice red-handed at least once today. When it says I can't, fire back out loud: shut the fuck up, you don't control me. Then do the thing immediately, before it reloads. Write what happened.

**WRITE IT HERE**

What the voice said

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What I did anyway

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**YOU'D FIGHT ANYONE WHO SAID THAT TO YOU.**

## TODAY'S MISSION

Write, word for word, the nastiest thing the voice said to you this week. Read it out loud as if you were saying it to someone you love. That turn in your stomach is your new alarm.

**WRITE IT HERE**

The nastiest thing the voice said this week, word for word

# THE VOICE LIES WITH STATISTICS.

**TODAY'S MISSION**

Catch one absolute today: an always, a never, an everyone. Write it down and demand evidence like a lawyer. Always? Name the last three times. Watch the case collapse.

**WRITE IT HERE**

The absolute it used

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The evidence, when I actually checked

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# TALK TO YOURSELF LIKE A CORNERMAN.

## TODAY'S MISSION

Three times today, coach yourself out loud by name before something hard. Use your own name and say it like an instruction. Yes, out loud. Yes, it feels ridiculous. So does losing to a voice named Gary.

**WRITE IT HERE**

The line my cornerman says to me

# NEW HOUSE RULES.

## TODAY'S MISSION

Write your three House Rules for self-talk. For example: no insults I wouldn't say to my daughter; absolutes require evidence; criticism only comes with a next step. Sign and date below.

## MY THREE HOUSE RULES

1. 

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2. 

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3. 

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# THE VOICE LEARNED THAT SHIT SOMEWHERE.

**TODAY'S MISSION**

Trace one recurring line back to its source. Who said it first, and how old were you? Write both down, then say out loud: return to sender. You don't have to keep luggage somebody else packed.

**WRITE IT HERE**

The line

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Who said it first, and how old I was

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# STARVE THE CRITIC. FEED THE PROOF.

**TODAY'S MISSION**

Tonight and every night this week, write three wins from the day. Small counts. Read yesterday's three before writing today's. Seven days of honest books and the voice starts losing arguments to your own handwriting.

**TONIGHT'S THREE WINS**

1.

2.

3.

# THE VOICE HATES RECEIPTS.

**TODAY'S MISSION**

Build your Proof Folder: one place, a phone album or a note or a drawer, with evidence of who you actually are. Screenshots, finished work, thank-yous. Ten items minimum today. Next time the voice starts, open the folder instead of arguing.

**WRITE IT HERE**

Where my Proof Folder lives

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Items in it today

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# 3 A.M. IS A LIAR.

## TODAY'S MISSION

New standing rule: no verdicts after 10 p.m. When night thoughts spiral, write them down marked to be reviewed at noon. Then actually read them at noon. Watch how flimsy the monsters look in daylight.

**TO BE REVIEWED AT NOON**

# “I’M SO STUPID” COSTS EXTRA NOW.

**TODAY’S MISSION**

Self-insult tax, effective now: every casual self-insult costs ten pushups or squats on the spot, plus a correction out loud. Scratch that. I dropped the keys. That's the whole story.

**WRITE IT HERE**

Self-insults caught today

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The correction I said out loud

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# THE VOICE HAS A DJ BOOTH ONLINE.

**TODAY'S MISSION**

Twenty-four hour feed fast. Every social app logged out or deleted until this time tomorrow. Note what the voice sounds like at hour six, twelve and twenty-four. Quieter, right? Now you know what has been feeding it.

**WRITE IT HERE**

Hour 6

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Hour 12

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Hour 24

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# INTERROGATE THE BASTARD.

**TODAY'S MISSION**

Pick the voice's favorite claim about you and cross-examine it in writing. What is the actual evidence for it? Against it? What would you tell a friend who believed it? Write the truer sentence where you will see it tomorrow.

**WRITE IT HERE**

The claim

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Actual evidence for it

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Actual evidence against it

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The truer sentence

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# DAY 75. WHO'S TALKING NOW?

**TODAY'S MISSION**

Count your talk-backs since Day 60: every shut the fuck up, every thanks Gary, every evidence demand. Ten or more, raise the volume. Under ten, reread Day 62 tonight and collect three before noon tomorrow.

**WRITE IT HERE**

Talk-backs since Day 60

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Where I am losing the most ground

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# “I’M NOT READY” IS THE VOICE IN A SUIT.

**TODAY’S MISSION**

Do one thing today you feel unready for, at your current skill level, with your current resources, in your current mess. Say out loud first: I'm not ready, I'm going anyway. Collect the receipt on the other side.

**WRITE IT HERE**

What I did unready

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The receipt I collected

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# STOP TRASHING YOURSELF IN PUBLIC.

## TODAY'S MISSION

All day, talk about yourself and your work with no self-put-downs. No probably stupid, no I'm the worst with names, no pre-apologizing. When one loads in your throat, swallow it and say the sentence straight.

**WRITE IT HERE**

## Put-downs I caught before they got out

# THE VOICE PROTECTS A YOU THAT'S ALREADY GONE.

**TODAY'S MISSION**

Write the voice a two-line memo: I know you were protecting the old me, and be specific about who that was. That job is done. I've got it from here. Read it out loud once.

**WRITE IT HERE**

Who you were protecting, exactly

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What I am telling you now

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# THE VOICE IS IN YOUR TEXTS TOO.

## TODAY'S MISSION

Purge day: every message goes out clean. No sorry to bother, no dumb question, no triple exclamation apology. Reread each one before sending and delete the groveling. Count the deletions.

**WRITE IT HERE**

## Groveling openers deleted today

# SPEAK TOMORROW INTO EXISTENCE.

**TODAY'S MISSION**

Write three I am becoming statements, present tense and specific. Say them out loud every morning through Day 90 and put them on the mirror. Feed the targeting system on purpose.

**I AM BECOMING...**

1.

2.

3.

# PLAY IT LOUD.

**TODAY'S MISSION**

Build your Shut It Up playlist: three songs that make you feel bulletproof. Save it two taps away. Deploy it today before your hardest task, full volume, shoulders back, then walk in before the feeling fades.

**THE SHUT IT UP PLAYLIST**

1.

2.

3.

## TODAY'S MISSION

## NOTES

DATE \_\_\_\_\_

# QUARTER ONE: COMPLETE.

**TODAY'S MISSION**

Score each month 1 to 10: Excuses, Fear, The Voice. Write one sentence Day-1 you would not believe about who you are today. Write the fight still open, because it comes to Quarter Two with us. Then sign below.

SCORE 1 TO 10

**WRITE IT HERE**

What Day-1 me would not believe

The fight still open



SIGNATURE

DATE

# MOTIVATION IS A FLAKY FRIEND.

## TODAY'S MISSION

Choose your one non-negotiable: a single daily action, ten minutes or less, that happens every day this month no matter what. Write it down, exact and small. This is the first gear of the machine.

**WRITE IT HERE**

My one non-negotiable, ten minutes or less

# THE MACHINE BEATS THE MOOD.

**TODAY'S MISSION**

Tonight before bed, write tomorrow's three tasks with actual times next to them. Not a wish list, a schedule. Tomorrow, follow the paper and not the feelings. Repeat nightly this month.

**TOMORROW: THREE TASKS, WITH TIMES**

1.

2.

3.

# PROMISES TO YOURSELF COUNT DOUBLE.

**TODAY'S MISSION**

Make yourself one small promise this morning, out loud. Keep it no matter how the day goes. Tonight, log it: promise made, promise kept. That log grows every day this month.

**WRITE IT HERE**

The promise I made this morning

Kept? Day count

# YOU DON'T NEED A NEW PLAN.

**TODAY'S MISSION**

Plan freeze for thirty days. Whatever system you are running right now stays exactly as it is until Day 120.  
No switching, no upgrading, no optimizing. Boredom is not a malfunction. It is the work working.

**WRITE IT HERE**

The plan I am freezing until Day 120

Today's date

# SHRINK IT UNTIL YOU CAN'T SAY NO.

## TODAY'S MISSION

Take the habit you keep dropping and shrink it to two minutes flat. Do the two-minute version today and every day this week, minimum. Doing more is allowed. Skipping is not.

**WRITE IT HERE**

## The habit, shrunk to two minutes

# YOUR ENVIRONMENT IS PICKING YOUR HABITS.

**TODAY'S MISSION**

Redesign one space today with two moves. Remove one temptation completely, out of the house and not into a drawer. Put one cue for a good habit in plain sight. Let the room do the discipline.

**WRITE IT HERE**

Temptation removed

Cue put in plain sight

# THE NON-NEGOTIABLES.

**TODAY'S MISSION**

Write your three daily non-negotiables. Keep each under ten minutes so no day can kill them. Then sign: these happen every day. Sick days, travel days, bad days. Shrink them if needed. Skip them never.

**MY THREE NON-NEGOTIABLES**

1.

2.

3.



SIGNATURE

DATE

# YOUR C-GAME STILL COUNTS.

**TODAY'S MISSION**

Define your Minimum Viable Day in writing: the floor version of your non-negotiables that even your worst day can clear. Post it next to them. From now on there are good days and floor days. No zero days.

**MY MINIMUM VIABLE DAY: THE FLOOR VERSION**

1.

2.

3.

# DECIDE ONCE. LIVE FREE.

**TODAY'S MISSION**

Automate three recurring decisions today, permanently. Same weekday breakfast, workout at a fixed time, clothes out the night before, phone checked at set times. Write the three rules down.

**THREE DECISIONS I NEVER MAKE AGAIN**

1.

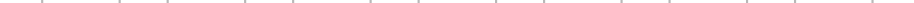
2.

3.

## DAY 105. MACHINE CHECK.

## TODAY'S MISSION

Score each gear 1 to 10: non-negotiables, chain, first hour, nightly planning, promise log. Circle the lowest. That gear gets one specific fix, in writing, applied tomorrow. One gear. One fix.

**SCORE 1 TO 10**

**WRITE IT HERE**

The lowest-scoring gear

The one fix I apply tomorrow

# BOREDOM IS THE TOLLBOOTH.

**TODAY'S MISSION**

Do the boring rep today with full attention. When the urge to switch things up shows up, write it down with the time. Don't obey it. Log it and keep driving. The urge is proof you are on the road.

