



SYSTEM 02

The
SELF-HELP
Action
SYSTEM

Stop planning, start moving

MINDFORGE

THE SELF-HELP REFUND SYSTEM

7-Day Action Sprint

Stop consuming. Start executing. Change in one week.

Name:

Sprint start date: _____

Sprint end date: _____

My 3 Actions for this Sprint:

1.

2.

3.

Break the learning loop. Start executing what you already know.

BEFORE YOU BEGIN

How the Sprint Works

This is not a reading exercise. It is a doing exercise. Each day has a clear mission, a time estimate, an execution record, and an evening reflection. That is the entire structure.

The sprint runs for seven days. The first two days are preparation — content detox and knowledge extraction. Days three through seven are pure execution: your Daily Loop running every day without exception.

Every day in this document follows the same format. When you wake up, open to that day's page. Read the mission. Do it. In the evening, fill in the reflection. Close the document. Repeat tomorrow.

The sprint does not require motivation. It requires showing up to the page and doing what is written. That is all.

The Sprint at a Glance

- Day 1** — Content Detox + Self-Help Audit
- Day 2** — Knowledge Extraction
- Day 3** — Focus + Ultra-Small Start + First Loop Execution
- Day 4** — Friction Removal
- Day 5** — 10-Minute Activation
- Day 6** — Momentum Loop
- Day 7** — Identity Shift

Each day page is self-contained. You do not need to carry anything forward except your three chosen actions (Days 3 onward) and your loop record. Everything else resets daily.

One rule above all others: complete every day in order. Do not read ahead. The sprint is designed so that each day builds on the one before. Skipping a day or reading ahead defeats the sequencing.

DAY

1

RESET

Content Detox

Time required: **20–30 minutes**
active work

Effort level: **Low — cognitive,**
not physical

Today you stop the input and look honestly at how much of it you already have.

The Content Detox starts now. From this moment until the end of Day 7, you consume no new self-improvement content. No books. No podcasts. No courses. No motivational videos or newsletters. The detox is not a restriction — it is the creation of space.

While the detox runs in the background, your active work today is the Self-Help Audit: a clear-eyed inventory of everything you have already consumed and bought. Most people are surprised by the size of the list. That surprise is the point.

TODAY'S MISSION

1. Declare the Content Detox officially started. Remove or mute any self-help content sources from your phone or computer for the next 7 days.
2. Complete the Self-Help Audit below — every category, honestly.
3. Answer the three reflection questions at the bottom of this page.

Self-Help Audit

List what you have purchased or consumed in each category. Approximate numbers are fine.

CATEGORY	YOUR COUNT / TITLES
Books / audiobooks	
Online courses purchased	
Podcasts followed	
Productivity apps	
Journals / planners	
Newsletters / YouTube channels	

EVENING REFLECTION

LOOKING AT THIS LIST — WHAT IS THE TOTAL COST (TIME + MONEY) YOU HAVE INVESTED IN SELF-HELP?

WHAT PERCENTAGE OF THIS HAVE YOU ACTUALLY IMPLEMENTED?

WHAT IS ONE THING ON THIS LIST THAT YOU KNOW WORKS — AND YOU STOPPED DOING?

DAY
2

EXTRACT
Knowledge Extraction

Time required: **25–35 minutes**

Effort level: **Medium — requires focused reflection**

Today you surface the gold you already have. No new learning. Only honest retrieval.

The Knowledge Extraction Sheet is the most important exercise in the entire system. It takes what has been passive — all the advice you know but haven't used — and makes it active. By the end of today, you will have a concrete list of real, usable knowledge waiting to be converted into action.

Work through the four questions below in order. Set a timer for 7 minutes per question. Write without editing or filtering. Quantity over quality at this stage — you will narrow it down tomorrow.

TODAY'S MISSION

4. Answer all four extraction questions below (7 minutes each).
5. Transfer your best 5–8 answers into the extraction table.
6. Circle the 3 items that feel most actionable right now.

QUESTION 1 — WHAT ADVICE DO I ALREADY KNOW I SHOULD BE FOLLOWING?

Think across all areas: health, work, habits, relationships, focus, energy.

QUESTION 2 — WHAT HAVE I BOOKMARKED, SAVED, OR HIGHLIGHTED — AND NEVER DONE?

Scroll your saves. List the actions, not the content.

QUESTION 3 — WHAT HABITS HAVE I TRIED TO START MORE THAN ONCE?

Recurring items on your intentions list. Highest leverage.

QUESTION 4 — WHAT DO I KNOW WORKS — BUT HAVE STOPPED DOING?

Something that worked before. Restarting beats starting fresh.

Extraction Table

Transfer your best 5–8 answers below. Fill every column for each entry.

What I already know	Source	Required action	10-min version

EVENING REFLECTION

**WHICH 3 ITEMS FROM YOUR TABLE FEEL MOST ACTIONABLE
RIGHT NOW?**

WHAT SURPRISED YOU ABOUT WHAT YOU ALREADY KNOW?

