

SELFMADE

The Starter Journal

30 Days.

The dashboard you fill in while the system installs.

Eight principles · Thirty days · One operating system

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Print this. Write in it by hand. The work is in the writing, not the reading.

HOW TO USE THIS JOURNAL

Read short. Write long.

This journal is the dashboard for thirty days of installing the Selfmade operating system. It is built around the eight principles. You will install one principle every three to four days, for a total of thirty days from start to finish.

Each principle has an introduction, then three daily pages that walk you through the practice. Each daily page asks a question, gives you space to think on paper, and ends with a one-line commitment for the next twenty-four hours.

Once a week, there is a review page. The review page is where the work compounds. Most adults skip the review pages and wonder why nothing stuck. Do the review pages.

THE RULES

- Write by hand. Not on a screen. Handwriting changes the brain in ways typing does not.
- Write the date at the top of each daily page. Days you skipped will become visible at the end.
- The honest answer is rarely the comfortable one. Write the honest one anyway.
- If you fall off, do not start over from Day 1. Pick up where you left off.
- At Day 30, you will assemble all eight principles into a single one-page operating system. That document is the deliverable.

THE OPERATING SYSTEM

Eight principles.

These are the eight principles that run across every domain of an adult life. They are sequenced. Each one builds on the one before it. The order matters.

01 / OWNERSHIP

Your responsibility, not your fault. The first principle. Without it, nothing else compounds.

02 / IDENTITY

Stop changing your habits. Change who you are. Habits follow.

03 / DISCIPLINE

A decision made in advance, honored without negotiation.

04 / ARCHITECTURE

Design your day or someone else will. Make the right move the easy one.

05 / FOCUS

Cut the noise. Three things move you forward this quarter. The rest is optional.

06 / RESILIENCE

Build the floor before the crisis. Recover the broken day before it becomes a broken week.

07 / FREEDOM

The absence of compulsions managing you. Widen the gap between what you require and what you tolerate.

08 / LEGACY

The private standard everything else rests on. The version of you the work compounds into.

DAY 00

Where you are starting.

Before you begin the work, write down where you are starting from. Be honest. The starting point is for you, not for anyone else. You will read this page again at Day 30 and the comparison will tell you what changed.

DATE

HONEST DESCRIPTION OF YOUR LIFE RIGHT NOW — THE PARTS YOU WOULD NOT POST

ONE THING THAT IS WORKING

ONE THING THAT IS BREAKING

WHY YOU PICKED UP THIS JOURNAL

DAY 00 · THE SCOREBOARD

Score your starting point.

Score yourself on the seven domains. Honest scores, not aspirational. The lowest score is the domain preparing your next collapse. You will score yourself again at Day 30 and the comparison will be the most useful page in this journal.

MIND — how much of your inner life do you actually own (1-10)

BODY — how well are you maintaining the instrument (1-10)

MONEY — how much of your money is yours to control (1-10)

HOURS — how much of your day are you running deliberately (1-10)

BOND — is your anchor relationship compounding or decaying (1-10)

FATHER — the unwatched version of you in front of your kids (1-10)

KIDS — how deliberately are you installing their operating system (1-10)

YOUR LOWEST DOMAIN AND WHY IT IS THE LOWEST

Ownership.

Your responsibility, not your fault. Nothing in the system compounds without this one.

THE WORK

Most adults run a default mix of blame and self-criticism. Blame says someone else caused this. Self-criticism says I caused this and I am bad. Ownership says: I did not cause every condition I am inside, but every condition is now mine to address. It is the third option, and it is the one almost no one runs by default.

THE PRACTICE THIS WEEK

For the next three days you will identify one specific area of your life where you have been ducking ownership. Not the area where you are loudly self-critical. The area you have been quietly blaming someone or something else for. Name it. Write the version where you take ownership of it. Not blame. Ownership.

DAY 01 - OWNERSHIP

What is one situation in your life where you have been blaming someone else?

Write it down. Then write the version where you own your half of it. The half that is yours, not the half that is theirs.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 02 - OWNERSHIP

What is one situation where you have been blaming yourself instead of owning?

Self-criticism is not ownership. Ownership is action. What is one specific thing you can do this week to address it instead of just feeling bad about it?