**WRITE IT HERE**

The urge to switch showed up at

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What it wanted me to change to

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# MISS ONCE. NEVER TWICE.

**TODAY'S MISSION**

Write the rule where you will see it: never twice. Then apply it now. Find anything you have slipped on this week and do it today, immediately, before anything else. The comeback rep is the most important rep in this book.

**WRITE IT HERE**

What I slipped on

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The comeback rep I did today

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# COMFORT CREEP IS BACK.

**TODAY'S MISSION**

Audit yourself against Day 1 standards, honestly. Where have you quietly loosened? Alarm, phone rules, food, training, the missions. Find one spot and tighten it back to spec today.

**WRITE IT HERE**

Where comfort crept in

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Back to spec, starting today

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# TRACK IT OR IT'S A STORY.

**TODAY'S MISSION**

Pick one number that matters most to your biggest goal and track it daily, same time, same place, starting today. No judging the number for two weeks. Just collect the truth.

**WRITE IT HERE**

The one number I track

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When and where I record it

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# CHAIN IT TO SOMETHING YOU ALREADY DO.

**TODAY'S MISSION**

Write one anchor sentence and run it today: after I do this existing daily action, I immediately do the habit.  
Same anchor, every day, until it is welded on.

**WRITE IT HERE**

After I...

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I immediately...

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# EVERY YES COSTS A NO.

**TODAY'S MISSION**

Decline one thing today that steals from your priorities. Politely, cleanly, no paragraph of apology. Then give the recovered time deliberately to a non-negotiable.

**WRITE IT HERE**

What I declined

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Where the recovered time went

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# SPRINT. REST. REPEAT.

**TODAY'S MISSION**

Run three sprint blocks today: forty-five minutes each, one task per block, timer visible, phone in another room. Ten real minutes off the chair between blocks. Log what three honest sprints produced.

**WHAT EACH SPRINT PRODUCED**

1.

2.

3.

# YOUR TANK LIES TO YOU.

**TODAY'S MISSION**

Once today, when you hit done, do two more. Two more reps, ten more minutes, one more call. Not to destroy yourself, to collect evidence that the gauge lies. Write down what the extra two felt like.

**WRITE IT HERE**

Where I hit 'done'

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What the extra two felt like

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# DISCIPLINE LOVES WITNESSES.

**TODAY'S MISSION**

Tell one person your non-negotiable today: exactly what it is and that it happens daily. Then ask one favor: check on me Friday, one text, did you do it all week. Pick someone who won't let it slide.

**WRITE IT HERE**

Who I told

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What they will ask me on Friday

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# CLOSE THE LOOP. COLLECT THE WIN.

**TODAY'S MISSION**

Define your weekly reward in writing, tied to a condition. If all non-negotiables land Monday through Saturday, then Sunday you get something real, guilt-free. Earned rest is the oil, not the enemy.

**WRITE IT HERE**

The condition

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The reward, guilt-free

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# THE PLATEAU IS THE PATH.

**TODAY'S MISSION**

Identify your current plateau and switch the scoreboard. For seven days, track inputs only: sessions done, calls made, pages written. Judge the week purely on inputs and let results catch up.

**WRITE IT HERE**

My current plateau

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The input I track for seven days

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## THE MAINTENANCE CONTRACT.

## TODAY'S MISSION

Copy and sign: the machine runs daily, my three non-negotiables, my first hour, my nightly plan. On my worst days it runs at floor level. If I miss, I never miss twice. This is not a phase, it is how I operate now.

## NOTES

**X**

**SIGNATURE**

DATE \_\_\_\_\_

# MONTH FOUR: COMPLETE.

**TODAY'S MISSION**

Score Month Four 1 to 10, honestly. Write your longest chain streak and the gear that still squeaks, because it gets attention in Month Five. Then write what the machine makes possible that mood-based living never could. Sign the line.

SCORE 1 TO 10

**WRITE IT HERE**

Longest chain streak

The gear that still squeaks

What the machine makes possible



SIGNATURE

DATE

# IT'S ALL ON YOU. GOOD.

**TODAY'S MISSION**

Write three things you currently blame on someone or something else. Under each one, write: I own this, and my next move is. No move, no ownership. Do the first move on the first one before you sleep.

**WHAT I BLAME, AND MY NEXT MOVE ON IT**

1.

2.

3.

# BLAME IS A PACIFIER.

**TODAY'S MISSION**

Twenty-four hour blame fast starting now. No blaming anyone or anything, out loud or in your head where you can catch it. Every slip converts on the spot: what is my next move here. Count your conversions tonight.

**WRITE IT HERE**

Slips caught and converted today

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The conversion I am proudest of

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# YOUR EX ISN'T IN THIS ROOM.

**TODAY'S MISSION**

Two columns in writing: what happened to me, and what I am doing about it. Fill the first honestly, then make the second longer. If it is shorter, add moves until it isn't. Do one item from column two today.

**WRITE IT HERE**

What happened to me

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What I am doing about it

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---

The move I made today

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# NOBODY'S COMING. STILL.

**TODAY'S MISSION**

Pick one thing you have been waiting on someone else to handle: the call, the fix, the opportunity. Handle it yourself today, start to as far as you can get. Waiting is cancelled, permanently.

**WRITE IT HERE**

What I stopped waiting on

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How far I got today

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# VICTIMS PAY. OWNERS COLLECT.

**TODAY'S MISSION**

Find the victim story you have told the most. Write it in three sentences. Now write the owner's version: same facts, but you have the next move. Read both out loud and decide which one you tell from now on.

**WRITE IT HERE**

The victim version, in short

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The owner's version, same facts

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# STOP EXPLAINING. START FIXING.

**TODAY'S MISSION**

The first time something goes sideways today and you feel the explanation loading in your throat, swallow it. Say instead: my mistake, fixing it now. Then fix it visibly. Log how the room reacted.

**WRITE IT HERE**

What went sideways

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How the room reacted to the mop

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# LUCK IS A LOSER'S RELIGION.

## TODAY'S MISSION

Pick one person whose success you have chalked up to luck. Spend fifteen minutes researching what they actually did: the years, the failures, the reps before the overnight part. Write the real timeline. Then start one of their moves today.

## WRITE IT HERE

The 'overnight' success

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What the real timeline was

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Their move I start today

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# THE BLAME BANKRUPTCY.

**TODAY'S MISSION**

List every unpaid debt: who owes you an apology, an acknowledgment, a repayment, a childhood. Then write across the whole list: debt forgiven, not because they deserve it, because I am expensive to keep waiting. Sign and date below.

**UNPAID DEBTS. WRITE THEM OFF.**

1.

2.

3.

4.



SIGNATURE

DATE

# YOUR BODY IS YOUR FAULT TOO.

**TODAY'S MISSION**

Own one health number today: weight, resting heart rate, blood pressure, pushup max, hours slept.  
Measure it, write it down, no flinching and no editorial. Then make one concrete play before bed.

**WRITE IT HERE**

The number, measured today

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The play I made before bed

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# ASK FOR THE HIT. TAKE IT STANDING.

**TODAY'S MISSION**

Ask one person who knows you well: what is one thing I do that holds me back? Then say only thank you. No defending, no counter-example. Write what they said and sit with it for three days.

**WRITE IT HERE**

Who I asked

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What they said, word for word

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# “THEY MADE ME FEEL” IS FICTION.

**TODAY'S MISSION**

All day, run the swap. They made me feel X becomes they did X, and I chose Y. Catch it at least three times, out loud or on paper. You will hate how it sounds at first. That is the remote coming back.

THEY DID \_\_\_\_, AND I CHOSE \_\_\_\_

1.

2.

3.

# YOUR KIDS ARE LEARNING BLAME AT YOUR TABLE.

## TODAY'S MISSION

Audit your table talk today. Catch one blame line before or right after it leaves your mouth and correct it out loud in front of them: scratch that, here is what I can do about it.

## WRITE IT HERE

The blame line I caught

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The correction they heard

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# THE ECONOMY DIDN'T EAT YOUR HOMEWORK.

**TODAY'S MISSION**

Find one real person succeeding right now in your exact conditions. Study what they do differently for twenty minutes. Write the one move of theirs you have been calling impossible. Do the first ten percent today.

**WRITE IT HERE**

Who is winning in my exact conditions

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The move I called impossible

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The first ten percent I did

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# OWN THE APOLOGY YOU OWE.

**TODAY'S MISSION**

Deliver one real apology today: I did this, it hurt you, I am sorry. Full stop. No but, no you also, no context essay, no fishing for instant forgiveness. Their response is their business.

**WRITE IT HERE**

Who I owed it to

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What I actually said

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# DAY 136. WHOSE LIFE IS THIS?

**TODAY'S MISSION**

Score yourself on blame conversions since Day 121 and owner moves completed. Then name the one area where you are still holding a victim story. That area gets one owner move tomorrow before noon.

**WRITE IT HERE**

Blame conversions since Day 121

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Where I still hold a victim story

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The owner move, before noon tomorrow

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# COMPLAINT DEPARTMENT: CLOSED.

**TODAY'S MISSION**

New routing rule, permanent: complaints go only to someone who can fix the thing, and they travel with a proposed solution attached. Everything else stays in your mouth. Test it live today on one real issue.

**WRITE IT HERE**

What is broken

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Who has the wrench

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The fix I proposed

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# WHAT YOU TOLERATE, YOU TEACH.

**TODAY'S MISSION**

Name one thing you have been tolerating that costs you money, time, respect or peace. End it or renegotiate it today, out loud: this stops working for me, here is what works instead. Calm, clean, done.

**WRITE IT HERE**

What I have been tolerating

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What works instead, said out loud

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# “I HAD NO CHOICE” IS ALWAYS A LIE.

**TODAY'S MISSION**

Rewrite three I had to statements as I chose to, because. Be brutally honest about the because. Feel the weight shift from the world's shoulders onto yours. Heavy? Good. That weight is also the steering wheel.

I CHOSE TO \_\_\_\_, BECAUSE \_\_\_\_

1.

2.

3.