**WHAT IS THE SMALLEST POSSIBLE FIRST STEP FOR EACH OF
YOUR 3 CHOSEN ACTIONS?**

DAY

3

ACTIVATE

Focus + First Loop

Time required: 30–45 minutes

Effort level: Medium — first execution day

Today the loop starts. Not tomorrow. Not when you feel ready. Today.

You have your extraction table. Today you apply F, U, and N in sequence — select three actions, shrink each one to its Ultra-Small Start version, and schedule each in your calendar. Then you execute the first loop. One action, minimum ten minutes, before the day ends.

The first day is always the hardest, not because the action is difficult, but because starting something new requires overcoming inertia. The Ultra-Small Start is specifically designed to make that inertia irrelevant. Your action today is so small that reluctance has almost nothing to push against.

TODAY'S MISSION

7. Select your 3 final actions from the extraction table (use the 3 Actions Rule).
8. Write each action's Ultra-Small Start version below.
9. Open your calendar. Schedule each action for the next 48 hours.
10. Execute Loop Day 1: complete the Ultra-Small Start for at least ONE action today.

My 3 Actions — Final Selection

ACTION 1:

Write the action as extracted

ULTRA-SMALL START (10 MIN OR LESS):

The smallest version that still counts

SCHEDULED TIME:

Day + exact time + location

ACTION 2:

ULTRA-SMALL START:

SCHEDULED TIME:

ACTION 3:

ULTRA-SMALL START:

SCHEDULED TIME:

Loop Day 1 — Execution Record

Action (Ultra-Small Start)	Scheduled	Started	Done?
Action 1			
Action 2			
Action 3			

EVENING REFLECTION

WHICH ACTION DID YOU COMPLETE TODAY? HOW DID STARTING FEEL?

DID YOU DO MORE THAN THE ULTRA-SMALL START MINIMUM? WHAT HAPPENED AFTER YOU BEGAN?

WHAT WAS THE BIGGEST OBSTACLE TODAY — AND HOW DID YOU HANDLE IT OR PLAN TO HANDLE IT TOMORROW?

DAY
4

REDUCE RESISTANCE
Friction Removal

Time required: **20–30 minutes**

Effort level: **Low-Medium — loop
+ friction audit**

Yesterday you started. Today you look at what made it hard — and remove it.

Every action has friction points: the moment of hesitation before you start, the thing that makes the Ultra-Small Start feel just slightly harder than it should. Today you identify those friction points precisely and engineer them out of the way.

This is not about willpower. It is about environment design. The goal is to make your three actions so easy to start that resistance has nowhere to gain purchase.

TODAY'S MISSION

11. Execute Loop Day 2: complete the Ultra-Small Start for all 3 actions.
12. Complete the Friction Audit for each action below.
13. Implement at least one friction removal strategy before tomorrow.

Loop Day 2 — Execution Record

Action (Ultra-Small Start)	Scheduled	Started	Done?
Action 1			
Action 2			
Action 3			

Friction Audit

For each action, identify what created friction today and one specific environmental change to remove it.

Action 1

WHAT CREATED FRICTION WHEN STARTING?

e.g. I didn't know where to start / the space wasn't set up

ONE SPECIFIC CHANGE TO MAKE IT EASIER TOMORROW:

e.g. Lay out materials the night before / set a location trigger

Action 2

WHAT CREATED FRICTION WHEN STARTING?

e.g. I didn't know where to start / the space wasn't set up

ONE SPECIFIC CHANGE TO MAKE IT EASIER TOMORROW:

e.g. Lay out materials the night before / set a location trigger

Action 3

WHAT CREATED FRICTION WHEN STARTING?

e.g. I didn't know where to start / the space wasn't set up

ONE SPECIFIC CHANGE TO MAKE IT EASIER TOMORROW:

e.g. Lay out materials the night before / set a location trigger

EVENING REFLECTION

WHICH ACTION HAD THE MOST FRICTION TODAY? WAS IT THE TASK ITSELF OR THE ENVIRONMENT AROUND IT?

WHAT ONE ENVIRONMENTAL CHANGE DID YOU IMPLEMENT? DID IT HELP?

HOW LONG DID YOU ACTUALLY WORK PAST THE 10-MINUTE MINIMUM TODAY?

DAY

5

BUILD THE CHAIN

10-Minute Activation

Time required: **20–25 minutes**

Effort level: **Low — the loop is getting easier**

By today, something should be shifting. Starting is slightly easier than Day 3. Hold that.

Today's focus is the chain. You have now executed the loop two days in a row. Today makes three. In habit research, the three-day mark is significant — it is when the behavior begins to feel less like a decision and more like a default.

Your mission today is simple: protect the chain. Complete all three Ultra-Small Starts. Note which one feels most natural — that is the one closest to becoming automatic.

