READ THIS ONCE

HOW THE ARC WORKS

This isn't a diary and it isn't a game. It's a **book you do** — part training manual, part goal system, part daily log. You set **one goal**, the book teaches you how to actually reach it, and the daily pages make you do the work.

• THE GOAL ENGINE

Name ONE thing to achieve in 66 days, break it into 3 milestones, take one step toward it daily. No more drifting.

■ THE LESSONS

Every 3 days a short lesson teaches how discipline really works — then the days apply it. A whole book, built in.

EACH MORNING

Prime the day, empty your head, take your **goal move** + mission, set your non-negotiables.

EACH NIGHT

Score it. Name what resisted you. Bank three things going well. Set tomorrow's first move.

EACH WEEK

One page: the proof you changed, what to keep, what to cut, where you're headed.

DAY 0 & DAY 66

You score yourself at the start and the end. The gap is who you became.

Never a zero. No energy? Drop to **Minimum Mode** (on every morning page) — three tiny things, 30 seconds, chain stays alive. Broke it anyway? The **Relapse Protocol** (back) gets you up. Quitting is the only way to lose.

THE ARC

01

You are not here to fix a few habits. You are here to change who you are.

Most people attack the surface — a new routine, a new app, a burst of motivation — and wonder why it all evaporates inside a week. Behaviour that isn't tied to identity never lasts. The goal was never "do the thing." It was "become the person who does the thing without having to argue with himself about it."

Sixty-six days is roughly how long a behaviour takes to run on its own — past the point of forcing it. That is the whole design: long enough to become automatic, short enough to actually finish. Not a vague forever that you quietly abandon. A line you cross.

So stop asking "can I do this today?" Start asking "who am I becoming?" Every page from here is a vote for the answer — and by Day 66 the votes have already decided.

APPLY IT — THIS 3-DAY BLOCK

Read your goal and your 'becoming' line before you start, every day this block.

PHASE 01 · DETOX

DAY 01/66

RANK: Recruit
DATE ____ /____

> *"Discipline is just love for your future self."*

TODAY'S FOCUS · TODAY'S EXTRA

PRIME THE DAY — DECIDE IT BEFORE IT DECIDES YOU

Why today's a good one → _____

The moment I'm looking forward to → _____

TODAY'S EXTRA · THE SURPRISE REP

☐ No added sugar for the entire day.

One action toward my goal → _____ ☐

☐ **DISCIPLINE MISSION** · No phone for the first 30 minutes after you wake.

YOUR NON-NEGOTIABLES — NEVER A ZERO

☐ 01

☐ 02

☐ 03

☐ 04

No energy today? Minimum mode still keeps the chain — do only these:

☐ Non-negotiables, 2-min version ☐ One small goal action ☐ Fill today's chain box

DAY 01 · PM

CLOSE THE DAY

EVENING
SCORE IT HONEST

MISSION + NON-NEGOTIABLES DONE?

the chain only counts if you earned it

__/10 Y N

NAME THE RESISTANCE — WHAT TRIED TO STOP YOU?

GRATEFUL FOR — 3 REAL THINGS TODAY

1

2

3

CLEAR THE HEAD — THE FULL BRAIN-DUMP. WHATEVER'S IN THERE, UNFILTERED. THIS PAGE IS YOURS.

> **Nothing left to empty?** Then answer this: What did today demand of you that the old you would have dodged?

TODAY'S WIN — THE ONE I'LL KEEP

TOMORROW'S FIRST MOVE

THE CAMPAIGN

THE CHAIN

One box for every day you don’t break. Sixty-six of them. Don’t break the chain.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66

THE STAGES — EARN YOUR WAY THROUGH THE ARC

RECRUIT	OPERATOR	LOCKED IN	UNBREAKABLE
Day 1–14	Day 15–42	Day 43–65	Day 66