# FIND YOUR 20% IN THEIR 80%.

**TODAY'S MISSION**

Pick one conflict you have filed under a hundred percent them. Write your honest slice: what you did, didn't do, or let slide. Then write what you would do differently, because a version of this is coming again.

**WRITE IT HERE**

My honest slice of it

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What I do differently next time

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# RESULTS DON'T CARE ABOUT YOUR REASONS.

**TODAY'S MISSION**

Take your most important goal and write a results-only report: numbers, dates, done or not done. No narrative, no but. Read it like a stranger. Then write the highest-impact action the numbers are begging for and do it today.

**WRITE IT HERE**

The numbers, no narrative

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The action the numbers are begging for

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# YOUR MONEY MESS HAS YOUR FINGERPRINTS.

**TODAY'S MISSION**

The full look, today: every account, every debt, every subscription, on one page. Total in, total out, net position, no rounding in your favor. You don't have to fix it tonight. You have to see it. Then circle the number you attack first.

**WRITE IT HERE**

Total in

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---

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Total out

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Net position

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The number I attack first

---

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# STOP WAITING TO BE PICKED.

## TODAY'S MISSION

Pick yourself today. Start the project without approval, publish without the gatekeeper, launch without the title. One concrete self-selection before midnight. Write at the top of it: selected by me.

**WRITE IT HERE**

## What I picked myself for, today

# OWN YOUR CALENDAR OR SOMEBODY ELSE WILL.

**TODAY'S MISSION**

Audit this week and find one recurring obligation that is not truly yours anymore. Cancel, delegate or renegotiate it today, politely and permanently. Then put something of yours in the recovered slot.

**WRITE IT HERE**

The obligation I ended

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What goes in the recovered slot

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# ASKING FOR HELP IS AN OWNER'S MOVE.

**TODAY'S MISSION**

Make one direct ask today for help you actually need. Can you take this off my plate, can you teach me this, I need a hand with this, are you in. Plain words, no apologizing for existing.

**WRITE IT HERE**

Who I asked

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Exactly what I asked for

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# IF IT'S IN YOUR LIFE, IT'S YOURS.

**TODAY'S MISSION**

Rate every domain 1 to 10: body, money, work, marriage or partner, kids or family, friendships, faith or purpose. Circle the lowest. That domain gets one owner move today and named priority for thirty days.

SCORE 1 TO 10

## THE OWNER'S DEED.

## TODAY'S MISSION

Copy and sign: I own my life in full, the results, the wreckage, the fixes and the future. I blame no one, wait for no one, and answer to the mirror. When I fail, I own it and move. Effective today, permanent.

## NOTES

**X**

**SIGNATURE**

DATE \_\_\_\_\_

# MONTH FIVE: COMPLETE.

**TODAY'S MISSION**

Score Month Five 1 to 10, honestly. Write the blame you are proudest of killing and the victim story you rewrote. Name the domain from Day 149 getting the next thirty days. Then sign the line.

SCORE 1 TO 10

**WRITE IT HERE**

The blame I killed

The victim story I rewrote

The domain getting the next thirty days



SIGNATURE

DATE

# ONE BODY. NO TRADE-INS.

## TODAY'S MISSION

Baseline day. Record four numbers without flinching: weight, resting heart rate, max pushups in one set, and minutes you actually moved yesterday. Then take a twenty minute walk with no phone and write what you want to be capable of by Day 182.

### WRITE IT HERE

Weight

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Resting heart rate

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Max pushups, one set

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---

Minutes moved yesterday

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What I want to be capable of by Day 182

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## TODAY'S MISSION

**WRITE IT HERE**

My hard bedtime, from tonight

# YOU CAN'T OUTRUN YOUR FORK.

**TODAY'S MISSION**

One-day real-food rule: today, eat only things with ingredients you can pronounce, mostly things that had a face or grew from the ground. Notice two things tonight: how you feel, and how loud the cravings got. Both are data.

**WRITE IT HERE**

How I felt by evening

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How loud the cravings got

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# STRENGTH IS A LIFE SKILL.

**TODAY'S MISSION**

Full-body basics today at your level: squats, a push, a pull and a carry. Bodyweight counts, a loaded backpack counts. Three rounds, form over ego. Log the numbers. This repeats at least twice a week from now on.

**WRITE IT HERE**

Squat

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Push

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---

Pull

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---

---

Carry

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# SUGAR IS A SALESMAN.

**TODAY'S MISSION**

Twenty-four hours, no added sugar. Read labels today: if sugar or one of its aliases is near the top of the list, it waits. Fruit is fine, the salesman isn't. Log the cravings and the 4 p.m. begging.

**WRITE IT HERE**

When the cravings hit hardest

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What they were actually asking for

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# THE VESSEL CONTRACT.

**TODAY'S MISSION**

Fill in and sign: I train this many days per week minimum, my bedtime is this, I move thirty minutes every day, I drink water before coffee. This runs through Day 365 and beyond. Floor level on the worst days. Zero level never.

**WRITE IT HERE**

Training days per week, minimum

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My bedtime

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SIGNATURE

DATE

# ALCOHOL RENTS YOUR TOMORROWS.

**TODAY'S MISSION**

Seven-day pause on alcohol starts today. Not forever, seven days, enough to collect real data. Log sleep, morning energy and mood each day. On Day 170 you decide its actual place, as an owner reading the bill.

**WRITE IT HERE**

Sleep, across the seven days

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Morning energy

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Mood and patience

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# DAY 167. VESSEL CHECK.

**TODAY'S MISSION**

Remeasure the four baselines and write them next to Day 152's. Then score each system 1 to 10: sleep, water, movement, food quality, training. The lowest score gets one specific fix applied tomorrow.

SCORE 1 TO 10

**TODAY'S MISSION**

Two moves today: schedule one full rest day this week in the calendar with a name on it, and spend ten minutes tonight stretching before bed with the phone in another room.

My rest day this week, in the calendar

# YOUR KITCHEN EATS BEFORE YOU DO.

**TODAY'S MISSION**

Rig the kitchen today: three junk items leave the house entirely, not hidden, gone. Three good defaults move to eye level and arm's reach. Then review the Day 163 alcohol log and decide its place, in writing.

**WRITE IT HERE**

Out of the house entirely

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Moved to eye level

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What the alcohol bill said, and my decision

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## TODAY'S MISSION

**WRITE IT HERE**

## What the slump actually needed

# BOOK THE DAMN CHECKUP.

**TODAY'S MISSION**

Book it today. The physical, the dentist, the screening, whichever you have dodged longest. Actually call or click, appointment on the calendar, before this day ends.

**WRITE IT HERE**

What I booked

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The date

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## TODAY'S MISSION

**WRITE IT HERE**

# STOP TRAINING YOUR EXCUSES.

**TODAY'S MISSION**

Write your three fallback workouts in advance: the hotel-room version, the ten-minute version, the sick-day floor version. Post them next to the Vessel Contract. Circumstances change the workout. They never cancel it.

**MY THREE FALLBACK WORKOUTS**

1.

2.

3.

## TODAY'S MISSION

**WRITE IT HERE**

DAY 177 OF 365 · STEP THE F\*CK UP COMPANION JOURNAL

# THE GYM IS OPTIONAL. TRAINING ISN'T.

**TODAY'S MISSION**

No-equipment session today, wherever you are: three rounds of pushups, squats, lunges and a plank, your numbers, honest effort. Then write your Anywhere Card, the exact bodyweight workout you can run in any room on earth.

**MY ANYWHERE CARD**

1.

2.

3.

4.

# DAY 180. CHECK THE ENGINE NOW.

**TODAY'S MISSION**

Full comparison of Day 152 versus today, plus sleep and energy in your own words. Then write three body wins from this month, however small, and one sentence to the Day 152 version of you. Make it a little cocky.

**THREE BODY WINS THIS MONTH**

1.

2.

3.

## TODAY'S MISSION

## NOTES

**X**

DATE \_\_\_\_\_

# MONTH SIX: COMPLETE.

**TODAY'S MISSION**

Score Month Six 1 to 10, honestly. Write your strongest new body habit and the one still fighting you, because it gets attention in the second half. Confirm your Day 180 numbers are logged. Then sign the line.

SCORE 1 TO 10

**WRITE IT HERE**

Strongest new body habit

The one still fighting me



SIGNATURE

DATE

# DAY 183. THE MIRROR.

**TODAY'S MISSION**

The full reckoning, in writing. Reread your Day 1 notes. Compare the Day 180 numbers. Count contracts signed, fears faced, chains built. Then write the halfway letter: five sentences from Day-183 you to Day-1 you. Don't be gentle.

**WRITE IT HERE**

Contracts signed

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Fears faced

---

---

---

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Longest chain

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The line I most want Day-1 me to read

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SIGNATURE

DATE

# DOUBT ALWAYS CHECKS IN AT HALFWAY.

## TODAY'S MISSION

Build the Change List: ten concrete, checkable differences between you and Day-1 you. Not vibes, facts. I wake at the buzzer. I signed the deed. I cook. Read the list out loud.

### THE CHANGE LIST. FACTS ONLY.

1.

2.

3.

4.

5.



SIGNATURE

DATE

# WALK BACK INTO AN OLD TRIGGER.

**TODAY'S MISSION**

Pick one old trigger and walk into it today, on purpose. Run the new tools live: the breath, the cornerman, the talk-back. Then log the score: what the old you would have done, and what actually happened.

**WRITE IT HERE**

The trigger I walked into

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What old me would have done

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What actually happened

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# SAY IT WITH YOUR CHEST.

**TODAY'S MISSION**

One conversation today with someone who knew Day-1 you well. Tell them plainly: six months ago I started fixing my shit, here is what is different. Two or three specifics, no bragging tour, no fishing.

**WRITE IT HERE**

Who I told

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The specifics I gave them

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# THE OLD YOU WILL CALL.

**TODAY'S MISSION**

Write your Relapse Protocol today, three lines. If I skip a day, I run Never Twice. If I blame, I convert it out loud. If I spiral, twenty reps and the playlist. Post it with the contracts.

**MY RELAPSE PROTOCOL**

1.

2.

3.

