

FROM THE *IT WAS NEVER YOU* SERIES

YOUR DISCIPLINE ISN'T BROKEN

WORKBOOK

Fourteen exercises. Five of them carry the book.

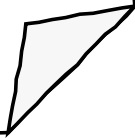


THIS BELONGS TO _____

STARTED ON _____

One page is enough to start. After that you are reading the number instead of guessing.

wasneveryou.com/discipline





EXERCISE 1

THE DODGE LIST

One of the five. From chapter one.

Three things you are currently not starting

Not your to-do list. The three you would not want read out loud.

1.

2.

3.

Now circle one. That one comes with you through the rest of the book. Pick the one you would most like to stop carrying, not the one that would impress somebody.



EXERCISE 2

CROSS IT OUT

From chapter two.

The rule you have been failing to keep

It usually has a number in it: twenty-one days, three sessions a week, five in the morning. If yours has no number, the tank counts, and so does do-the-hard-thing-first.

Write it here.

Now cross it out.

X

Thirty seconds. The only exercise in this book that asks you to destroy something.



EXERCISE 3

YOUR FIRST PRICE TAG

One of the five. From chapter three.

The task, and what it costs

The task you circled in Exercise 1:

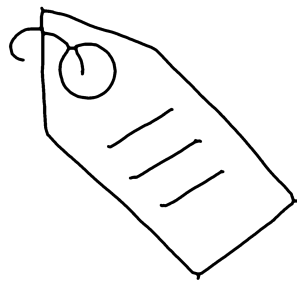
Then the price. Leave it blank for now. Chapters four, five and six each end by telling you what to write on one of these lines.

The way in

The dread

The payoff

The verdict





EXERCISE 4

COUNT THE MOVES

From chapter four.

From your chair to the work

From where you are sitting right now to the first real piece of work. Number them. One move per line. Stop when the actual work begins.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Circle the one where you actually stop. Not the one that looks hardest. The one where you go.

Since when? A date, an event, or the word *always*.

What decision is sitting inside that move?

Write the count on your price tag, in Exercise 3, next to *the way in*.



EXERCISE 5

From chapter five.

THE DREAD CHECK

The rule

You need this in front of you for the second half of this page.

The true sentence names something anybody could observe. The false sentence makes a claim about your worth.

First, the word.

Go to the thing. Put a hand on it. Do not start it. If the thing lives at work and you are not at work, use the nearest edge of it you can reach: the login screen, the app icon, the email that asked for it. Write down the one word that arrives.

Since when? A date, an event, or the word *always*.

Write the word itself on your price tag, in Exercise 3, next to *the dread*. The word, not a category. Chapter eight needs it raw.

Is the word about the task, or about you? Circle one.

ABOUT THE TASK (boredom, dullness, irritation)

ABOUT ME (shame, fear, humiliation)

NOTHING is neither. It is not a failure to do the exercise. Leave it on the tag as it is; chapter eight knows what to do with it.

If your word is a body word, heavy, tight, sick, flat, do not circle yet. Finish this sentence first: *I feel heavy because ____*. Sort by how the sentence ends.

Then, the separation.

The fact. Anybody could check this.	What you concluded about yourself from it.
--	---

The cut is the part most people skip.

Separating them is not the end of it. Sorting two sentences into two columns just gives you a tidy list of everything you believe is wrong with you, and you already had one of those.

So take the right-hand column and ask one question of each line.

What would somebody have to observe to know this was true?

For a real fact there is always an answer, and it is short. Nineteen days is a date on a file.

The harder version, because some of you can answer it.

If your right-hand column says *I am unreliable*, you may be able to name three people and the dates you let them down. Those are not imaginary. They are facts, and they belong on the left, because that is what they are: three events, with dates, that you can still do something about.

What is not a fact is the word that was built out of them. Three events are three events. *Unreliable* is a category you put yourself in afterwards, and a category has no date on it, cannot be checked by anybody, and cannot be changed by anything you do this week. That is exactly why it has never once helped you.

So the test is not whether you have evidence. Plenty of people do. The test is whether the sentence has a date in it.

Do this last thing, and then close the page.

