

HOW TO USE THIS THING.

Five honest minutes. No audience required.

01 / PICK THE PRIORITY

Choose what gets your energy and what is officially not your problem.

02 / LOG THE VIBE

Mark energy and mood at day's end. No essay. No performance.

03 / SPOT THE PATTERN

Use the tracker and dashboard. Trust the receipts, not the spiral.

04 / LET IT GO

Release one expired story per section. Keep the lesson; delete the loop.

Skip days without guilt. Return without explanation.

01 / YOUR PERSONAL REBELLION

PROTECT YOUR ENERGY.

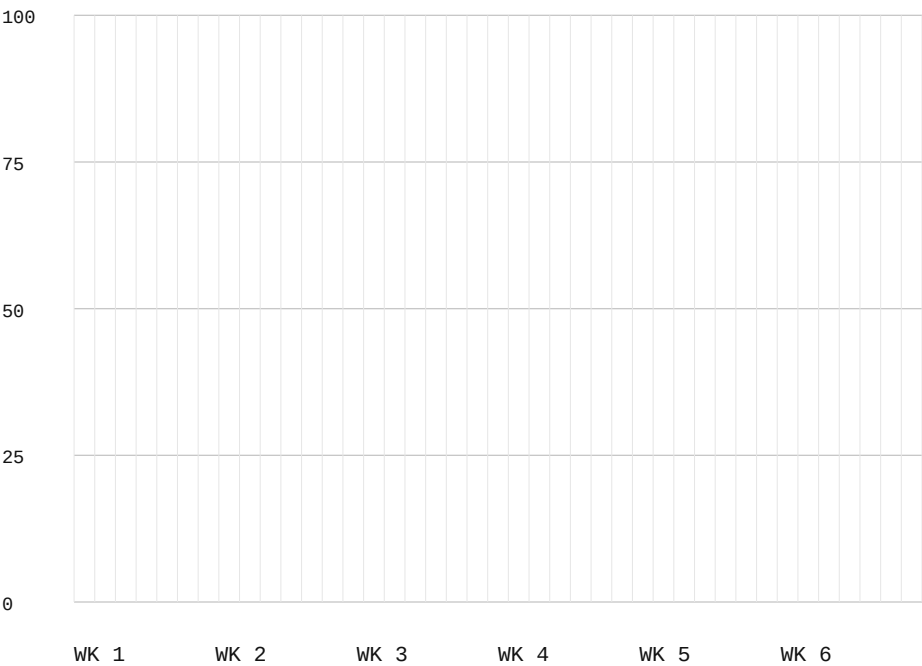
Guard the fuel. Starve the noise.

42 guided writing pages. Six weekly resets. One place to find your own signal.

Care deeply. Choose wisely. Keep the peace.

ENERGY CHECK

Plot what is left. A blank day can stay blank.



Connect one point per day. Notice the pattern; leave the judgement outside.

VIBE CHECK

One mark per day. No explanation required.

- ☐ On fire
- ☐ Steady
- ☐ Offline
- ☐ Overload

	1	2	3	4	5	6	7
WK 1							
WK 2							
WK 3							
WK 4							
WK 5							
WK 6							

Write O, S, F or X - or use your own symbols. This is your page.

SECTION 01 / ENTRY 01

THE FLUCK BUDGET

Your attention is the currency. Spend it on purpose.

WHAT EARNS MY ENERGY TODAY?

WHAT CAN FLY PAST ME?

MY ONE MOVE THAT MATTERS

ENERGY LEFT

☐☐☐☐☐☐☐☐☐☐☐

SECTION 01 / ENTRY 07

WEEKLY RESET

Seven days in. Keep the signal. Mute the static.

WHAT GAVE ME ENERGY THIS WEEK?

WHAT KEPT TAXING ME?

WHAT GETS CUT NEXT WEEK?

ENERGY LEFT

☐☐☐☐☐☐☐☐☐☐☐

SECTION 02 / ENTRY 01

THE FLUCK BUDGET

Your attention is the currency. Spend it on purpose.

WHO OR WHAT GETS ACCESS?

WHERE DOES THE GATE CLOSE?

THE SENTENCE I WILL ACTUALLY SAY

ENERGY LEFT

SECTION 03 / ENTRY 01

THE FLUCK BUDGET

Your attention is the currency. Spend it on purpose.

WHAT IS THE SIGNAL TODAY?

WHAT IS JUST STATIC?

THE NEXT CLEAN MOVE

ENERGY LEFT

☐☐☐☐☐☐☐☐☐☐☐

SECTION 04 / ENTRY 01

THE FLUCK BUDGET

Your attention is the currency. Spend it on purpose.

WHAT AM I STILL CARRYING?

WHAT BELONGS TO SOMEONE ELSE?

WHAT I PUT DOWN TODAY

ENERGY LEFT

EXTRA ROOM. FOR YOU.

Ideas, plans, and things you are ready to let fly.