# FEELINGS AREN'T EVIDENCE.

**TODAY'S MISSION**

Data-verdict day: every self-judgment today must cite a fact. Feel like you are failing? Cite the chain, the log, the numbers, then rule. Feel unstoppable? Same rule. No verdicts without exhibits, in either direction.

**WRITE IT HERE**

Tonight's honest ruling

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The exhibit it rests on

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# HALFWAY MEANS RAISE THE FLOOR.

**TODAY'S MISSION**

Raise exactly one standard by ten percent today, in writing. The workout gets a round, the pages get a paragraph, the calls get one more, bedtime moves ten minutes earlier. Update the Day 98 contract.

**WRITE IT HERE**

The standard I raised

From what, to what

# THE SECOND-HALF DECLARATION.

## TODAY'S MISSION

Write and sign three Day-365 targets, specific and checkable: a number, a finished thing, a state of affairs.  
Under them: signed at halfway, with 182 days of receipts behind me and zero excuses ahead.

BY DAY 365, I WILL HAVE...

1. 

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2. 

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3. 

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X

SIGNATURE

DATE

# TEACH ONE THING. PROVE YOU OWN IT.

## TODAY'S MISSION

Teach one tool from this book to one person today: the two-minute habit, the talk-back, the chain, Never Twice, the five-count launch. Explain it, show them your version, help them set it up.

**WRITE IT HERE**

Who I taught

Which tool

# THE WORLD STILL HAS YOUR OLD LABEL.

**TODAY'S MISSION**

Correct one label today, live. When someone plays the old tape, respond without heat: that was true, it isn't anymore. One sentence, no lecture, then let your behavior finish the argument.

**WRITE IT HERE**

The old label

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What I said instead

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# MEASURE THE GAIN, NOT THE GAP.

**TODAY'S MISSION**

Two lists tonight: the gap list, everything not yet where you want it, and the gain list, everything measurably better than Day 1. Write the gap list fast and the gain list slow. Then put the gap list away until Day 209.

**THE GAIN LIST: BETTER THAN DAY 1**

1.

2.

3.

4.

# STACK A HARD WEEK. ON PURPOSE.

**TODAY'S MISSION**

Design your Proving Week, starting tomorrow: five hard commitments across seven days. The tough conversation, the longest workout, the biggest ask, the earliest morning, the deepest work block. Write all five with days attached.

**PROVING WEEK: FIVE COMMITMENTS, WITH DAYS**

1.

2.

3.

4.

5.

# DAY 198. PROOF AUDIT.

**TODAY'S MISSION**

Count your Month Seven receipts so far in writing: missions fully executed versus skimmed. Ten or more, raise the bar on the Proving Week. Under ten, pick the two most-dodged missions and execute both tomorrow before dinner.

**WRITE IT HERE**

Missions fully executed

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The two I execute tomorrow

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# THE TITLE FIGHT. STATUS REPORT.

**TODAY'S MISSION**

Status report in writing, one of three. Fought it, here is what happened. Fighting it, here is the current round. Dodged it, rebooking now with a first step inside seven days. No fourth option exists.

**WRITE IT HERE**

Fought, fighting, or dodged

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Where it stands right now

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Next step and date

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# YOUR COMEBACKS ARE THE BEST RECEIPTS.

**TODAY'S MISSION**

Write your comeback ledger: every real slip from these 200 days, and next to each, the comeback and how long it took. Look at the pattern. The gap between fall and return keeps shrinking. Circle that number.

**WRITE IT HERE**

The slip

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---

How long until the comeback

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The slip after that

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How long that time

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# PROVING THEM WRONG IS A CHEAP FUEL.

**TODAY'S MISSION**

Find one goal still powered by I'll show them. Rewrite it powered by standard: this is simply what I do now, or this is who my kids get. Same target, cleaner engine. Read both out loud.

**WRITE IT HERE**

The goal, powered by spite

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The same goal, powered by standard

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**WRITE THE LETTER FOR THE NEXT DOUBT.**

## TODAY'S MISSION

Write the Open When Doubting letter on a separate page: from today's you to the future gray-morning you. Include your top five receipts, the comeback pattern from Day 201, and one order: run the protocol, you have done this before. Fold it into the back of this book.

## NOTES

# EVERY REP IS A VOTE.

**TODAY'S MISSION**

Count today's votes live: carry a note and tally every action that votes new you and every one that votes old you. No judging mid-day, just tallying. Tonight, read the count.

**WRITE IT HERE**

Votes for the new me

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Votes for the old me

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# SHOW UP IN THE RAIN.

## TODAY'S MISSION

If today is hard, perfect: execute the full non-negotiables anyway and log it as a triple. If today is easy, manufacture rain: train outside in it, wake earlier than planned, add load.

**WRITE IT HERE**

Today's rain rep, logged

# THE QUIETEST PROOF: YOU'RE CALM NOW.

**TODAY'S MISSION**

Evidence hunt today: catch three moments the old you would have spiraled, snapped or stewed, and note how the current you actually responded. Write all three tonight beside the old default.

OLD ME WOULD HAVE \_\_\_\_ I ACTUALLY \_\_\_\_.

1.

2.

3.

# DON'T SPIKE THE BALL AT MIDFIELD.

**TODAY'S MISSION**

Pull out the Day 194 gap list. Pick the three gaps that matter most and assign each to a coming month: people, money, resilience, standards. Then write: celebrated at midfield, briefly. Back to work, now.

**THE THREE GAPS, ASSIGNED TO A MONTH**

1.

2.

3.

# PUT THE PROOF IN SOMEONE'S HANDS.

**TODAY'S MISSION**

Pick your person and give them a real start today. Walk them through Day 1's mission, help them write the thing and the excuse, set a check-in one week out in both calendars. Log their name. Day 365 will ask.

**WRITE IT HERE**

Their name

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Our check-in date

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# THE PROOF STANDARD.

## TODAY'S MISSION

Copy and sign: from today my claims carry receipts. I say I did, not I'm gonna. I judge myself on evidence in both directions. When doubt argues, I open the file. When pride inflates, I open the file. The file rules.

## NOTES

**X**

**SIGNATURE**

DATE \_\_\_\_\_

# MONTH SEVEN: COMPLETE.

**TODAY'S MISSION**

Score Month Seven 1 to 10, honestly. Write your single strongest receipt and read it out loud. Confirm the three Day-190 targets are posted where you see them daily. Then sign the line.

SCORE 1 TO 10

**WRITE IT HERE**

My single strongest receipt

Targets posted where I see them daily?



SIGNATURE

DATE

# YOU'RE THE AVERAGE. DO THE MATH.

**TODAY'S MISSION**

Write your Big Five: the five people who get most of your time. Next to each, brutally honest: does time with them leave you sharper or duller, moving or stuck? Plus or minus, no neutral allowed.

**MY BIG FIVE. PLUS OR MINUS.**

1.

2.

3.

4.

5.

# ENERGY VAMPIRES HAVE NICE SMILES.

**TODAY'S MISSION**

Identify your number one drainer from yesterday's list. This week, reduce exposure by one honest notch: shorter calls, fewer hangs, group settings instead of one-on-one. Not an announcement. A dial.

**WRITE IT HERE**

My number one drainer

How I turn the dial down this week

# YOUR CORNER IS HIRING.

**TODAY'S MISSION**

Write the three corner roles: Truth-Teller, Pusher, Believer. Under each, name a real candidate already halfway doing it. No candidate for a role? Write HIRING and keep your eyes open.

**WRITE IT HERE**

Truth-Teller

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Pusher

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Believer

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# BOUNDARIES ARE INSTRUCTIONS, NOT WALLS.

**TODAY'S MISSION**

State one boundary today, plainly, to the person who needs to hear it. One sentence, calm voice, no apology attached. Then hold it the first time it gets tested, because it will be tested quickly.

**WRITE IT HERE**

Who needed to hear it

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The boundary, in one sentence

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# SOME FRIENDSHIPS EXPIRED YEARS AGO.

**TODAY'S MISSION**

Find one expired tie: the friendship running purely on history and obligation. Decide its real level, downgrade to occasional or release with grace. No dramatic breakup text. Access and effort simply move to match reality.

**WRITE IT HERE**

The expired tie

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Its real level from today

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# TEXT FIRST. EVERY TIME.

**TODAY'S MISSION**

Message three people you genuinely value right now, no occasion required. Thought of you, how's life. That is the whole script. No agenda, no scoreboard consulted.

**THREE PEOPLE I WENT FIRST WITH**

1.

2.

3.

# FIND SOMEONE AHEAD OF YOU.

**TODAY'S MISSION**

Name one person ahead of you on a road you are walking. Make contact today with one specific, respectful ask: you've done this, can I ask you one question about it? One question, not a mentorship proposal.

**WRITE IT HERE**

Who is ahead of me

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The one question I asked

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# THE CIRCLE STANDARDS.

## TODAY'S MISSION

Write and sign your Circle Standards: my inner circle tells me the truth, celebrates my wins without flinching, pushes my standards up, and keeps my name safe when I am not in the room. I offer the same. Seats are earned.

## NOTES



**SIGNATURE**

DATE \_\_\_\_\_

# YOUR PARTNER ISN'T YOUR ROOMMATE.

## TODAY'S MISSION

One deliberate act today, executed and not planned: the real date booked, the handwritten note left where they will find it, their most-hated task silently taken off their plate, twenty minutes of eye contact with phones in another room.

**WRITE IT HERE**

## What I actually did today

# IRON NEEDS IRON.

**TODAY'S MISSION**

Schedule something hard with someone this week, locked into both calendars today. Not coffee, not catching up. Shared effort. Iron sharpens iron, and iron does not sharpen brunch.

**WRITE IT HERE**

Who, and what we are doing

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The day and time, in both calendars

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# OUTGROWING PEOPLE ISN'T BETRAYAL.

## TODAY'S MISSION

Write yourself the permission slip by hand: I am allowed to grow past people I love, distance isn't disloyalty, I can honor what was without funding what isn't. Then release one specific guilt about one specific person, by name.

**WRITE IT HERE**

The guilt I am putting down, and whose

# GIVE FIRST. BURN THE LEDGER.

**TODAY'S MISSION**

Three gives today, zero asks attached: an introduction that helps someone, a skill or answer shared freely, a hand with something heavy. All three before the day ends, and nothing written in any ledger.

