



MONEY COMMAND
SERIES

OPERATION OPTIONALITY

Week Zero — Setup Pack

A Money Command Series Field Manual

What This Is

A 15-minute base install so the 8-week trial runs on rhythm, not motivation.

What You'll Do Today

- **Set your Mission**
 - **Set your Leak Cap**
 - **Create WALL**
 - **Choose one Rule of Engagement**
-

Rule: Do not binge. Execute.

CONTROL → RESERVES → OWNERSHIP → OPTIONALITY → FREEDOM / POWER

WEEK ZERO CODEBOOK

Keep this page open

Recon - the 2 minute Truth Check: open balances + recent spending, keep your judgment clear.

Leak - unplanned or reactive spending that was assigned in advance.

Leak Cap - your weekly limit for drift spending.

WALL - your starter buffer, your first DEFENSE against panic and small shocks.

Bills Buffer - money set aside so bills do not ambush you.

Protect / DEFENSE - the stability side of the system; WALL, Bills Buffer, Essentials Reserve.

Build / OFFENSE - moves that increase future options; attack payments, ownership, skills.

War Room - your review meeting; weekly 10 minutes, monthly 15-30 minutes.

AAR - After-Action Review: what went right, what went wrong, what changes next.

Supply Lines - Income sources and money in transit

Ambush expense - A surprise cost that hits without warning

Rule of Engagement - Your spending priorities and limits

Hostages - Obligations that keep your money stuck

Rule: If you're unsure where something goes, call it a LEAK until you decide properly

START HERE

— *Week Zero* — *Setup Pack* —

This is training, not reading.

You do not need more tips.

you need a system you can run on a bad week.

Week Zero is your base install.

It stops the trial from becoming *“another thing you are meant to do”*

You are not here to feel inspired.

You are here to become harder to break.

Reading creates awareness. Execution creates power

Orders

1. Read the pack once
2. Complete the steps today
3. Do not add extra tasks

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Did you complete Week Zero today?

Yes No

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HOW THE TRIAL WORKS

The trial runs on rhythms, not motivation

Each week, you will:

- get one short email.
- do one small move.
- track one number.
- submit one short check-in.

That's it

Your weekly check-ins format:

- WIN:** one thing you noticed or changed.
- NUMBER:** one key number from the week.
- NEXT MOVE:** one thing you'll do next

You don't need intensity. You need consistency.

Orders

1. Save the check-in format in your notes
2. Decide now: you will submit each week, even when the week is messy

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Will you submit weekly?

Yes No

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SET YOUR LEAK CAP

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Leak Cap is your weekly drift boundary.

Most people do not stop overspending with guilt.
They stop it by setting a limit before the moment *happens*.

Your **Leak Cap** is the amount of unplanned spending you allow this week.

It is not punishment.
It is command.

What you tolerate repeats. What you cap gets controlled.

Orders

1. Choose your weekly Leak Cap
2. Write it somewhere visible

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Leak Cap: £ _____

If you're unsure where to start, choose a number that feels tight enough to notice, but realistic to hold

CHOOSE ONE RULE OF ENGAGEMENT

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Rules of Engagement is **one money rule** you do not renegotiate in the moment. Choose one rule for this week. Keep it visible. Track whether you followed it

- 1. 24 HOUR RULE:** I wait a day before making any non-essential spend.
- 2. WALL FIRST RULE:** I move money to WALL before comfort spending.
- 3. NO MOOD SPEND RULE:** I do not spend to change my mood.
- 4. PLANNED ONLY RULE:** If it wasn't planned, it waits.

Freedom comes from decisions you stop renegotiating

Orders

1. Choose one rule for this week
2. Write it somewhere visible

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Chosen rule of engagement:

1 / 2 / 3 / 4

BUILD WALL

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Without WALL, every surprise becomes **panic**, **debt** or reset mode

WALL is your first **DEFENSE**

It is not your forever reserve.
It is your first protective layer.

Starter targets:

£500 if you are starting from zero.

£1000 if you can push a little further.

Small still counts. The point is to begin.

A small WALL beats a big dream that never gets built

Orders

1. Create or label a place called WALL
2. Put something in it today
3. Choose starter target: £_____

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WALL created?

Yes

No

WALL balance today: £_____

CHOOSE YOUR WALL METHOD

WALL does not need a perfect plan
It needs a **method** you will actually use.

Choose one simple way to build it. You can change it later.
For now, pick the one you're most **likely to hold**.

A - % RULE

Move a fixed percentage of income
to WALL

Good if: your income changes

Example: 5% of each pay

B - FLAT TRANSFER

Move the same amount each income
day or each week

Good if: you want simplicity

Example: £25 every Friday

C - DAILY MICRO

Move a tiny amount daily

Good if: you want a low friction start

Example: £1 a day

D - LEAK HARVEST

Every time you stop a leak, move
some or all of that money to WALL.

Good if: you want behaviour tied
to reward

Example: skipped takeaway = £12
to WALL

The best WALL method is the one you repeat

Orders

1. Choose your method: **A / B / C / D**
2. Starting amount: £ ___ or ___%
3. Decide when it happens: _____

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Chosen method: **A / B / C / D**

Scheduled?

Yes

No

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SCHEDULE THE ENGINE

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What time will you run your **WAR ROOM**?

Every system has a heartbeat

A fixed weekly check-in is how you keep WALL and Leak Cap active.

Pick a schedule you will *actually* stick to.

Example Schedules:

Sunday night at 5pm (clear week ahead)

Every Friday at lunchtime (pre-weekend review)

Every Saturday morning at 9am

Monday morning at 7am (first thing)

Thursday night at 7pm (pre-weekend prep)

Chosen War Room:

Orders

1. Choose your War Room time:
2. Lock in calendar as repeat event
3. Set a reminder alarm or popup

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Weekly War Room set in calendar?

Yes No

Reminder alarm or popup?

Yes No

FIRST WEEK ORDERS

— *Week Zero — Setup Pack —*

What to expect from Week 1

When Week 1 arrives, your Orders will be simple:

- Do a 2-minute truth check each day
- Review the last 7 days of spending
- Identify your top 3 leaks
- Name your top leak target

You do not need a perfect week. You need a governed one

Your weekly check-in

- 1. WIN** - one thing you noticed or changed
- 2. NUMBER** - Leak count = _____
- 3. NEXT MOVE** - your top leak target

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Leak count this week: _____

Your week 1 email will guide you through it.

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