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 03 - OWNERSHIP

What is one situation you have been ducking entirely?

Not blaming, not self-criticizing — just avoiding. Write down the situation. Write down the smallest possible move you could make on it tomorrow.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

Identity.

Change who you are. The habits will follow. The reverse never works.

THE WORK

Most adults try to change a habit. The habit returns within weeks because the underlying identity did not change. You are not someone who is trying to wake up early. You are someone who wakes up early. The habit is downstream of the identity. The identity is upstream.

THE PRACTICE THIS WEEK

For the next three days you will write down the identity you are stepping into. Not goals. An identity. Then you will identify the small daily evidence that proves it true. Identity becomes real through repeated small evidence, not through declarations.

DAY 04 - IDENTITY

What is one identity you are claiming to be stepping into?

Write it as a noun, not a verb. Not 'I want to be more disciplined' — 'I am a disciplined man'.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 05 - IDENTITY

What is the small evidence that would prove the identity is true?

Identity is built one small piece of evidence at a time. List three small daily acts that someone with this identity would do.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 06 - IDENTITY

What identity are you currently running by default that you did not choose?

Most adults are running an identity assigned by their industry, their family, their phone. Name yours. Decide whether to keep it.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

The review is where the work compounds.

Once a week, stop. Look at the days you wrote. Look at the days you skipped. The review is not a grade. It is the moment the system installs into the long-term part of you instead of staying in the daily one.

DAYS YOU SHOWED UP — Which daily pages did you fill in honestly? Which did you rush?

WHERE OWNERSHIP IS LANDING — Where in your life is ownership starting to feel different?

WHERE IDENTITY IS LANDING — Where is the new identity starting to feel real? Where does it still feel performative?

ONE THING TO CHANGE NEXT WEEK — Based on this week, what is the one thing to do differently in week 2?

Discipline.

A decision made in advance, honored without negotiation.

THE WORK

Discipline is not a feeling. Motivation is the feeling, and motivation is unreliable. Discipline is what gets you out of bed when motivation did not show up. It is built by reframing each daily action as a one-time decision honored repeatedly, instead of a daily negotiation you have to win each morning.

THE PRACTICE THIS WEEK

For the next three days you will pick one specific daily action and decide it once. Not negotiate every morning. Decide once. Then honor it without negotiation, even on the day you do not feel like it.

DAY 08 - DISCIPLINE

What is one daily action you keep negotiating with yourself about?

The action itself is not the issue. The negotiation is the issue. What would change if you decided once and stopped negotiating?

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 09 - DISCIPLINE

What is your contract with yourself for the next thirty days?

Write it as a contract. Specific. One action. Honored regardless of how you feel that day.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 10 - DISCIPLINE

What is the recovery move when you break the contract?

Discipline includes the recovery. You will break the contract sometimes. The recovery move is what makes the contract survive the break. Write it down now, before you need it.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

Architecture.

Design your day or someone else will. Make the right move the easy one.

THE WORK

Architecture is what makes discipline cheap. A well-designed environment pulls you toward the work that matters. A poorly designed environment fights you all day. Most adults try to white-knuckle their way through environments that were never designed for the life they are trying to build. Architecture is the design pass.

THE PRACTICE THIS WEEK

For the next three days you will redesign one specific part of your environment so the right move is the easy move. Phone in another room. First hour blocked off. The food in the house is the food you eat. One specific change.

DAY 11 · ARCHITECTURE

What is one part of your day where the architecture is fighting you?

Where do you have to use willpower because the environment is set up wrong? Name the specific thing.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 12 · ARCHITECTURE

What is one specific change to your environment this week?

Not five changes. One. Make the change. See whether the willpower required goes down.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 13 - ARCHITECTURE

What rituals would make the architecture stable?

A ritual is a piece of architecture that runs without thought. What is one ritual you could install this month that would do the work of a hundred decisions?

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

The review is where the work compounds.

Once a week, stop. Look at the days you wrote. Look at the days you skipped. The review is not a grade. It is the moment the system installs into the long-term part of you instead of staying in the daily one.

DAYS YOU SHOWED UP — Which daily pages did you fill in this week? Which days were skipped?