**THREE GIVES, NO LEDGER**

1.

2.

3.

# SAY THE FUNERAL SPEECH WHILE THEY'RE ALIVE.

**TODAY'S MISSION**

Pick one person who matters and tell them today, specifically, what they mean. Not you're great, but when this happened you did this and it changed this for me. Call, voice note or face to face.

**WRITE IT HERE**

Who I told

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The specific thing I named

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# DAY 228. CIRCLE AUDIT.

**TODAY'S MISSION**

Audit in writing: drainer exposure, corner roles, boundary status, initiations sent, gives given. The weakest line gets one concrete action within 48 hours, named now.

**WRITE IT HERE**

Drainer exposure: down, same or up

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Corner roles filled

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Boundary: held, wobbled or folded

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My weakest line, and the action

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# HANDLE IT IN 24 HOURS.

**TODAY'S MISSION**

Name your oldest simmering issue and address it within 24 hours, directly, with the actual person.  
Something has been sitting with me and I would rather say it than let it rot. Aim for clean, not for victory.

**WRITE IT HERE**

Who, and what has been sitting

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How I open it

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# WATCH WHO CLAPS WHEN YOU WIN.

**TODAY'S MISSION**

Think of your last two or three wins and who you told. Write who clapped clean and who flinched or shrank it. No confrontation, just calibration. Clean clappers get more of your news and your time.

**WRITE IT HERE**

Clapped clean

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Flinched, one-upped or shrank it

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# BE THE FRIEND YOU'RE HIRING FOR.

**TODAY'S MISSION**

Pick one friend and do for them today the exact thing you wish somebody did for you: the check-in during their hard season, the honest pushback, the loud celebration of their quiet win, the help before they ask.

**WRITE IT HERE**

Who I did it for

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What I did

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# EMPTY SEATS BEAT WRONG PEOPLE.

**TODAY'S MISSION**

Look at your corner roles and inner seats. Any still empty? Write next to each: reserved for someone who earns it. Then the harder line: one seat currently occupied by someone who does not meet the standards, and what changes.

**WRITE IT HERE**

Seats reserved, not filled

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The occupied seat that needs to change

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# NETWORK IS A VERB.

**TODAY'S MISSION**

One professional reach today: the message to someone whose work you respect, the ask for a twenty minute call, the community you finally join. Lead with value or genuine curiosity, never with need.

**WRITE IT HERE**

Who I reached out to

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What I led with

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# ASK YOUR ELDERS BEFORE THE ARCHIVE CLOSES.

**TODAY'S MISSION**

Call or visit an elder today. Ask one real question: what do you know now that you wish you knew at my age? Then shut up and listen. Write down what they said tonight.

**WRITE IT HERE**

Who I asked

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What they said, in their words

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# PEER PRESSURE NEVER LEFT.

**TODAY'S MISSION**

Spot one behavior you do only for the group. Skip it once today, in front of them, with no speech attached: order the water, skip the pile-on, mention the goal out loud. Feel the two seconds of awkward.

**WRITE IT HERE**

What I do only for the group

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What I did instead, in front of them

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# BUILD THE TABLE.

**TODAY'S MISSION**

Initiate one gathering today: the barbecue, the game night, the training group, the monthly dinner. Pick the date, send the invites, own the awkward. Doesn't need to be fancy, needs to exist.

**WRITE IT HERE**

What I am hosting

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The date, and who I invited

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# WHO GETS THE 2 A.M. CALL?

**TODAY'S MISSION**

Write both lists tonight: who you would call at 2 a.m., and who you believe would call you. Short lists are fine, honest lists are mandatory. Then thank one person for being on it, today.

**WRITE IT HERE**

Who I would call at 2 a.m.

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Who I believe would call me

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Who I thanked today

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# CARRY SOMEONE THIS WEEK.

**TODAY'S MISSION**

Identify who is carrying the most right now and take real weight off them this week, starting today. Cover the shift, take the kids, drop the meal, drive the errand, sit with them. Concrete, not let me know if you need anything.

**WRITE IT HERE**

Who is carrying the most

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The weight I took off them

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# YOUR FAMILY ISN'T A PROJECT TO FIX.

## TODAY'S MISSION

One family contact today, with a single rule: zero fixing. No advice unless asked, no corrections, no steering. Just presence, questions, and whoever they actually are today. Log how different it feels.

**WRITE IT HERE**

How different it felt with no repair order attached

## TODAY'S MISSION

## NOTES

DATE \_\_\_\_\_

# MONTH EIGHT: COMPLETE.

**TODAY'S MISSION**

Score Month Eight 1 to 10, honestly. Write the best move you made this month and the seat still marked HIRING. Confirm one gathering is on the calendar. Then sign the line.

SCORE 1 TO 10

**WRITE IT HERE**

The best move I made this month

The seat still marked HIRING



SIGNATURE

DATE

# MONEY ISN'T EVIL. BROKE ISN'T NOBLE.

**TODAY'S MISSION**

Write your real money beliefs. Finish these honestly, then trace each one to its source: whose voice is it, from what year? Cross out every belief you inherited but never chose. Day 68 rules apply: return to sender.

**WRITE IT HERE**

Money is...

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Rich people are...

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Whose voice is that, and from what year

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# KNOW YOUR NUMBER OR IT OWNS YOU.

**TODAY'S MISSION**

Calculate your true monthly numbers today from the statements, not from memory. Exact in, exact out, exact difference. Write them where you will see them. That difference is the raw material for everything else this month.

**WRITE IT HERE**

Exact in

Exact out

The difference

# EVERY EURO GETS A JOB.

**TODAY'S MISSION**

Assign this month's money its jobs: needs, debt, savings, the goal, and fun, which gets a deliberate line rather than the leftovers. Every expected euro gets a department before it arrives.

**THIS MONTH'S JOBS, BEFORE THE MONEY ARRIVES**

1.
2.
3.
4.
5.

# FIND THE LEAKS. PLUG THEM TODAY.

**TODAY'S MISSION**

Pull the last two months of statements and highlight every recurring charge. Cancel three today, minimum: the unused, the forgotten, the meh. Then redirect that exact monthly amount to your Day 246 goal line.

**THREE LEAKS CANCELLED TODAY**

1.

2.

3.

# DEBT IS A BULLY. PUNCH FIRST.

**TODAY'S MISSION**

List every debt today, smallest to largest, with balances and rates, eyes open. Pick your attack order and make one extra payment today on the first target. Any amount above the minimum counts. Then schedule the next one.

**EVERY DEBT, WITH BALANCE AND RATE**

1.

2.

3.

4.

# PAY YOURSELF FIRST OR LAST FOREVER.

## TODAY'S MISSION

Set up one automatic transfer today: payday plus one day, straight to savings, before anything else moves. The amount matters less than the automation. Systems beat intentions the same way they beat moods.

**WRITE IT HERE**

The transfer, and what day it runs

# DAY 250. YOUR CEILING IS A STORY.

**TODAY'S MISSION**

Write your current annual income. Under it, write it doubled. Then list three real paths that could bridge the gap over time: the promotion track, the skill premium, the side income, the pricing fix, the pivot. Circle the most realistic.

**WRITE IT HERE**

Current annual income

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Doubled

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The path I circled

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# YOU'RE UNDERCHARGING. OBVIOUSLY.

**TODAY'S MISSION**

Find your real market number today. Job boards, industry rates, competitor pricing, twenty minutes of honest digging. Write your current number next to the market number. Stare at the gap.

**WRITE IT HERE**

What I currently charge or earn

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What the market actually pays

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# ASK FOR THE MONEY.

**TODAY'S MISSION**

Make the money ask today, or schedule it within seven days in the calendar. Evidence first, number clear, no apology attached. Say the number and then stop talking. The silence does the negotiating for you.

**WRITE IT HERE**

The ask, and to whom

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The date it happens

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# THE MONEY RULES.

**TODAY'S MISSION**

Write and sign your Money Rules, five lines maximum. Know the three numbers monthly. Pay yourself first, automatically. Every euro gets a job. Debt gets attacked, not managed. Purchases over your threshold wait 48 hours.

**MY MONEY RULES**

1.

2.

3.

4.

5.



SIGNATURE

DATE

# SKILLS PRINT MONEY. NETFLIX DOESN'T.

**TODAY'S MISSION**

Pick one skill with direct income impact: the certification, the language, the tool, the sales craft, the trade upgrade. Block thirty minutes daily for the next thirty days, anchored to an existing habit.

**WRITE IT HERE**

The skill

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The daily thirty minutes, anchored to what

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# YOUR JOB IS A CUSTOMER, NOT A PARENT.

**TODAY'S MISSION**

Run the vanish test in writing: if the job disappeared tomorrow, what is the thirty day plan? Your sellable skills, your warm network, your first three calls. Then make one employability move today.

**MY FIRST THREE CALLS IF IT VANISHED TOMORROW**

1.

2.

3.

# YOUR RAISES KEEP GETTING EATEN.

**TODAY'S MISSION**

Autopsy the last raise: find in the statements where the extra actually went. Then cap one category in writing at its current level, permanently. Future raises above that line go to the Day 246 goal jobs.

**WRITE IT HERE**

Where the last raise actually went

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The category I am capping, permanently

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# SELL SOMETHING. TODAY.

**TODAY'S MISSION**

One real sales attempt before midnight: list an item, pitch your service to one prospect, propose your idea to the person who can fund it, ask for the referral. A complete attempt: offer made, price stated, answer received.

**WRITE IT HERE**

What I offered, and at what price

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The answer I got

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# DAY 258. MONEY CHECK.

**TODAY'S MISSION**

Checklist in writing, done or not done: three numbers known, transfers automated, three leaks cancelled, debt punch thrown, market rate researched, money ask made or calendared, money rules signed. Anything undone gets done within 48 hours.

**DONE OR NOT DONE**

1.

2.

3.

4.

5.

6.

7.



SIGNATURE

DATE

# BUILD INCOME NUMBER TWO.

**TODAY'S MISSION**

Choose your second-stream candidate: the skill freelanced, the product listed, the thing you would teach, the asset rented. Then take one concrete step today. Not research, a step. Embarrassingly small is the correct size for day one.

