

# The First Thirty Days

*The book's practices, in the order that works. Ten minutes most days. Missed a day? Pick up where you left off.*

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## Week 1 — Take stock

- ☐ **Day 1** — Baseline survey: three written questions + first Steadiness Log reading (~15 min)
- ☐ **Day 2** — Design the standing routine: morning anchor, midday pause, evening offload — exact steps, tied to events (~10 min)
- ☐ **Days 3–7** — Run the routine daily; start using the four beats (Read. Check. Trim. Sail.) on whatever the week throws at you
- ☐ **Day 7** — Anxiety audit: 3 moments it helped, 2 it cost, what it was trying to do (~20 min)

## Week 2 — Learn your patterns

- ☐ **Days 8–14** — Weather log, 5 min each evening: what showed up, which kind, what you did
- ☐ **Day 9** — Write the night protocol card; put it on the nightstand tonight
- ☐ **Day 12** — Use the pre-event reset before the week's hardest scheduled moment

## Week 3 — Reinforce the foundations

- ☐ **Day 15** — Foundations audit: rate sleep, movement, food, relationships 1–5; one small change for the weakest (tie goes to sleep)
- ☐ **Days 16–21** — Hold the line: routine + foundations change + the beats (the unglamorous week — where compounding starts)
- ☐ **Day 18** — Transition map, if you're in or facing a change (~20 min)

## Week 4 — Set up the long game

- ☐ **Day 22** — Write the storm plan, one page, in calm conditions (~20 min)
- ☐ **Day 25** — Tell your one person they're on it (one conversation)
- ☐ **Day 26** — If Chapter 10 produced a flicker of recognition, book the one conversation — GP, therapist, or helpline (conditional)
- ☐ **Day 28** — Life design audit: one real hour, everything on paper, chosen vs. accumulated
- ☐ **Day 30** — Put four returning-check dates in the calendar (quarterly). First honest Steadiness re-measure: Day 90.

*After day thirty, the book goes back on the shelf and the Quick Map takes over: go to the chapter the moment calls for.*