Write the facts again, on their own, with the word taken off them.

Those sentences are true, they are the only true ones on this page, and they are small enough to work on.



EXERCISE 6

From chapter six.

THE PAYOFF CHECK

Four questions about the wait

How many days until anything at all comes back?

Who chose this?

What does it buy that you actually want? Not what it is for. What it buys you, in your own life, that you would notice.

Is anybody actually waiting? Not would somebody notice eventually. A specific person, expecting it, who will say something. A version of you counts too, if you can picture her three months out, even though she will never ask.

YES, and it is somebody else / YES, and it is me, later / NO, nobody (circle one)

Their name, or the date you can picture yourself on:

This answer decides which chapter you go to after the verdict, so do not leave it blank. Either yes goes to the same place. Only nobody goes elsewhere.

Since when? A date, an event, or the word *always*.

Write the number of days on your price tag, in Exercise 3, next to *the payoff*.



EXERCISE 7

THE VERDICT

One of the five. From chapter eight.

Read the three lines

The task:

The way in. How many moves, and where do you stop? (*Three or more, or one repeat stop, is expensive.*)

Ordinary / Expensive (circle one)

The dread. The word, raw. (*A task word is ordinary. A you word is expensive. A body word: finish "I feel heavy because ____" and sort by the ending. Nothing is neither; chapter eight has the line for it.*)

Ordinary / Expensive / Nothing (circle one)

The payoff. How many days, and is anybody waiting? (*More than a month is far. The waiting question outranks whether you chose it.*)

Ordinary / Expensive (circle one)

If more than one came out expensive, which went wrong first? Use the dates, not the feeling.

THE VERDICT. Circle one, and go where it sends you.

- The way in is too long: Chapter nine
- The dread is too high: Chapter ten
- The payoff is too far, and nobody is waiting: Chapter twelve
- The payoff is too far, and somebody is waiting: Chapter eleven
- All three passed and it still is not happening: Chapter thirteen
- The word at the door was nothing: Chapter thirteen

Write it in a sentence:

Starting this costs too much on the _____, and it has since



EXERCISE 8

From chapter nine.

THE SHORT WAY IN

Kill one decision

Your moves from Exercise 4, and the one you circled.

The decision you named in Exercise 4:

How it gets answered once, permanently, in advance:

Now rebuild it. What are the moves that are left?

One kill is the assignment. Six becoming five is a win. Write down however many are left, and do not manufacture a better number than you actually have.

1.

2.

3.

4.

5.

6.

7.

8.

The one sentence you will say out loud, twice. When *[a specific thing that happens]*, I *[the first move]*.

Time and place only. Do not add how, and keep it to one sentence.



EXERCISE 9

From chapter ten.

THE FIRST MOVE, UNFELT

The smallest possible start

The first move. Under two minutes. No decisions in it. Leaves visible evidence it happened.

Test it. Could you do it while annoyed, tired, and not wanting to?

YES / NO (circle one)

If NO, make it smaller:

The payment. Small, specific, and given whether or not the session went well.

Seen from outside. What you would say about this task if it belonged to a friend. Not what you would say to comfort them.

What actually happened when you tried it

no outcome required, just what happened



EXERCISE 10

From chapter eleven.

WHO IT'S ACTUALLY FOR

One person, one detail

One person this task actually serves. A name, not a category. A version of you counts, if you can picture her: *me, three months from now, who* _____

One concrete detail about them. Something you actually saw or heard, not something you assume.

Where will you put that detail so you can see it while you work?

If nobody is served by this task at all, and no version of you comes into focus either, say so here and go to Exercise 11. Some tasks exist because a system requires them, and inventing a person for those is worse than admitting it. A future you who does come into focus is not nobody, and belongs on the line above.

What this task actually exists for:



EXERCISE 11

ONE REAL CONSEQUENCE

From chapter twelve.

Pick one, and only one

Pick one. Only one.

A person who has been told and will notice.

Who: _____

The date they will ask: _____

What you will tell them, word for word.

A commitment made before the expensive part.

Who is on the other end: _____

The date it is booked for: _____

What you will agree to first.

Money, with somebody checking.