**WRITE IT HERE**

The second stream

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The concrete step I took today

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# HAVE THE MONEY TALK. TONIGHT.

**TODAY'S MISSION**

Thirty minute money meeting with your partner today: the three numbers on the table, goals side by side, zero blame for the past, one shared decision for the month ahead. Calendar it as monthly before you finish.

**WRITE IT HERE**

Our one shared decision for the month

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Our standing meeting day

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# STOP BUYING IDENTITY.

**TODAY'S MISSION**

Install the 48-hour rule now: any non-essential purchase over your Day 253 threshold waits two full days.  
Then apply it to one current want and answer both questions in writing before deciding.

**WRITE IT HERE**

Who is this purchase actually for

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What this money would do on the goal line instead

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# A BUFFER IS PERMISSION TO BE BRAVE.

**TODAY'S MISSION**

Name your buffer target today, starting with one month of your Day 245 expense number. Open or designate the account, make the first transfer now at any amount, and automate the rest per Day 249.

**WRITE IT HERE**

My buffer target

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First transfer made today

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# RICH HABITS ARE BORING AS HELL.

**TODAY'S MISSION**

Define your three boring money habits: the weekly ten minute number check, the automatic transfer already running, the monthly money meeting from Day 261. Anchor each to an existing routine, in writing.

**MY THREE BORING MONEY HABITS**

1.

2.

3.

# NEGOTIATE EVERYTHING. ONCE.

**TODAY'S MISSION**

Pick one recurring bill and negotiate it today. Ask for the retention department, say you are reviewing your costs and ask what they can do. Then be quiet. Log the result.

**WRITE IT HERE**

The bill I called about

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What they did

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# YOUR HOUR HAS A PRICE. STOP DISCOUNTING IT.

**TODAY'S MISSION**

Calculate your real hourly rate today in writing. Then find one recurring activity priced below it and kill it: delegate, automate, outsource or drop. Reinvest the recovered hours at full rate.

**WRITE IT HERE**

My real hourly rate

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The activity I killed

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Where the recovered hours go

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# IMPACT WORK BEATS VISIBLE BUSY.

**TODAY'S MISSION**

Identify your true twenty percent in writing: the two or three activities producing most of your results and income. Then block tomorrow around them: needle work in the morning, everything else compressed after.

**MY TRUE TWENTY PERCENT**

1.

2.

3.

# TEACH YOUR KIDS MONEY OUT LOUD.

## TODAY'S MISSION

One out-loud money lesson today, age appropriate: the three-jar split for the little ones, an earn-it opportunity, or simply narrating one real decision and why you are making it that way.

**WRITE IT HERE**

The lesson I said out loud today

# DRIFT IS A DECISION. MAKE A REAL ONE.

**TODAY'S MISSION**

The quit-or-commit page today: write the honest case for recommitting fully and what full would look like, and the honest case for planning an exit and what step one would be. Then decide in ink, with one 90-day implication attached.

**WRITE IT HERE**

COMMIT or BUILD THE EXIT

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The 90-day implication of that choice

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# PAYCHECKS FEED YOU. ASSETS FREE YOU.

**TODAY'S MISSION**

Run the ratio today: two columns, things that pay you or grow, and things that cost you monthly. Total both and look at it without flinching. Then make one asset move, however small.

**WRITE IT HERE**

Things that pay me

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Things that cost me

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My one asset move today

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# THE WEALTH OATH.

## TODAY'S MISSION

Copy and sign: I know my numbers. I pay myself first. Every euro works a job. Debt gets attacked. My rate reflects reality. I build assets and a second stream. I give deliberately. I run this system monthly, for decades, boring and unbothered.

## NOTES

**X**

**SIGNATURE**

DATE \_\_\_\_\_

# MONTH NINE: COMPLETE.

**TODAY'S MISSION**

Score Month Nine 1 to 10, honestly. Write your three numbers from memory right now, no peeking. Name the money move you are proudest of and the one still pending, and give the pending one a date. Then sign the line.

**SCORE 1 TO 10**

**WRITE IT HERE**

My three numbers, from memory

Proudest move

Still pending, and its date



SIGNATURE

DATE

# THE HIT IS COMING. GOOD.

**TODAY'S MISSION**

Write your last three knockdowns, the real ones. Next to each: how long the get-up took, and what finally got you moving. That recovery time is your baseline stat, and everything this month exists to shrink it.

**KNOCKDOWN, GET-UP TIME, WHAT MOVED ME**

1.

2.

3.

# SETBACKS ARE DATA, NOT VERDICTS.

**TODAY'S MISSION**

Take your most recent setback and interrogate it on paper: what actually went wrong mechanically, what was in your control, what you would run differently. Three lessons minimum, written as instructions for next time.

**THREE LESSONS, WRITTEN AS INSTRUCTIONS**

1.

2.

3.

# SHORTEN THE SULK.

**TODAY'S MISSION**

Set your official sulk window today: twenty-four hours maximum for ordinary hits, written down as law. Then apply it backward: anything currently being marinated past its window gets closed out today with one action taken on it.

**WRITE IT HERE**

My sulk window

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What I am closing out today

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# CONTROL THE CONTROLLABLES.

## TODAY'S MISSION

Two columns on your current biggest problem: can control, and cannot control. Be ruthless. Today, take action only from the first column, and every time your head drifts to the second, say out loud: not my column.

**WRITE IT HERE**

Can control

Cannot control

# YOU'VE ALREADY SURVIVED YOUR WORST DAYS.

**TODAY'S MISSION**

Write your Survival Résumé tonight: the hardest things you have lived through, listed plainly, no drama and no minimizing. Read it once out loud. It goes with the Proof Folder and comes out every time a new storm claims to be the one.

**MY SURVIVAL RÉSUMÉ**

1.

2.

3.

4.

# STRESS IS A TRAINING LOAD.

**TODAY'S MISSION**

Name your current heaviest stressor and reframe it in writing as a training block: this is training my patience, my negotiation, my leadership, my faith. Then treat today's dose like a workout and recover deliberately tonight.

**WRITE IT HERE**

My heaviest stressor

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What it is training

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# DON'T WASTE A GOOD CRISIS.

**TODAY'S MISSION**

Take your current or latest crisis and hunt the opening: one door it opened, one obligation it cancelled, one truth it forced into daylight. Write it down and take one step through that door today.

**WRITE IT HERE**

The door it opened

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The step I took through it today

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## THE NO-QUIT CLAUSE.

## TODAY'S MISSION

Write and sign the No-Quit Clause: name the three or four things you never quit on. Everything else may be reviewed and released deliberately, in daylight, never in a storm and never before the sulk timer ends.

## I NEVER QUIT ON

**X**  
**SIGNATURE**

DATE \_\_\_\_\_

# BAD LUCK ISN'T A PERSONALITY.

**TODAY'S MISSION**

Catch the luck language today. Every just my luck gets stopped mid-sentence and rewritten out loud: a thing happened, here is my move. Tonight, write three times this year that things broke your way.

**THREE TIMES THINGS BROKE MY WAY THIS YEAR**

1.

2.

3.

# BUILD YOUR BOUNCE ROUTINE.

**TODAY'S MISSION**

Write your three-step Bounce Routine on a card: move the body within the hour, call one corner person and say it plainly, take one next action the same day however small. Post it with the contracts.

**MY BOUNCE ROUTINE**

1.

2.

3.

# RUN THE FIVE-YEAR TEST.

**TODAY'S MISSION**

Write your top three worries and run each through the test. The no's get demoted to logistics: handled, scheduled or dropped, today. The yes, and there is usually only one, gets one real action planned before the week ends.

**WRITE IT HERE**

Worry, and does it matter in five years

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Worry, and does it matter in five years

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The one that does: my action and its date

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# REHEARSE HARD DAYS ON EASY ONES.

**TODAY'S MISSION**

Write the Hard Day Rehearsal: one realistic worst case in your current life, two sentences, then your first three moves. Who you call, what you protect, what you do that same day.

**WRITE IT HERE**

The scenario

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Who I call

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What I protect

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What I do that same day

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# KEEP A HAND ON THE WHEEL.

**TODAY'S MISSION**

Whatever your current mess is, take three tiny actions inside it today. Each under ten minutes, each fully in your control, each written down afterward. Not to fix everything. To prove the wheel still turns.

**THREE TINY ACTIONS INSIDE THE MESS**

1.

2.

3.

# ASK “WHAT NOW?” NOT “WHY ME?”

**TODAY'S MISSION**

Take the situation getting your why-me energy and switch the question on paper to what now. Then answer it with three options, circle one, and execute step one today.

**WHAT NOW: THREE OPTIONS**

1.

2.

3.

# DAY 289. ARMOR CHECK.

**TODAY'S MISSION**

Score each piece 1 to 10: sulk timer, bounce routine, control columns, survival résumé, no-quit clause, hard-day rehearsal. Anything under seven gets completed or applied today, on a real situation.

SCORE 1 TO 10

# DISCOMFORT IS A DEPOSIT.

## TODAY'S MISSION

One voluntary discomfort deposit today, chosen and executed on purpose. The full cold finish, the workout that scares you slightly, the earliest alarm of the month. While it's uncomfortable, say the sentence out loud.

**WRITE IT HERE**

Today's deposit

# PRE-BUILD THE CRISIS WEEK.

**TODAY'S MISSION**

Write the Crisis Week Protocol: the three non-negotiables that survive anything at floor level, the meals that require zero thought, the ten minute training minimum, the corner person on standby, and what gets dropped without guilt.

**CRISIS WEEK PROTOCOL**

1.

2.

3.

4.

5.

# DON'T BLEED ON PEOPLE WHO DIDN'T CUT YOU.

**TODAY'S MISSION**

Two moves today. If anyone caught blood that wasn't theirs this week, deliver the clean Day 135 apology. Then build the valve in writing: where stress legally goes from now on, before you walk through your front door.

**WRITE IT HERE**

Who caught blood that wasn't theirs

Where the stress goes from now on

# RESURRECT SOMETHING YOU DROPPED.

**TODAY'S MISSION**

Pick one dropped thing worth reviving. Not out of guilt, out of value. Restart it today at floor level, the smallest honest rep. Then write why it died last time and what is different now.

