



MONEY COMMAND
SERIES

WEEK ZERO

Setup Pack

A Money Command Series Field Manual

A 15-minute setup to help you stop drifting and start the system properly.

What This Is

Week Zero is the first step in the Money Command system.

It is designed to help you reduce overwhelm, install your first structure, and begin with clarity

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 starting point.

It helps you reduce overwhelm, install your first structure,
and begin the Money Command system properly.

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

War Room Metric

Did you complete Week
Zero today?

Yes No

CONTROL → RESERVES → OWNERSHIP → OPTIONALITY → FREEDOM / POWER

SET YOUR LEAK CAP

— Week Zero — Setup Pack —

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

War Room Metric

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

— Week Zero — Setup Pack —

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

War Room Metric

Chosen rule of engagement:

1 / 2 / 3 / 4

BUILD WALL

— Week Zero — Setup Pack —

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: £_____

War Room Metric

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: _____

War Room Metric

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

Scheduled?

Yes

No

CONTROL → RESERVES → OWNERSHIP → OPTIONALITY → FREEDOM / POWER

SCHEDULE THE ENGINE

— Week Zero — Setup Pack —

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

War Room Metric

Weekly War Room set in calendar?

Yes No

Reminder alarm or popup?

Yes No

YOU'VE STARTED PROPERLY

— *Week Zero — Setup Pack* —

This matters more than people think.

If you completed the basics in this pack, you now have:

- A clearer starting point
- Your first language for the system
- Your first boundary against drift
- Your first layer of protection.

- Keep the pack open.
- Keep the Codebook visible.
- Keep your Scoreboard simple.

If you want more structure:

Operation Optionality is the 8-week Money Command trial designed to help you apply the system in real life, one week at a time.

Learn more about Operation Optionality at
www.moneycommandseries.com