

# THE 10,000 RULE CHECKLIST

7 Days • 7 Vows • One Goal: Save Your First \$10,000

## VOW 1 — SACRIFICE

- Delete every distraction (apps, women, habits slowing you down)
- Cut all non-essential spending
- No sex
- No partying
- No drinking alcohol
- Commit to 30 days of tunnel vision
- Tell NO ONE — move in silence

## VOW 2 — DISCIPLINE

- Wake up at the same time daily
- No skipping workouts — even 20 minutes counts
- Follow a simple, repeatable daily routine
- Track your money and your habits every night

## VOW 3 — FINANCIAL CONTROL

- No eating out
- No impulse purchases
- Save 70–90% of income
- Every dollar has a purpose
- Weekly “money audit” (review every transaction)

## VOW 4 — WORK OUTPUT

- Two income-producing tasks per day minimum
- No zero-work days
- Cut entertainment, increase learning
- Build or scale one money-making skill

## VOW 5 — HEALTH & CLARITY

- Drink a full bottle of water when you wake
- Clean diet: fruit + whole foods
- 20–30 min daily walk
- Keep your environment clean (space = mindset)

## **VOW 6 — MINDSET OF A BUILDER**

- No complaining
- No comparing
- No emotional spending
- Practice silence & stillness 10 min/day
- Every night: write 3 things you improved

## **VOW 7 — PREPARATION FOR THE HIGH LIFE**

- Think long-term, not weekend-to-weekend
- Visualize the man you're building every morning
- Keep your circle small & aligned
- Protect your peace like it's money
- Weekly life audit: what needs to be cut?

## **FINAL CHECK**

If you can check ALL these boxes for 7 days straight: you are officially living by the 10,000 Rule — and the money follows the discipline.