

The 33-Day Tracker

Fill in a row each day. The 3, 6, and 9 columns are for your Person Line writing sessions. Tick Done only when the Move is finished, then write one or two lines for your Receipt. Never skip two days in a row.

DAY	3	6	9	TODAY'S ONE MOVE	DONE	RECEIPT (WHAT I DID, WHAT IT PRODUCED)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

The 33-Day Tracker

Days 1 to 11 are the Foundation: private and small. Days 12 to 22 are the Stretch: involve other people. Days 23 to 33 are the Proof: ask, offer, and finish.

DAY	3	6	9	TODAY'S ONE MOVE	DONE	RECEIPT (WHAT I DID, WHAT IT PRODUCED)
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						

WEEKLY REVIEW (DAYS 7, 14, 21, 28)

What moved? What did not? What is next week's braver Move?

The Gap Map

Write your goal, then list the three kinds of gap between where you are and who your goal needs. Circle one item in each column. Those three circles are what your next thirty-three days are for.

MY GOAL, IN ONE SENTENCE

SKILL

What can the person who already has this goal do that I cannot yet? Be specific: write “write a cold email that gets a reply,” not “marketing.”

☐ Circle one item in this column

STAMINA

What makes me quit? Example: “I skip a day when I am tired, then skip the week.”

☐ Circle one item in this column

STORY

What do I believe but would never say out loud? Example: “I am not the kind of person who...”

☐ Circle one item in this column

The Honest Ledger

List the last ninety days of effort toward your biggest goal. Be specific, and write what each item actually produced: income, a skill, a relationship, a finished project, a lesson. If the honest answer is "nothing I can point to," write that. This is a starting point, not a verdict.

WHAT I HAVE BEEN DOING	WHAT IT HAS ACTUALLY PRODUCED

CIRCLE THE ITEM THAT PRODUCED THE MOST. UNDERLINE THE ONE THAT TOOK THE MOST TIME AND PRODUCED THE LEAST.

If I had spent these ninety days becoming the person who could do this, what would I have done differently?

The Sniff Test

Four questions and sixty seconds. Use it on any teacher, video, post, or product that promises you something. If two or more raise a flag, close the tab.

WHAT I AM TESTING

1

MECHANISM

Does it claim a "how" that it cannot show? If so, treat it as a story. It may be a beautiful story, but do not pay for it as though it were a fact.

☐ Flag raised ☐ No flag Note: _____

2

BLAME

What happens when it does not work? If the answer is "you doubted," be careful. A method that can never fail is a trap.

☐ Flag raised ☐ No flag Note: _____

3

MONEY

Does it need your money? Numbers are free, and a pen is free. Anything beyond that is markup.

☐ Flag raised ☐ No flag Note: _____

4

ACTION

Does it send you toward doing something real in your life, or does it replace doing? A good practice points at your life. A bad one points at itself.

☐ Flag raised ☐ No flag Note: _____

RESULT

Flags raised: _____ of 4. Two or more? Close the tab.

The Noticed-vs.-Caused Log

For thirty days, whenever money arrives or an opportunity appears, write it down. Be fair to both sides. The log wants the data either way, and it protects you from remembering every hit and forgetting every miss.

DATE	WHAT HAPPENED (AMOUNT, SOURCE)	WHAT I DID BEFOREHAND THAT MIGHT BE CONNECTED	COULD IT HAVE HAPPENED ANYWAY?
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No
			Yes / Probably / No

AFTER THIRTY DAYS

Did I notice more, or did more actually arrive? What did I do differently during these thirty days?

The Fear Ladder

Write the scariest version of your goal at the top. Then list steps beneath it that are less and less frightening, until you reach one that makes you only a little uneasy. Rate each from 1 to 10. Start at the bottom, and move up only when a rung feels manageable.