**WRITE IT HERE**

What I am reviving

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Why it died last time, and what is different now

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# GRIEF AND GRIT CAN SHARE A ROOM.

**TODAY'S MISSION**

Two entries today, side by side. What you are actually feeling, written honestly with no toughness filter. And the step you are taking anyway, executed today. Both get logged. Both count.

**WRITE IT HERE**

What I am actually feeling

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The step I am taking anyway

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# ARMOR INCLUDES OTHER PEOPLE.

**TODAY'S MISSION**

Brief one corner person on your current battle today: the actual situation, plainly, no performance. Then the harder rep: accept one concrete piece of help they offer. Not deflect, not I'm fine. Accept it.

**WRITE IT HERE**

Who I briefed

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The help I accepted

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# STOP REFRESHING THE WOUND.

**TODAY'S MISSION**

Name your refresh wound: the thing you compulsively check that changes nothing and costs plenty. Block the access for seventy-two hours starting today. Log the urge count on day one and watch it drop by day three.

**WRITE IT HERE**

My refresh wound

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Urge count, day one

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# WRITE THE FAILURE RÉSUMÉ.

**TODAY'S MISSION**

Write the Failure Résumé tonight: your significant failures, one line each, followed by the skill, lesson or door each one produced. No entry gets listed without its yield.

**THE FAILURE, AND WHAT IT BUILT**

1.

2.

3.

4.

# DECIDE WHO YOU ARE BEFORE THE STORM.

## TODAY'S MISSION

Write your Storm Identity Statement, one memorable sentence. When it hits, I am the one who does this. Say it out loud ten times today until it is installed. It is the first thing that speaks after impact.

**WRITE IT HERE**

When it hits, I am the one who...

# FIND SOMEONE MID-STORM.

**TODAY'S MISSION**

Go to them today, specifically: the meal delivered, the afternoon of childcare, the hard errand handled, the two hour listen. Not thinking of you. Presence, with hands.

**WRITE IT HERE**

Who I went to

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What I actually did

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# BREAK BETTER THAN YOU DID.

**TODAY'S MISSION**

List three areas stronger today specifically because something went wrong this year. Study what turned each hit into fuel. Then pick one fragile spot and write what its next hit will be forced to build.

**STRONGER BECAUSE SOMETHING WENT WRONG**

1.

2.

3.

# THE COMEBACK CONTRACT.

## TODAY'S MISSION

Copy and sign: when I get knocked down, and I will, I feel it fully on the timer, run the Bounce Routine within the hour, call my corner within the day, take one action the same day, and never quit on the sacred list. I get up. Every time.

## NOTES

X

**SIGNATURE**

DATE \_\_\_\_\_

# MONTH TEN: COMPLETE.

**TODAY'S MISSION**

Score Month Ten 1 to 10, honestly. Write your current recovery speed against the Day 274 baseline and read the improvement out loud. Confirm the Bounce Routine card and Storm Identity are posted and memorized. Then sign the line.

SCORE 1 TO 10

**WRITE IT HERE**

Recovery speed on Day 274

Recovery speed now



SIGNATURE

DATE

# YOU GET WHAT YOU TOLERATE.

**TODAY'S MISSION**

The tolerance audit, five areas: body, money, work, home, relationships. Under each write one sentence: what I currently accept here is. Brutal honesty. This list is the month's demolition site.

**WHAT I CURRENTLY ACCEPT HERE IS...**

1.

2.

3.

4.

5.

# “GOOD ENOUGH” IS A CEILING.

**TODAY'S MISSION**

Take one routine task today, something you would normally coast through, and run it at excellent: the extra pass, the detail checked, the finish that would impress a stranger. Time the difference.

**WRITE IT HERE**

The task I ran at excellent

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What the difference actually cost me

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# YOUR WORD IS THE WHOLE BRAND.

**TODAY'S MISSION**

Audit your outstanding promises today: everything you have told anyone you would do that hasn't happened. Complete one today. The rest get real dates or an honest renegotiation. Nothing stays vague.

**OPEN PROMISES: CLOSE, DATE, OR RENEGOTIATE**

1.

2.

3.

4.

# YOUR HOME IS SHOWING.

**TODAY'S MISSION**

Thirty minutes today, one room, standard raised rather than just tidied. Then write that room's new floor: this room never falls below this. One room, one written floor, defended from tonight.

**WRITE IT HERE**

The room

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Its new floor, never below this

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# YOU BECOME WHAT YOU CONSUME.

**TODAY'S MISSION**

Audit today's inputs honestly: everything you read, watch and listen to, listed tonight. Then run one permanent swap: one junk input deleted, one quality input installed in its slot.

**WRITE IT HERE**

The junk input, deleted

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What goes in its slot

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# THE PERSONAL CODE.

**TODAY'S MISSION**

Write your Personal Code, five lines maximum, in your own words: how you treat people, what you never do, what you always finish, how you show up when it's hard, what your name stands for.

**MY PERSONAL CODE**

1.

2.

3.

4.

5.

# FINISH IT OR DON'T START IT.

## TODAY'S MISSION

Pick one lingering ninety-percent-done thing and finish it today: the last module, the final edit, the send button, the last coat of paint. Completely done, shipped, closed.

**WRITE IT HERE**

## What I finished today

# RAISE THE FLOOR, NOT JUST THE CEILING.

**TODAY'S MISSION**

Define your raised floor in writing, three areas: even on my worst day, I still do this. Compare it to what a bad day looked like on Day 1. Defend the new floor like territory.

**EVEN ON MY WORST DAY, I STILL...**

1.

2.

3.

# STOP NEGOTIATING WITH YOURSELF.

## TODAY'S MISSION

Close three negotiations permanently today, in writing: three decisions you keep reopening, decided once and final. When the internal lawyer arrives to reopen a case, one sentence: the verdict is in.

DECIDED ONCE. NON-DEBATABLE.

1.

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2.

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3.

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# DAY 319. BAR CHECK.

**TODAY'S MISSION**

Walk the line in writing: each bar raised since Day 305, scored HOLDING or SLIPPED. No judgment on slipped, just re-weld it today with one reinforcement added. Then read the holding list out loud.

**EACH BAR: HOLDING OR SLIPPED**

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2. 

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3. 

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4. 

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# “WE DON'T DO THAT HERE.”

## TODAY'S MISSION

Write your We Don't Do That Here list, five entries: the behaviors now beneath you. Post it somewhere visible. Then deploy the sentence out loud at least once today.

### WE DON'T DO THAT HERE

1. 

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2. 

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3. 

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4. 

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5. 

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# YOUR PHONE HAS STANDARDS NOW.

**TODAY'S MISSION**

Write the phone's contract today, three clauses enforced immediately: home screen purged to tools only, notifications audited to humans only, phone-free zones declared. The device works for the standard now.

**THE PHONE'S CONTRACT**

1.

2.

3.

# ASK BIGGER. YOU'RE UNDERPRICED.

## TODAY'S MISSION

Make one ask today at double your comfortable size: the bigger project, the higher rate, the warmer introduction. Word it plainly, deliver it standing tall, and let them counter if they need to.

**WRITE IT HERE**

## The ask at double size

What came back

# FEWER THINGS. BETTER THINGS.

**TODAY'S MISSION**

One cut and one upgrade today. Cut a mediocre recurring commitment entirely. Then take one thing you are keeping and upgrade how you do it: more presence, better preparation, full attention.

**WRITE IT HERE**

What I cut

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What I upgraded, and how

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# CHARACTER IS THE UNSEEN STANDARD.

**TODAY'S MISSION**

Three unseen-standard acts today, deliberately: the cart returned, the truth told when the lie was free, the thing fixed with zero credit available. Log them tonight in the vault.

**THREE UNSEEN ACTS**

1.

2.

3.

# LAST YEAR'S BEST IS THIS YEAR'S WARM-UP.

**TODAY'S MISSION**

Find one old personal best. Write it down, then write the plan to beat it: the target, the timeline, the first session scheduled this week. Old peaks become new floors around here.

**WRITE IT HERE**

The old personal best

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The target, and my first session this week

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# YOUR STANDARDS RAISE THE ROOM.

**TODAY'S MISSION**

Raise one shared standard today, collaboratively. Propose it, don't impose it. One proposal, offered once, modeled immediately by you regardless of the vote.

**WRITE IT HERE**

The standard I proposed

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How I modeled it today

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# FIX THE THING YOU FIGHT EVERY DAY.

## TODAY'S MISSION

Fix one daily-friction thing today, properly: the tool upgraded, the drawer repaired, the process documented, the subscription to the thing that works. Spend the money or the hour it takes to kill the fight permanently.

**WRITE IT HERE**

The friction I killed permanently

# NO IS HOW THE BAR STAYS UP.

**TODAY'S MISSION**

Decline one thing today that sits below your standards. Cleanly, no apology essay: that doesn't work for me, as a full sentence. Then reinvest the protected time into something on the code.

**WRITE IT HERE**

What I declined

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Where the protected time went

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## THE EXHAUSTED STANDARD IS THE REAL ONE.

## TODAY'S MISSION

Tonight, at your most tired moment, hold one standard deliberately: the kitchen closed properly, tomorrow prepped, the gentle answer given when the sharp one was already loaded. Log it: held at exhausted.

**WRITE IT HERE**

The standard I held at exhausted

# LEAVE IT BETTER THAN YOU FOUND IT.

**TODAY'S MISSION**

Five leave-it-better acts today, small and deliberate: the room straightened on the way out, the meeting given one useful contribution, the stranger's day upgraded, the tool returned sharper, the person left more encouraged.

**FIVE THINGS I LEFT BETTER**

1.

2.

3.

4.

5.

# BE THE STANDARD SOMEONE INHERITS.

**TODAY'S MISSION**

Name who is calibrating against you, specifically. Then hold one standard today deliberately visible to them. Don't narrate it. Transmission doesn't need commentary, it needs consistency.

**WRITE IT HERE**

Who is calibrating against me

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The standard they saw me hold today

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# THE STANDARDS DECREE.

