
THE FOUNDER'S WALKTHROUGH · THE ANTI-STREAK SYSTEM

The Lived-In Ledger

Fixes the reason you quit every journal: the first missed day.

- Watch us run a real month, misses included.
- Set up the two-notebook system in a minute.
- Learn the 90-second nightly close, and what to do when you miss.

SET UP



THE PAGE



THE RHYTHM



FIRST 30

Keep two notebooks. One you keep, one you burn through.

The mistake that kills journals is making one book do two jobs, and turning it into a to-do list you never want to re-read. Split them. Your Ledger holds your life. A cheap pocket pad holds the noise.

KEEP · FOREVER

The Ledger

Your **permanent record**, highlights, habits, the numbers you care about, the month's reflection. Nothing disposable goes in here.

This is the shelf you pull down in ten years to see who you were at 27. Write like it's meant to outlive your phone. It is.

BURN THROUGH · WEEKLY

A pocket pad

Any cheap notebook. Your **to-dos, errands, shopping lists, half-thoughts**, the three things that matter today up top, the rest below.

Rip pages out. Bin it when it's full. It's scratch paper for thinking, not a keepsake. That's the point.

SET UP



THE PAGE



THE RHYTHM



FIRST 30

What every box on the page is actually for.

Open your Ledger to any month. It's one dashboard, built to fill in ninety seconds a night. Here's what each part is asking you for, so you never stare at it wondering.

Daily highlight

One line. The most worth-remembering thing that happened today, even on a dull day, find the one. This is how you get your year back.

Habit tracker

Tick the small daily actions from your goals. Order them the way your day runs, wake to sleep. A gap is data, not a verdict.

Day score & mood

A number out of ten and a mood mark. Thirty seconds. Over a month the pattern tells you more than any single day could.

Goals & pillar scores

The five you set in your First Entry, scored at month's end. Watch them move across the year.

The month's adventure

One planned thing worth looking forward to. Twelve months, twelve stories. You remember the big moments, not the normal days.

Gratitude & reflection

Three specific things, not "my friends" but the way one of them showed up this week. Then the month's honest read.



Ninety seconds a night. Fifteen minutes at month's end. That's the whole system.

It's built to survive a bad week. Miss a night, leave it blank, pick it up tomorrow. Nothing breaks.

THE NIGHTLY CLOSE, FOUR LINES, BEFORE BED

1 Log today's highlight

The one line worth keeping. If nothing comes, write the least-boring thing that happened.

2 Tick your habits

Mark what you did. Don't colour in what you didn't, the blank is the useful part.

3 Score the day and mood

A number and a mark. Don't overthink it; the first instinct is usually right.

4 Name tomorrow's one thing

The single task that would make tomorrow count. Do it first, before the phone.

At month's end, read it like a scoreboard. What worked, what didn't, the one thing you'll change. The full loop is in your First Entry.

SET UP



THE PAGE



THE RHYTHM



FIRST 30

The only 30 days that decide whether this one sticks.

You've started before. This time the plan is smaller on purpose, small enough that a bad day can't end it. Tick these off as you go.

DAY ONE

- Watch the walkthrough film, start to finish.
- Fill in your First Entry: dump, cut to five, reverse-plan. (five minutes)
- Set your pocket pad up beside your Ledger.

WEEK ONE, BUILD THE REACH

- Do the nightly close for seven nights. *short counts*
- Miss a night? Leave it blank and keep going. Do not start over.
- Put the Ledger where your phone charges, so it's the last thing you touch.

WEEKS TWO & THREE, LET IT GET BORING

- Keep the nightly close. This is where the old you quit, the boring stretch is the point.
- Notice one pattern in your day scores or moods. Write it down.
- Shrink any habit you've missed twice. Make it too small to skip.

DAY THIRTY, THE FIRST LOOP

- Run your first month-end review. Fifteen minutes, scoreboard not report.
- Score your five for the first time.
- Change one thing for next month. Then keep going, you're past the part that beats most people.

hey, glad you're here.

this little guide is the thing we wish came with every journal we ever bought and quit. not a pep talk, just the honest mechanics: two notebooks, what each box is for, and a first month small enough that one bad day can't end it. that's the whole trick. the people who keep going aren't more disciplined than you, they just made it easy to come back after a miss.

watch us actually run our months in the film, the messy weeks included, and copy what fits your life. we're documenting the whole thing in public. run fast, run alone. run far, run with friends.

any question at all, just reply to your welcome email. we read every one. PEACE

Alex & Kush

WATCH THE WALKTHROUGH → @ORDINSTUDIOS

or just reply to your welcome email, we read every one.