THE SCARIEST VERSION OF MY GOAL

Fear: ____/10

5
Fear: ____/10

4
Fear: ____/10

3
Fear: ____/10

2
Fear: ____/10

1
Fear: ____/10

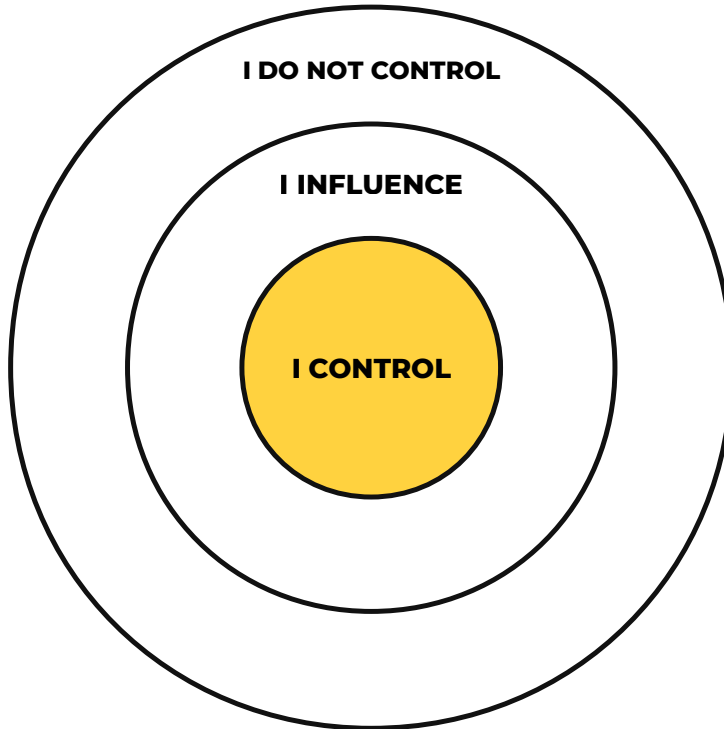
START HERE: RUNG 1

The date I will do it: _____ How it went:

This borrows from gradual exposure, a well-studied approach to fear. If your fear is severe or interferes with daily life, a therapist can guide you through it.

The Three Circles

Sort what is on your mind into three circles. Do the first fully. Work the second honestly. Hold the third loosely.



Inner: your effort, daily actions, attention, what you say yes and no to, how honest your records are.

Middle: whether a client says yes, how your boss sees your work, your reputation. You cannot command these, but your choices change the odds.

Outer: the economy, the weather, other people's decisions, timing.

I CONTROL

I INFLUENCE

I DO NOT CONTROL

The Handoff Line and Daily Receipt

At the end of your day, write your Receipt, then draw a line across the page. Above it, list what you did that belonged to you. Below it, list what you are handing off. Then close the notebook. This page covers one day; print several.

DATE 	DAY ___ OF 33
--	---

MY PERSON LINE
I am becoming someone who _____

TODAY'S ONE MOVE
Specific, small enough to finish, within my control.

☐ Done

TODAY'S RECEIPT
What I did, and what it produced.

MINE: WHAT I DID TODAY

HANDED OFF (WRITE "HANDED OFF" NEXT TO EACH)

The Value Page

Answer five questions on one page. The goal is a sentence you can send today: it has a customer, a problem, an offer, and a price.

1

WHO

has a problem I can help with? Be specific. "Small cafes that need simple menus" is better than "businesses."

2

WHAT

is the problem, in their own words?

3

WHAT

can I do about it today, with the skills I already have?

4

WHAT

would that be worth to them? Think about time saved, money earned, or stress removed.

5

WHAT

is my first offer, in one sentence, with a price?

MY OFFER SENTENCE

The Seven Diagnostic Questions

When results do not come, diagnose specifically. A lack of results after thirty-three days is information, not a verdict. Answer each question honestly, then decide whether to persist, pivot, or pause.

QUESTION	YES	NO	WHAT I WILL CHANGE
1. Did I actually do the Moves?			
2. Did I reach enough people?			
3. Did I ask clearly, with a price?			
4. Did I ask the right people?			
5. Do people want the offer?			
6. Is there a skill gap?			
7. Is the timeline realistic?			

MY DECISION

☐ Persist ☐ Pivot ☐ Pause Because:
