

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Reset Journal

The opening pages and the first two days, exactly as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with any PDF markup app.

Do the opening page before the first log. It takes five minutes, and the logs mean very little without it.

If the two days work for you, the full journal carries on from exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/reset/

How This Journal Works

Most New Year changes do not fail in January. They fail quietly in February, because nothing was checking on them, and by March nobody can say what actually happened. This journal is the thing that checks.

You change one thing, for twelve weeks. You start from the record of last year, not from a feeling about it. You set a floor, the smallest version that still counts, and you tie it to something that already happens every day. Then, each day, you write down what you actually did and score one thing: how automatic it felt. That score is the point. A habit is not something you do often; it is something you no longer have to decide to do, and you can watch that happen on the page.

Every fourteen days a checkpoint counts the days kept and applies a fixed rule: shrink the floor, keep it, or raise it one notch. You never redesign the whole plan after a bad week. You change one thing, on the evidence.

THE PARTS

The Year Audit	two pages that read last year from the evidence: the calendar, the bank statement, the photos.
The Reset Contract	a signed page: the one change, its floor, its ceiling and the if-then that triggers it.
A Worked Week	a filled-in example, including the two missed days and what they showed.
84 Day Logs	two days to a page: what you did, the cue, what got in the way, and one score.
6 Checkpoints	every fourteen days: days kept, average automaticity, and the rule that decides what changes.
The Reset Line	twelve weeks on one page, the days kept and the automaticity rising.
The Verdict	did it become a habit, by a test you set before you started, not by how week twelve felt.

WHEN TO START

On 1 January, if you like: a new year is a real starting line, and people are measurably more likely to begin things at one. But a Monday, a birthday or the first of any month works the same way. The journal is undated, and a missed day costs nothing. Skip it and take the next line.

A self-help record, not medical advice. If your change involves food, exercise, alcohol or medication, check it with a GP first.

"No one ever regarded the First of January with indifference. It is that from which all date their time, and count upon what is left."

— Charles Lamb, New Year's Eve, Essays of Elia (1821)

What the Record Says

Do this with the evidence open: your calendar, your bank statement, your photos, your messages. Memory edits a year into a story. The record does not, and the record is what you are going to change.

WHERE THE HOURS ACTUALLY WENT

from the calendar and the phone, not from the plan

WHERE THE MONEY ACTUALLY WENT

the three biggest categories that were not bills

WHAT I SAID I WOULD CHANGE THIS TIME LAST YEAR, AND WHAT HAPPENED TO IT

if you cannot remember, that is the finding

THE WEEK I WAS MOST LIKE MYSELF, AND WHAT WAS DIFFERENT ABOUT IT

find it in the photos or the calendar

THE THING I KEPT MEANING TO DO ALL YEAR

“Ring out the old, ring in the new, ring, happy bells, across the snow: the year is going, let him go.”

— Alfred, Lord Tennyson, In Memoriam A.H.H. (1850)

Eight Areas, Scored

Score each area for last year from 1 to 5, then write the evidence for the score in one line. A score with no evidence next to it is a mood, not a score.

1 the record shows it going badly most weeks 3 mixed 5 the record shows it working most weeks

AREA	SCORE	THE EVIDENCE FOR THAT SCORE
Sleep		
Body and movement		
Work		
Money		
The people closest to me		
Home		
Head: mood and worry		
Time that was my own		

THE AREA WHERE ONE SMALL CHANGE WOULD MOVE THE MOST OTHERS

sleep often moves head and body; money often moves head and home. Look for the lever, not the lowest score.

WHY THAT ONE: THE EVIDENCE, NOT THE HOPE

“Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual.”

— Mark Twain, Territorial Enterprise (1863)

The Reset Contract

One change for twelve weeks. Write it as something you do, not something you are.

THE ONE CHANGE

not "be healthier" but "walk after lunch". not "be less stressed" but "phone stays in the kitchen after 10pm".