DISCIPLINE — Where did discipline hold? Where did the negotiation come back?

ARCHITECTURE — What did you change in your environment? Did the change reduce the willpower required?

ONE THING TO CHANGE NEXT WEEK — What is the one move for week 3?

Focus.

Cut the noise. Three things move you forward this quarter. The rest is optional.

THE WORK

Focus is the choice of which inputs are allowed to shape your attention. Most adults are interrupted by everything that asks. Their attention belongs to whoever asks for it most loudly. Focus is the deliberate decision to shrink the list of things allowed to interrupt you, in service of the few things that are actually moving the life forward.

THE PRACTICE THIS WEEK

For the next three days you will identify the three things actually moving your life forward this quarter, and the long list of things eligible for deletion until those three are done.

DAY 15 - FOCUS

What are the three things actually moving your life forward this quarter?

Not ten. Three. If you cannot pick three, your focus has already been hijacked. Pick anyway.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 16 - FOCUS

What is currently interrupting those three things?

List the inputs interrupting your focus. Other people's priorities. Notifications. Loops. Habits.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 17 - FOCUS

What gets cut for the next thirty days?

Write down what you are cutting. The cut is the focus. Without a cut, focus is just intention.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

Resilience.

Build the floor before the crisis. Recover the broken day before it becomes a broken week.

THE WORK

Resilience is the recovery skill. The week will go bad. The plan will not survive contact with reality. The question is not whether the rupture happens. The question is whether you write the day off and start over tomorrow, or whether you reset at noon and rescue the second half. A resilient week is not a perfect week. It is a week where the bad days got recovered before they multiplied.

THE PRACTICE THIS WEEK

For the next three days you will identify your default response to a bad day, design the reset move that interrupts the spiral, and practice using it before you actually need it.

DAY 18 - RESILIENCE

What is your default response when a day goes sideways?

Write the honest answer. Most adults have a specific bad-day pattern they run automatically.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 19 - RESILIENCE

What is the reset move that interrupts the spiral?

A reset move is small. It can be done in five minutes. It interrupts the bad day before it becomes a bad week.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 20 - RESILIENCE

What is the floor under your worst day?

Resilience needs a floor. What are the non-negotiable basics that happen even when everything else goes wrong? Sleep. Movement. One meal. The floor.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

The review is where the work compounds.

Once a week, stop. Look at the days you wrote. Look at the days you skipped. The review is not a grade. It is the moment the system installs into the long-term part of you instead of staying in the daily one.

DAYS YOU SHOWED UP — Where did you show up? Where did you skip?

FOCUS — Did the cut hold? What broke through anyway?

RESILIENCE — Did a bad day happen this week? Did the reset move work?

ONE THING TO CHANGE NEXT WEEK — Final week ahead. What is the one move?

Freedom.

The absence of compulsions managing you. Widen the gap between what you require and what you tolerate.

THE WORK

Freedom is the slow release of compulsions. Not freedom from work — freedom from work you cannot say no to. Not freedom from food — freedom from food you cannot stop eating. Not freedom from people — freedom from the audience you keep auditioning for. Freedom is built by widening the gap between what you require and what you currently tolerate.

THE PRACTICE THIS WEEK

For the next three days you will identify one compulsion currently managing you, design the boundary that interrupts it, and start to test the gap between tolerance and requirement.

DAY 22 · FREEDOM

What is one compulsion currently managing you?

Compulsion is anything you cannot say no to. The drink, the phone, the food, the audience.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 23 - FREEDOM

What is the gap between what you require and what you tolerate?

Most adults tolerate far more than they require. The gap is the freedom. The wider the gap, the freer.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 24 · FREEDOM

What boundary interrupts the compulsion?

A boundary is small. It is sustainable. It does not require white-knuckling. Design it. Test it.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

PRINCIPLE 08 OF 8

Legacy.

The private standard everything else rests on. The version of you the work compounds into.

THE WORK

Legacy is not what you tell people you stand for. It is the standard you actually run when nobody is watching. Most adults have a public standard they perform and a private standard they live. The Selfmade work is to slowly close that gap until the private and public standards are the same one. That is what compounding looks like across a life.

