



30 Days of the Catalog

*Your brain rejects claims without evidence.
So hand it evidence. It's simple.*

The printable companion to "Three Sentences a Night"

UNSAID.COMMUNITY

What this is

Every evening, at the same hour, you open this file or the notebook beside it, write the date, and record three sentences. Each sentence is one fact from today: a thing you did, stated plainly, with no adjectives. Each fact passes one test: you did it by choice, against your automatic setting. You mark each entry Level I or Level II, run one filter question, and close the page. The ritual costs about as much time as brushing your teeth.

This companion carries you through the first thirty days on the map from chapter five of the book: week one installs the habit with one line a night, week two adds the courage question, week three runs the full contract, week four adds the first Sunday review. Print these pages, keep them by the bed, and let the pen do the arguing.

If you are in the season the book calls Crisis Mode, the same month applies with different arithmetic: one line is the full page, for as long as the floor is where you live. The Crisis Card near the end of this file is yours.

The five rules

- 1 **Facts only.** A done thing, dated and checkable.
- 2 **Paper over screen.** Paper collects and keeps no score. Same notebook, same place.
- 3 **Daily, at a fixed hour.** A fixed hour outweighs a perfect hour. Anchor it to the toothbrush.
- 4 **Silence.** Nobody sees this file. No posts, no streak announcements. The page fills anyway.
- 5 **The Value Anchor.** One question over the finished page: does this build me over the long run? Effort that dismantles you moves to a list titled “to change.”

The map of the month

Days 1 to 7. One line a night. One question: where did I choose today, against my automatic? The only goal of this week is the evening slot itself.

Days 8 to 14. Up to three lines. One of them hunts bigger game: what did I do today despite fear, discomfort, reluctance, or shame? On most days the honest answer is “today, nothing.” Write it. It counts.

Days 15 to 27. The full contract. Three facts, level marks in the margin, the Value Anchor over the page.

Day 28. Entries as usual, then the first Sunday Review (template near the end of this file). Days 29 and 30 run the full contract to the finish line.

Week one

ONE LINE A NIGHT

Hard season? One line is the full page. See the Crisis Card.

Day 1

Date _____

Where did I choose today, against my automatic?

1. _____

Day 2

Date _____

Where did I choose today, against my automatic?

1. _____

Day 3

Date _____

Where did I choose today, against my automatic?

1. _____

Day 4

Date _____

Where did I choose today, against my automatic?

1. _____

Day 5

Date _____

Where did I choose today, against my automatic?

1. _____

Day 6

Date _____

Where did I choose today, against my automatic?

1. _____

Day 7

Date _____

Where did I choose today, against my automatic?

1. _____

Week two

THE COURAGE QUESTION JOINS

Around Day 14, look back: the week holds two or three moments of courage nobody ever named for you. Those are your first Level II receipts.

Day 8

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 9

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 10

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 11

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 12

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 13

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 14

Date _____

Three overrides. Let one answer: what did I do despite fear, discomfort, or shame? ("Today, nothing" counts.)

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

Day 15

Date _____

1. _____ (I / II)

2. _____ (I / II)

3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 16

Date _____

1. _____ (I / II)

2. _____ (I / II)

3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 17

Date _____

1. _____ (I / II)

2. _____ (I / II)

3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 18

Date _____

1. _____ (I / II)

2. _____ (I / II)

3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 19

Date _____

1. _____ (I / II)

2. _____ (I / II)

3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 20

Date _____

1. _____ (I / II)

2. _____ (I / II)

3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 21

Date _____

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run**Day 22**

Date _____

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run**Day 23**

Date _____

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run**Day 24**

Date _____

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run**Day 25**

Date _____

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run**Day 26**

Date _____

1. _____ (I / II)
2. _____ (I / II)
3. _____ (I / II)

☐ Value Anchor: each entry builds me over the long run

Day 27

Date _____

1. _____ (1 / 11)
2. _____ (1 / 11)
3. _____ (1 / 11)

☐ Value Anchor: each entry builds me over the long run**Day 28**

Date _____

1. _____ (1 / 11)
2. _____ (1 / 11)
3. _____ (1 / 11)

☐ Value Anchor: each entry builds me over the long run

Tonight, after the entries: the Sunday Review (next pages).

