



THE OPERATING PLAN

Turn your reconciled ledger into a system.

Reconciliation shows you the truth. This turns it into motion. A working model, not a wish list. It reflects how you actually function, what you protect, and what gets done first.

FOUNDATION *Non-negotiable*

Scheduled first. Everything else stacks on top. If these slip, the rest degrades.

Health: _____

Marriage / closest relationships: _____

YOUR LANES *Two to four*

What each lane is for, and the rule that keeps it honest. Name your primary anchor first.

1. Primary anchor: _____

2. _____

3. _____

4. _____

ORDER OF OPERATIONS

What gets done first every day, the cost of admission, then one lane only.

THE RULES *What cannot drift*

The lines you will not negotiate with yourself, even on a bad day.

EARNED REWARDS *Optional*

A reward can pull you through the hard early stretch. The aim is for the work itself to become the reward.

Trigger: _____ Reward: _____

THE CAP

Total working hours per week. No new commitment without removing something else.

MY PRINCIPLE *(for example: I do not need more motivation. I need to execute what I already decided.)*

From Chapter 12: Systems Beat Emotion.

A plan protects income, marriage, health, energy, and self-respect.

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