

A Thirty-Day Plan

A rhythm for reading the book as it was written to be read

The book asks for a notebook and several weeks. This page makes that concrete. Read in the order below, do the task before moving on, and note the date. The Aide-Mémoire is complete enough to use by the end of Part IV; the first review is at day thirty. Readers who are given a schedule finish; readers who are told to take it at their own pace often do not.

Days	Read	Do	Done
1 to 2	Author's Note, Introduction, How to Use This Book	Starting Point task; Ten Questions, dated	☐
3 to 7	Part I, Chapters 1 to 5	One reflection and task a day; begin Section One of the Aide-Mémoire	☐
8 to 12	Part II, Chapters 6 to 9	Complete Section One, including "slipping back" signals	☐
13 to 16	Part III, Chapters 10 to 12	The four Daily Reminders (Chapter 11); a first declaration (Chapter 12)	☐
17 to 24	Part IV, Chapters 13 to 18	One element a day: Vessel, Compass, Driving Force, Movement, Statement; Specific Practices	☐
25 to 27	Chapter 19 and the Conclusion	Design the Impossible Game; write the Commitment	☐
28 to 29	Appendix B, then your own Aide-Mémoire	Complete, date and print the sheet; put the card where you will see it	☐
30	Nothing new	First review: what has already returned, and what did you do?	☐

After day thirty

Reread the sheet every Sunday for three months. Revise it when it stops being true. Then answer the Ten Questions again.

Start date:

Day-thirty review date: