

// FREE PROTOCOL - DO IT TODAY

[00 : 15 : 00]

The 15-Minute Money Reset

three moves · one real win · all you need is your phone

PROTOCOL

FIG.00 / v1.0

No plan, no app, no spare weekend. Work down the three steps in order, and you will finish this page **further ahead than almost everyone your age.**

STEP 01

00-05 MIN

Get your number

Open your banking app. Write down every balance, and everything you owe anyone. One figure: what you have, minus what you owe. That is your real position, and most people have never once looked at it. Now you have.

STEP 02

05-10 MIN

Find your leak

Scroll your last ten transactions. Circle the ones you would undo if you could. Whatever that pattern is, it is your leak. You do not have to fix it today. You just have to see it.

STEP 03

10-15 MIN

Start the pot

Open a separate savings space in your app. Move £5 in right now. Set a small automatic transfer for your next payday, an amount you will not miss. Done: you are saving without thinking about it.

// NEXT PROTOCOL

Turn this into your first £1,000. **The First £1,000 System** takes you there, one week at a time. →