









## Day 1 Attention Leak Test

Remove one major distraction source during your anchor task. Before you begin, write a one sentence goal pin.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I removed my main distraction source

I wrote my goal pin sentence

I worked for 15 minutes without switching tasks on purpose

I noted how many times I felt the urge to switch

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Day 2 Opportunity Cost Test

Make tempting alternatives less available for 30 minutes. Notice whether fatigue drops when the switch options disappear.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I reduced access to my main alternative

I completed the anchor task

I stayed in a neutral follow up activity for 15 minutes

I wrote down my strongest alternative urge

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Day 3 Emotion Load Test

Do a 90 second regulation reset before starting. Name the feeling and give yourself permission to begin while feeling it.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I slowed my breathing for 30 seconds

I named my current emotion in one sentence

I wrote an emotion permission start sentence

I began the anchor task gently

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Day 4 Sleep Pressure Test

Protect a sleep boundary tonight and lower evening demands. Observe your temptation pull and irritability.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I chose a realistic sleep boundary

I reduced evening decisions and conflicts

I postponed at least one high emotion conversation

I did a calming pre sleep ritual

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Day 5 Self Control Cost Test

Use precommitment. Make your biggest temptation harder to access for 24 hours and watch what changes.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I chose one temptation to target

I built friction before I got tired

I noticed how much inner wrestling decreased

I wrote what felt easier today

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Day 6 Interest and Meaning Test

Add an interest cue to your anchor task. Make it slightly more engaging without raising pressure.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I added one interest cue

I did the anchor task for 15 minutes

I noticed if fatigue felt lower

I wrote one honest meaning cue sentence

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Day 7 Integration Day

Review your week. Choose your Willpower Signature and write a simple two sentence plan for the next 14 days.

### Morning check in, write a number from 0 to 10

Attention	Motivation	Emotion	Fatigue
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

Today my biggest risk is \_\_\_\_\_

Today my smallest next step is \_\_\_\_\_

### Anchor task

Start time \_\_\_\_\_

End time \_\_\_\_\_

Where I did it \_\_\_\_\_

Completed

Partial

Skipped

Minutes \_\_\_\_\_

### Today micro test, check what you did

I looked for the dial that dropped most often

I wrote my two sentence plan

I chose my signature

I chose one small fix to keep

### Lab notes and observations

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### Evening check in

Attention	Motivation	Emotion	Fatigue	Temptation
_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10	_____ 0                      10

One moment that drained me most was \_\_\_\_\_

One fix that helped even a little was \_\_\_\_\_

Tomorrow I will protect my energy by \_\_\_\_\_

## Your Willpower Signature and Next 14 Days

Use this page after Day 7. Your goal is a simple, repeatable plan. You are not trying to become perfect. You are designing a kinder system.

### My Willpower Signature, check one

- |  |  |
|--|--|
| <input type="checkbox"/> Attention Leaker          | <input type="checkbox"/> Sleep Pressured Reactor |
| <input type="checkbox"/> Opportunity Cost Switcher | <input type="checkbox"/> Temptation Wrestler     |
| <input type="checkbox"/> Emotion Carrier           | <input type="checkbox"/> Meaning Starver         |

My biggest drain is \_\_\_\_\_

My smallest sustainable fix is \_\_\_\_\_

### My top drains and fixes

Drain trigger	Signal I notice	Fix I will use
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____

### My 14 day plan, check the days I will run the anchor task

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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1      2      3      4      5      6      7

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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8      9      10      11      12      13      14

### Notes for the next two weeks

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## The 12 Minute Rescue Protocol

Use this page when you feel depleted and do not know why. It is designed to reduce drift, lower emotion load, and make the next step small enough to start.

### Minute 1

Rate the four dials quickly: attention, motivation, emotion, fatigue



### Minutes 2 to 4

Remove one distraction and shrink the task to one clear next step



### Minutes 5 to 7

Do a 90 second regulation reset and write your goal sentence



### Minutes 8 to 12

Work only on the smallest step until the timer ends

### Gentle scripts you can use

Not now, I am depleted. Can we talk tomorrow at \_\_\_\_\_

I want to respond well, so I am taking a pause until \_\_\_\_\_

Today I choose the smallest next step, which is \_\_\_\_\_

### Extra notes

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