TODAY'S MISSION

14. Execute Loop Day 3: complete all 3 Ultra-Small Starts.
15. Record your execution below.
16. Identify which action is becoming most natural and note what's changed.

Loop Day 3 — Execution Record

Action (Ultra-Small Start)	Scheduled	Started	Done?
Action 1			
Action 2			
Action 3			

Chain Check

WHICH ACTION IS STARTING TO FEEL MOST AUTOMATIC?

WHAT HAS CHANGED ABOUT HOW YOU FEEL BEFORE STARTING VS DAY 1?

Three days executed. The chain exists. Your only job now is to not break it.

EVENING REFLECTION

DID YOU WORK PAST THE 10-MINUTE MINIMUM TODAY? BY HOW MUCH?

WHICH ACTION STILL REQUIRES THE MOST CONSCIOUS EFFORT TO BEGIN?

WHAT EVIDENCE DO YOU HAVE, AFTER 3 DAYS, THAT YOU ARE SOMEONE WHO EXECUTES?

DAY

6

COMPOUND

Momentum Loop

Time required: **20–25 minutes**

Effort level: **Low — momentum is building**

Four days in. The loop has momentum now. Today you examine the quality of that momentum and adjust anything that needs adjusting.

By day six, you can begin to see which of your three actions is working exactly as designed, which needs a smaller Ultra-Small Start, and which might need a different scheduled time. This is not failure — this is calibration. The loop is working. You are adjusting the dial.

One additional focus today: look at the total time you have actually spent executing versus the time you spent consuming self-help content in a typical week before this sprint. The contrast is instructive.

TODAY'S MISSION

17. Execute Loop Day 4: complete all 3 Ultra-Small Starts.
18. Complete the Calibration Check below.
19. If any action still creates significant resistance, shrink the Ultra-Small Start further.

Loop Day 4 — Execution Record

Action (Ultra-Small Start)	Scheduled	Started	Done?
Action 1			
Action 2			
Action 3			

Calibration Check

Action 1

Status:

- Working well — keep the current Ultra-Small Start
- Needs smaller start — I will adjust it to:

- Different time needed — I will reschedule to:

Action 2

Status:

- Working well — keep the current Ultra-Small Start
- Needs smaller start — I will adjust it to:

- Different time needed — I will reschedule to:

Action 3

Status:

- Working well — keep the current Ultra-Small Start
- Needs smaller start — I will adjust it to:

- Different time needed — I will reschedule to:

EVENING REFLECTION

WHAT ADJUSTMENTS DID YOU MAKE TODAY — OR WILL YOU MAKE TOMORROW?

COMPARE: HOW MUCH TIME HAVE YOU SPENT EXECUTING THIS WEEK VS CONSUMING SELF-HELP IN A TYPICAL WEEK?

WHAT WOULD IT MEAN FOR YOUR LIFE IF YOU RAN THIS LOOP FOR 30 DAYS STRAIGHT?

Time required: **25–35 minutes**Effort level: **Low execution —
high reflection**

Five loop days. Seven days total. Today you close the sprint and ask the most important question: who are you now?

The identity shift is not something you decide. It is something you earn — through the accumulation of evidence. Each day you completed the loop, you deposited a data point into a new narrative about yourself: not the person who knows what to do but doesn't do it, but the person who executes.

Five data points is not a large sample. But it is five more than you had seven days ago. And it is enough to make the claim credible — to yourself, which is the only place it matters.

TODAY'S MISSION

20. Execute Loop Day 5: complete all 3 Ultra-Small Starts — the final loop of the sprint.
21. Complete the Sprint Review below.
22. Answer the Identity Reflection questions.
23. Write your commitment for the next 30 days.

Loop Day 5 — Final Sprint Execution Record

Action (Ultra-Small Start)	Scheduled	Started	Done?
<i>Action 1</i>			
<i>Action 2</i>			
<i>Action 3</i>			

Sprint Review

TOTAL LOOP DAYS COMPLETED (OUT OF 5):

WHICH ACTION MADE THE MOST PROGRESS IN 5 DAYS?

WHAT DID YOU LEARN ABOUT YOUR FRICTION POINTS THAT YOU DIDN'T KNOW BEFORE?

WHAT WOULD YOU DO DIFFERENTLY IF YOU RAN THIS SPRINT AGAIN?

Identity Reflection

Before this sprint, when you thought about your productivity habits, what story did you tell yourself?

Write honestly — the old narrative, not what you wish it had been.

After seven days — including five consecutive days of loop execution — what story is becoming true?

Write what the evidence supports. Not aspiration. Evidence.

Complete this sentence:

I am no longer someone who

I am someone who

MY 30-DAY COMMITMENT

I commit to running the Daily Execution Loop for the next 30 days:

1 action · 10 minutes · every day

No conditions. No perfect circumstances required.

Just the loop.

Signed: _____

Date: _____