THE FLOOR AND THE CEILING

FLOOR the smallest version that still counts: small enough to do on your worst day

CEILING the full version, on a good day. It is optional. The floor is not.

THE IF-THEN

WHEN _____ **I WILL** _____

the "when" is something that already happens every day: the kettle, a plate in the sink, the front door closing behind you.

THE OBSTACLE I ALREADY KNOW IS COMING, AND MY IF-THEN FOR IT

WHAT I AM NOT CHANGING FOR TWELVE WEEKS

the other resolutions. Write them here so they are parked, not lost.

THE TEST FOR WEEK TWELVE: IT HAS BECOME A HABIT IF

suggested: the floor kept on 12 of the last 14 days, and automaticity averaging 4 or more. Set yours now, before you know.

SIGNED _____

DATE _____

"The beginning is the most important part of the work."

— Plato, The Republic (tr. Benjamin Jowett, 1871)

A Worked Week

One change: walk for twenty minutes after lunch. Floor: shoes on and out of the door for five minutes. If-then: when I put my lunch plate in the sink, I will put my shoes on.

DAY	FLOOR?	WHAT I DID	WHAT GOT IN THE WAY	AUTO
01	yes	Walked 20 min round the park		2
02	yes	Five minutes only; raining	rain	2
03	no		lunch at my desk, no plate, no cue	
04	yes	Walked 25 min		3
05	yes	Floor only: out and back	meeting ran late	2
06	no		Saturday: no lunch routine	
07	yes	Walked 20 min with a podcast		3

THE ARITHMETIC, AT THE END OF THE WEEK

Floor kept 5 of 7 Average automaticity $(2 + 2 + 3 + 2 + 3) \div 5 = 2.4$

Missed days are left out of the average. They are counted in the days kept instead.

WHAT THE WEEK ACTUALLY SHOWED

Both missed days were days the cue never happened: a lunch at the desk with no plate, and a Saturday with no lunch routine at all. Neither was a failure of willpower, and more willpower would not have fixed either. The adjustment is a second if-then for weekends ("when I finish my Saturday coffee, I will put my shoes on") and a rule for desk lunches.

Notice what did not happen: the plan was not torn up, the walk was not made longer to "make up for it", and nothing else was added. One change, adjusted on the evidence, at the checkpoint.

The automaticity scores of 2 and 3 are normal for week one. In the best-known study of habit formation, it took a median of 66 days for a new behaviour to reach its plateau of automaticity, which is why this journal runs to 84.

"He who has begun has half done. Dare to be wise; begin."

— Horace, Epistles I.2

Days 01 and 02

Day 01

DATE _____

FLOOR KEPT? ☐ YES ☐ NO

ABOVE THE FLOOR? ☐ YES ☐ NO

WHAT I ACTUALLY DID

THE CUE did the "when" happen, and what did I do when it did?

WHAT GOT IN THE WAY leave blank if nothing did

AUTOMATIC

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

1 argued myself into it · 2 needed a reminder · 3 some effort · 4 mostly autopilot · 5 done before I thought about it

Day 02

DATE _____

FLOOR KEPT? ☐ YES ☐ NO

ABOVE THE FLOOR? ☐ YES ☐ NO

WHAT I ACTUALLY DID

THE CUE did the "when" happen, and what did I do when it did?

WHAT GOT IN THE WAY leave blank if nothing did

AUTOMATIC

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

1 argued myself into it · 2 needed a reminder · 3 some effort · 4 mostly autopilot · 5 done before I thought about it

“Resist beginnings; the remedy comes too late when the disease has grown strong through long delay.”

— Ovid, Remedia Amoris

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THAT WAS THE FIRST TWO DAYS

The rest of The Reset Journal

84 days of logs, six fortnightly checkpoints, two reference pages, the Reset Line and the Verdict.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the record to mean something, and that is what the checkpoints and the closing pages are for.

Printable PDF, instant download

etsy.com/uk/listing/4583637307

How it works

thejournalfoundryco.co.uk/journals/reset/

Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.