THE PRACTICE THIS WEEK

For the next three days you will write down the private standard the rest of the system has been operating in service of. Not values. A standard. The specific version of you the work is building.

DAY 25 - LEGACY

What is your private standard right now?

Not the public one. The one you actually run. The one nobody else sees. Write it down.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 26 - LEGACY

What is the version of you the work is building?

Specific. Not 'a better person'. The actual version. The one your kids will inherit. The one your future self will look back on.

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

DAY 27 - LEGACY

What gets passed on if you stay on this path?

Legacy is intergenerational. What is the operating system your kids will inherit if you keep running this one? What changes if you do not?

DATE

WHAT YOU OBSERVED TODAY

ONE LINE COMMITMENT FOR TOMORROW

The review is where the work compounds.

Once a week, stop. Look at the days you wrote. Look at the days you skipped. The review is not a grade. It is the moment the system installs into the long-term part of you instead of staying in the daily one.

DAYS YOU SHOWED UP — Across the whole journal, where did you show up consistently?

FREEDOM — Where did the gap between requirement and tolerance widen this week?

LEGACY — What standard came into focus that wasn't there before?

READY FOR DAY 30 — What is the version of you that walks out of this thirty days?

DAY 29

Pulling it together.

Tomorrow you will assemble all eight principles into a single one-page operating system. Today is the synthesis day. Read back over the journal. Find the patterns. Find the moves that worked. Find the principles that landed hardest. Write them here.

DATE

THE THREE PRINCIPLES THAT HIT HARDEST

THE TWO MOVES YOU ARE KEEPING FOREVER

THE ONE THING THAT CHANGED THAT YOU DID NOT EXPECT

DAY 30

Your operating system.

This is the deliverable. One page. Eight principles. Each one written as a sentence about how you actually run your life now. Not what you intend. What you do. Date it. Sign it. Put it somewhere you will see it daily.

DATE

01 / OWNERSHIP — how you take ownership in your life

02 / IDENTITY — the identity you are stepping into

03 / DISCIPLINE — the contract you honor without negotiation

04 / ARCHITECTURE — the design that makes the right move easy

05 / FOCUS — the three things moving your life this quarter

06 / RESILIENCE — the reset move when a day goes sideways

07 / FREEDOM — the compulsion you have stopped letting run you

08 / LEGACY — the private standard you actually live

SIGNATURE

DAY 30 · THE SCOREBOARD

Score yourself again.

Same seven domains. Score them again. Then go back to your Day 0 scoreboard on page 5 and write the difference next to each one. The differences are the receipt for the work.

MIND — today (1-10) and the change from Day 0

BODY — today (1-10) and the change from Day 0

MONEY — today (1-10) and the change from Day 0

HOURS — today (1-10) and the change from Day 0

BOND — today (1-10) and the change from Day 0

FATHER — today (1-10) and the change from Day 0

KIDS — today (1-10) and the change from Day 0

WHICH DOMAIN MOVED THE MOST AND WHY

WHICH DOMAIN DID NOT MOVE AND WHY

WHAT HAPPENS NEXT

After Day 30.

The thirty days are over. The operating system is on a page. The work is now to run it.

THE FRIDAY NEWSLETTER

Every Friday at 6am EST, one principle is applied to one real decision in 600 words. Free. No upsell. The newsletter is where the operating system stays sharp between journals. If you walked the thirty days and you are not yet on the list, the link is at indykarveli.com.

THE SEVEN BOOKS

The journal installed the eight principles. The seven books install the principles applied to the seven domains of an adult life: Mind, Body, Money, Hours, Bond, Father, Kids. Pick the one matching your weakest domain. Read that book this month. Each is free at indykarveli.com/books.

THE MINI-COURSE

The mini-course at indykarveli.com/courses is a fifteen-minute diagnostic that scores all seven domains and tells you which is preparing your next collapse. Most adults discover they have been fixing the wrong domain for years. Run it once a quarter.

READ THIS LAST

Go back to Day Zero.

Now turn back to Day 0. Read what you wrote on the day you started. Read what was working. Read what was breaking. Read why you picked up this journal.

Then write what changed.

DATE

WHAT IS DIFFERENT NOW THAN ON DAY 0



The system is yours now. The work compounds in the rest of the life that comes after.

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