

Days 1-30. Stabilize.

Six rails for a week that's already full. Check one when it held. Write what you actually did. The book is the other sixty days.

Week of

The one input

☐ **01 Same lights-out**

Pick a window and keep it, including the nights the work runs long. Sleep is the floor. Don't stack a new program on a crash.

Note

☐ **02 First hour, no feed**

The real work happens before the scroll. The phone stays out of the first hour. Attention spent before you've earned anything is gone.

Note

☐ **03 The meal that stops the crash**

Protein first, on planned days and unplanned ones. If the menu is the failure, decide it before you're hungry.

Note

☐ **04 A money floor you stop checking**

Name the buffer. Split inbound money once: calm, taxes, the rest. Then stop recalculating it every hour.

Note

☐ **05 One session a bad Tuesday can hold**

A walk counts. Decide it the night before. Don't negotiate it in the morning.

Note

☐ **06 Change one input**

Pick the number that's leaking. Change one thing. Remeasure in seven days. A second rule is how the week falls apart.

Note