Day 29

Date _____

1. _____ (1 / 11)
2. _____ (1 / 11)
3. _____ (1 / 11)

☐ Value Anchor: each entry builds me over the long run**Day 30**

Date _____

1. _____ (1 / 11)
2. _____ (1 / 11)
3. _____ (1 / 11)

☐ Value Anchor: each entry builds me over the long run

Entry banks

LEVEL I · small acts of awareness

Got up on the first alarm. Made the bed. Drank water where the sweet drink waited. Took the stairs. Left the phone in the other room before sleep. Five minutes outside between meetings. Drove home in silence. Read five pages where the scroll usually wins. Ate the first bites of dinner slowly, on purpose. Closed the laptop at the hour I promised myself.

LEVEL II · acts of courage

The hard conversation I postponed. A plain no to the person who always collects my yes. The first message to a potential client. The call to the doctor I kept avoiding. A first therapy session. A first training session in years. The CV sent despite the forecast. "I do not know," said out loud. An apology to somebody below me in rank. "Give me fifteen minutes," said to the person I always answer instantly.

CRISIS REGISTER · the same fight, a different scale

Got out of bed. Took a shower. Ate a warm meal. Opened the window for five minutes. Walked to the bins and back. Answered one message. Took the medication at the right hour. Changed the sheets. Held on until evening.

One Level II entry weighs about as much as twenty Level I entries. A crisis entry is Level II at a different scale. On ordinary days, three Level I facts are a complete, valid page.

DAY 28, THEN WEEKLY

The Sunday Review

Read every entry from the past seven days. Then answer, in writing:

1. The tally.

Level I _____ Level II _____ Crisis _____

2. The strongest entry. The one I remember without looking

3. The pattern. One thing this week taught me about myself

4. The micro-step. One small thing for the coming week

Close the week with a sentence of five words or fewer

The Crisis Card

In Crisis Mode the scale changes: getting out of bed is heroism, a warm meal is a success, one phone call is a full act of courage. The contract bends to one line a night, and the line counts in full.

The notebook has a boundary: it diagnoses nothing, treats nothing, and replaces nobody. Research on guided self-help points one way: these tools do their best work with a professional in the loop.

Call a professional today, and log the call as Level II, if any of these are true:

- Your thoughts keep moving in a direction that frightens you.
- Two weeks pass with no improvement despite everything.
- Sleep collapses or swallows half the day.
- You reach for alcohol or substances in a way you no longer steer.
- Ordinary duties have been drowning you for weeks.

In the United States and Canada, call or text **988**. In the United Kingdom and Ireland, call Samaritans at **116 123** for free, at any hour. Elsewhere, search "crisis helpline" plus your country's name. If you are in immediate danger, call your local emergency number now.

The last page

The file above holds around seventy dated facts, one review, and your first pattern on paper. Keep going: a year of this crosses a thousand.

Three doors stand open.

The Wall, where the book's first sentence lives and yours can join it: unsaid.community/wall.

The full book, in the works; your email at unsaid.community/catalog is the waitlist.

And if this month moved something, two sentences of review on the book's page carry it to the next reader.

One more thing, because thirty days of writing alone can wake an old need: being heard by a living human. Two rooms exist for that.

The Circle meets on Thursdays: ninety minutes, seven chairs, nobody advises, silence is allowed, and it is free. Save a seat at <https://calendly.com/pawelpawlak/circle-of-truth-weekly-online-circle>.

A 1:1 session is forty-five minutes that belong to you, with three doors of its own, and one of them is free: unsaid.community/#booking.

Both rooms run on the honest line this book already gave you: this is peer support, a witness across from you. For the season chapter four described, a professional comes first, and the rooms will wait.

Three sentences. Tonight.
The account is open.

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