

WB 1.7 — The Wave

Expands on Chapter 7 (The Wave) in the manual, Chapter 5 in *Shoulder the Bill*.

Purpose The Wave is compounding — one small choice, repeated, becomes a current that carries you. This page helps you see the long arc of an automatic choice and swap it for the smallest better choice you will actually repeat.

How to use this page

When: Complete reflectively. Map one automatic choice across time, then define the smallest sustainable better version.

Done when: You have traced one choice across short, medium, and long term, and named a smaller better choice for this week.

Worked example

Automatic choice: checking my phone first thing in bed.

Short-term: twenty minutes lost. Medium: anxious mornings. Long: scattered focus as a habit.

Smallest better choice: phone charges across the room; I drink water before I check it.

Anchor Phrase: *'One choice becomes a wave.'*

Protocol: 1. Pause 5 sec. 2. Map next hour. 3. Next month. 4. Next year. 5. Smallest better choice.

Loop stage: Narrow → Act

One choice I currently make automatically that creates a wave I do not want:

Its short-term, medium-term, and long-term results:

The smallest version of the better choice I would actually do consistently:

My vital few — the small daily choices that produce most of my positive momentum:

The one ripple I will repeat daily this week:

☐ Self-Reward Loop completed