Amount: _____

Who holds it: _____

The date they check: _____

What happens if you miss.

The check that matters most. Is the person you chose somebody who will let it slide out of kindness?

They will ask / They will let it slide (circle one)

If they will let it slide and you have somebody else, write their name. If they are the only person you have, do not discard them. Give them the job instead, and write the job down: to ask on the date, and not to accept the first answer.



EXERCISE 12

From chapter thirteen.

THE CAPACITY CHECK

Three questions about the account

Is it this task, or all of them?

Weeks, or months? (circle one)

Has anything come back at all lately? Not achievement. Rest that rested you. A conversation you enjoyed while it was happening. Sleep that helped.

The one thing coming out, for two weeks. Removed, not managed better. Not medication, anyone else's care, or anything a court, lease or license requires.

What you will say to whoever notices:



EXERCISE 13

THE LAPSE PLAN

One of the five. From chapter fourteen.

What you do on the day you miss

You are going to miss. This page is written now, while you are not missing, by the version of you who can still think clearly about it.

My verdict was: _____

*Nobody is collecting.
Restart cheap.*

the way in / the dread / the payoff, somebody waiting / the payoff, nobody waiting / overdrawn (circle one)

If your verdict was that the word at the door was nothing, circle overdrawn if the account was empty, and otherwise circle whatever the re-priced task turned out to be.

So my cheap restart is: (chapter fourteen works all five)

The three tests. Check all three before you write it down as final.

Under two minutes	YES / NO
No decisions in it	YES / NO
Slightly embarrassing to call a restart	YES / NO

If any of those is a no, it is too big, and you will not do it on the day you need it, because the day you need it is the day you have nothing.

Where this page will be on that day, so that the version of you who has decided they are the kind of person who does not follow through does not have to go looking for it:

And one line for that day, in your own handwriting, from you to you.

Nobody is collecting the days you missed. Write that here too if it helps.



THE RESTART PAGE

One of the five. From chapter fifteen.

The page

This is the page. Everything else in the book was to get you here.

It has one job. On the day this stops happening you will not be in any state to work out why, and you will not want to reread a book to find out. This page has already done that thinking, in your own handwriting, while you were calm.

Four things go on it. The price that was too high. The one thing you changed. What you do on the day you miss. And how you will know it is working, without asking yourself how you feel about it.

Fill it in with a pen. Photograph it, so a copy is on the phone that is already in your hand on the bad day. Then put the paper somewhere you will actually walk past it, rather than in a folder where good intentions go.

My verdict

Starting this costs too much on the _____, and it has since

The one cut

The single thing I changed, in advance, so the price came down.

When it does not happen

My cheap restart. Under two minutes, no decisions, slightly embarrassing.

What comes back

*One thing I could see from outside myself, so I am not asked to consult my mood for evidence.
The thing existing where it did not before, or the morning back, or the count going down.*

Nothing here says I have to make up the days I missed. Nobody is collecting.

A SECOND COPY, FOR THE NEXT SEASON

THE RESTART PAGE

My verdict

Starting this costs too much on the _____, and it has since

The one cut

The single thing I changed, in advance, so the price came down.

When it does not happen

My cheap restart. Under two minutes, no decisions, slightly embarrassing.

What comes back

*One thing I could see from outside myself, so I am not asked to consult my mood for evidence.
The thing existing where it did not before, or the morning back, or the count going down.*

ONE LAST THING

You wrote in it. That is more than most people do with a book they buy.

If any of it worked, would you leave a rating and a line where you bought the book? One line is plenty. The useful one names the exercise that did it, because that is what tells the next person what they are actually getting.

If it did not work, say that too. An honest line sends the right person in and lets the wrong one walk past, and both of those are worth doing.

There are more of these. Every book in the *It Was Never You* series takes something you have quietly decided is wrong with you and finds what was actually happening instead. One is about the spark you think burnout took. One is about the thing you are good at that nobody has ever paid you for. One is about what every yes has been costing you, and why keeping some of it back is not selfishness.

They share a reader, not a sequence. Start anywhere.

Something of yours is still not getting done. Go look at it again. It was never you.

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