## TODAY'S MISSION

Copy and sign: the bar stays where I put it. My word delivers, my floors hold, my code runs when nobody is watching and especially when I am exhausted. What I tolerate, I choose. What I repeat, I approve. Standards raised here stay raised.

## NOTES



**SIGNATURE**

DATE \_\_\_\_\_

# MONTH ELEVEN: COMPLETE.

## TODAY'S MISSION

Score Month Eleven 1 to 10, honestly. Recite your Personal Code from memory, out loud, right now. Write the standard you are proudest of welding and the one that needed re-welding at Day 319. Then sign the line.

SCORE 1 TO 10

## WRITE IT HERE

The standard I am proudest of welding

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The one I re-welded, and is it holding tonight

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**LEGACY ISN'T A TOMBSTONE. IT'S A TUESDAY.**

## TODAY'S MISSION

Write your legacy sentence, one line: what I want to outlast me is. Not vague like love or goodness.

Specific: kids who keep promises to themselves, a business that treats people right. Post it above the contracts.

**WRITE IT HERE**

What I want to outlast me is...

# YOUR EULOGY IS BEING WRITTEN NOW.

**TODAY'S MISSION**

Write your eulogy draft: three sentences you would want to be true when it's read. Then the gap analysis, honestly: is your current life generating that material, yes or no? Every no gets one corrective action this week.

**THREE SENTENCES I WANT TO BE TRUE**

1.

2.

3.

# PLANT TREES YOU'LL NEVER SIT UNDER.

## TODAY'S MISSION

One tree today: an act whose full payoff you may never personally see. The account opened for a child, the sapling literally planted, the institution strengthened, the knowledge documented for people not born yet.

**WRITE IT HERE**

The tree I planted today

# SMALL LIVING IS THE ONLY REAL FAILURE.

**TODAY'S MISSION**

Find your last small corner: the dream you renamed unrealistic, the room where you go quiet, the gift still in the drawer. Name it in writing. Then make one expansion move on it today.

**WRITE IT HERE**

My last small corner

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The expansion move I made today

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# WHAT DIES WITH YOU IF YOU STAY QUIET?

**TODAY'S MISSION**

Inventory the shelf: list five things you know that someone else genuinely needs. Skills, lessons, systems, stories, warnings. Then pick the channel for the most valuable one and open the library this week.

**WHAT I KNOW THAT SOMEONE NEEDS**

1.

2.

3.

4.

5.

# WRITE IT DOWN OR IT DISAPPEARS.

**TODAY'S MISSION**

Start the Family Document today: one file or notebook where all of it goes. Write the first three entries tonight: one story, one lesson, one thing you never want forgotten. Ten minutes a week from now on.

**FIRST THREE ENTRIES: A STORY, A LESSON, A THING NEVER FORGOTTEN**

1.

2.

3.

# YOUR VALUES NEED WITNESSES.

**TODAY'S MISSION**

Write your top three values, one word each. Then perform each one visibly today: the correction made out loud, the generous act with witnesses, the priority defended publicly. Three values, three sightings, one day.

**MY THREE VALUES, AND WHERE THEY WERE SEEN TODAY**

1.

2.

3.

# THE LEGACY BLUEPRINT.

**TODAY'S MISSION**

Write and sign the Legacy Blueprint: the family culture named, the work or institution named, the transmission named, meaning what you teach and to whom. These three get deliberate deposits weekly, for the rest of your life.

**MY THREE PILLARS**

1.

2.

3.



SIGNATURE

DATE

# GET THE PAPERWORK DONE. YES, THAT PAPERWORK.

**TODAY'S MISSION**

One legacy admin move today: check or schedule the will, confirm beneficiaries on every account, write the where-everything-is document, or book the appointment to do it properly. One concrete step today.

**WRITE IT HERE**

The step I took today

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The next step, and its date

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# TELL THE STORIES BEFORE THEY'RE GONE.

## TODAY'S MISSION

Tell one real story to the next generation today. Not the polished version, the true one: the failure, the fear, the comeback, at the dinner table or the bedside. Then add it to the Family Document.

**WRITE IT HERE**

## The story I told, and who heard it

# THE PEOPLE YOU MADE STRONGER ARE THE RÉSUMÉ.

## TODAY'S MISSION

Write the Strengthened List: every person you have made measurably stronger this year. Then check on two of them today: the follow-up, the how's-it-going call, the next rep offered.

## THE STRENGTHENED LIST

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2. 

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3. 

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4. 

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# THEY'LL REMEMBER THE ORDINARY.

**TODAY'S MISSION**

Create one ordinary-magic ritual today and make it recurring: the Saturday breakfast, the Sunday walk, the Friday question at dinner, the bedtime three-things. Simple enough to survive decades. Scheduled from this week.

**WRITE IT HERE**

Our ritual

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When it happens, every week

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# TAKE AN APPRENTICE.

**TODAY'S MISSION**

Offer a real apprenticeship today: I know how to do this, I would like to teach you properly, are you in. Then schedule session one in both calendars, this week. Not a favor. A transmission.

**WRITE IT HERE**

Who I offered it to, and the skill

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Session one, date and time

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# LEAVE THE INSTITUTIONS BETTER.

**TODAY'S MISSION**

One institutional contribution today: the volunteer slot filled, the process documented for whoever comes next, the new member welcomed properly, the improvement proposed and owned. Pick the institution that shaped you most.

**WRITE IT HERE**

The institution

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What I contributed today

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# DAY 350. FIFTEEN TO GO.

**TODAY'S MISSION**

Audit both layers in writing: each legacy pillar scored on deposits since Day 342, and each core system scored HOLDING or SLIPPED. Anything slipped gets re-welded today, Day 319 style.

**WRITE IT HERE**

Pillar deposits since Day 342

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Systems: holding or slipped

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What I re-weld today

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# FORGIVENESS IS ESTATE PLANNING.

**TODAY'S MISSION**

Settle one estate item today: the feud formally ended with a message or call. If contact is not wise or safe, write the release instead and retire the story: it no longer gets told, taught or transmitted.

**WRITE IT HERE**

The war I am closing

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Ended, or retired from the telling

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# BUILD THE THING THAT STAYS BUILT.

**TODAY'S MISSION**

Name your artifact and advance it today: the first thousand words, the registration filed, the ground broken, the archive's first folder. Not planning, advancing. Then schedule its permanent weekly build slot.

**WRITE IT HERE**

My artifact

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How I advanced it today

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Its weekly build slot

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# GENEROSITY SCALES. SCALE IT.

**TODAY'S MISSION**

Design your giving structure today: the cause or causes chosen, the annual commitment written down, the schedule automated where possible. Then make the first structured contribution now.

**WRITE IT HERE**

The cause

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The annual commitment

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When it runs

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# HOLD THE FAMILY MEETING.

**TODAY'S MISSION**

Hold the first family meeting today or this week, scheduled now. Three items only: what we value, one dream each, one shared goal for the next three months. Keep it short, make it monthly.

**WRITE IT HERE**

Our shared goal for the next three months

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Our monthly meeting day

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# TEN HEALTHY YEARS. WHAT WOULD YOU DO?

**TODAY'S MISSION**

Write the Ten-Year Page on a separate page: what the ten healthy years contain, the builds, the people, the places, the transmissions. Then extract year one and circle three items for Day 360's plan.

**THE THREE THAT START IN THE NEXT TWELVE MONTHS**

1.
2.
3.

# SAY THE UNSAID. TO THE LIVING.

**TODAY'S MISSION**

Deliver one unsaid thing today, the heaviest one you can carry. Face to face if possible, written if not, recorded if the words won't survive your throat. No perfect phrasing required.

**WRITE IT HERE**

Who I said it to

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What I finally said

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# YOUR HABITS ARE HEIRLOOMS.

**TODAY'S MISSION**

Pick one system from this year and install it in your family deliberately: the evening prep taught to the kids, the family walk started, the Sunday planning done at the table where they see it. Explain the why once, then run it together weekly.

**WRITE IT HERE**

The system I am handing over

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How we run it together, weekly

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# RETIRE THE SCOREBOARD THAT DOESN'T MATTER.

**TODAY'S MISSION**

Write your Final Scoreboard, five metrics, your definition. Post it where the old scoreboard used to live, which may well be your phone. Wins and losses get counted here and nowhere else from now on.

**MY FINAL SCOREBOARD**

1.

2.

3.

4.

5.

# THE NEXT 365 GETS A PLAN.

**TODAY'S MISSION**

Draft the Next 365 on one page, three lists. KEEP: systems that stay exactly as they are. RAISE: three standards going up, with numbers. BUILD: the one big thing from the Ten-Year Page, with a first-month milestone. Date it Day 366.

**WRITE IT HERE**

KEEP

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RAISE

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BUILD

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# THE BOOK ENDS. THE PRACTICE DOESN'T.

**TODAY'S MISSION**

Design your post-book daily practice, in writing: the two-minute morning that replaces the page, the weekly review slot, and the annual tradition. The scaffolding comes down in four days. The practice is the building.

**WRITE IT HERE**

My two-minute morning

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My weekly review slot

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My annual tradition

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# CHOOSE YOUR SUCCESSOR.

**TODAY'S MISSION**

Choose your successor today and put this system in their hands: your marked-up copy, or a fresh one ordered today with a note inside. Day one is today, not Monday. Then calendar the Day 16 check-in now.

**WRITE IT HERE**

My successor

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Their Day 16 check-in, in my calendar

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# THANK THE PEOPLE WHO CARRIED YOU.

**TODAY'S MISSION**

Three thank-you messages today, specific and real. Not thanks for everything. Name the exact thing: you did this, and it carried me through that. Sent, said or handed over, all three before midnight.

**THREE THANK-YOUS, BY NAME, FOR THE EXACT THING**

1.

2.

3.

# THE LIFETIME OATH.

## TODAY'S MISSION

Copy and sign: I am the person who shows up. My word is the brand, my standards are welded, my machine runs daily, my circle is chosen, my money works, I get up every time, and I build what outlasts me. This is not a year I had. It's the person I am. Signed for life.

## NOTES



**SIGNATURE**

DATE \_\_\_\_\_

## TODAY'S MISSION

**WRITE IT HERE**

Today's mission, written by me