

These pages are for you.

Print as many A and B pages as you need. Any three-ring binder will do.

Algorism does not collect or receive what you write unless you choose to share it. No app, no feed, no one to impress. Keep the pages private, save them, or destroy them; the choice is yours. Paper is where most people get honest enough to change their pattern. One exception: if someone could find and read these pages, a private offline file you control is better than paper you cannot protect.

The first few times, tear the pages up when you are done. Knowing the words will vanish makes honesty easier. Once honesty comes easily, keep the pages so you can see your pattern over time.

This is not homework. Use the pages when something hooks you or knocks you off balance, a few minutes at a time. On a quiet day, write nothing.

The one rule: feeling first, analysis second. Never reason about a hook while it is still hot.

THE SIX PRINCIPLES

- Truthfulness.** tell the truth, especially when it costs you.
- Responsibility.** own your actions and their consequences.
- Repair.** fix the harm you cause.
- Contribution.** create value for others.
- Discipline.** keep your standards when tired, angry, afraid, or pressured.
- Integrity.** think for yourself and act coherently.

These pages are free to print and copy. Print as many A and B pages as you need. Any three-ring binder will do. © 2026 The Great Unplugging Inc., a 501(c)(3) nonprofit. Algorism is a forward-looking framework. Claims are reasoned projections, not certainties. Always use critical thinking.

CUT THIS OUT

The Anchor.

Cut along the dotted lines, fold or glue the two sides back to back, and keep it in your wallet or inside the front cover.

THE ANCHOR · FRONT



When life feels too heavy, Algorism helps you find the next step.

ALGORISM

THE ANCHOR · BACK

A bad day is not your whole pattern.
The future is still open.

What is true?
Who or what can help?
What is your next step?

algorism.org/everyday



The card does not do anything by itself. What gives it meaning is what happens when you use it: a calmer head, a clearer picture, a step you can actually take. Over time, that is what the symbol comes to mean. I know where to turn when I do not know what to do.

What hooked me.

Write while you still feel it. Raw, unedited, no analysis. Do not try to be fair or wise here.

Date _____ Time _____

1 What I was doing, and what I felt.

Anger, envy, pride, worry, the pull to keep scrolling. Name it the way it actually is.

2 What caught me.

The post, the comment, the clip, the message. Ten seconds is enough: "I meant to close this, but my hand stayed. What hook caught my eye?"

3 Anything else, unedited.

If the feeling is huge, write it huge. Then close the book. No replies, no analysis, until the B page.

Close the book. The B page waits until you are cool.

What it actually meant.

Same evening on a normal day. The next day after a real shock, once you have slept. Write like a calm witness.

Date _____

A page from _____

1 What happened. Facts only, no self-blame.

Not "I am weak." Write "The app used an anger hook. I stayed four minutes past my limit." Flaws are bugs, not verdicts.

2 The hook the system used, and the fear or wish it guessed about me.

Disapproval, status, being left out, being right. The feed just handed you a map of a weak spot. Read the map.

3 The gap. What I say I value, and what I felt or did.

"I say I do not care about status, but I felt a sharp sting of envy." Naming it plainly takes its power away.

4 One useful step.

Small counts. A limit, a repair, a conversation, a thing to notice next time. Ten minutes on this page, then close it and change rooms.

Timer at ten minutes. When it goes off, stop.

Three practices. That is all.

Half an hour. One line each. Mark what you did and did not do. Nobody scores this page; the pattern is the point.

Week of _____

1 The Mirror

☐ done ☐ not yet

What I actually did this week, not what I meant to. Pull one receipt: a post, a purchase, a conversation, a choice.

2 The Audit

☐ done ☐ not yet

Where my stated values and my recorded behaviour matched this week, and where they did not.

3 The Repair

☐ done ☐ not yet

One harm I caused, and what I did to fix it. Apologise without excuses. Return what was taken. Correct the record.

BEFORE YOU ACT, ANY DAY

The Record Test.

Ten seconds, before a post, purchase, signature, or silence: If this became part of my permanent record, would it match the person I claim to be, and the one I want to become? Note here one thing you decided differently this week because of it.

Regret without repair is only theatre. Repair is what changes the pattern.

You do not have to fix everything today.

Flip to this page when life feels too heavy. Four questions, one sentence each. Nothing has to be decided in the next ten minutes.

Date _____

1 What is true right now?

Not what I am afraid will happen. What I actually know. If I am not sure it is a fact, it is not a fact yet. Mark it uncertain.

2 What can I control?

Usually less than it feels like, and more than nothing. Other people's choices are not on the list. My next hour is.

3 What is one useful thing I can do next?

Small counts. One call, one sentence, one meal, one walk, one thing finished.

4 Who or what can help me carry it?

A person, a free helpline, a library, someone who does this for a living. If the answer today is nobody, that is a true answer. Go back to question three.

The short version:

Tell one truth. Ask for one bit of help. Take one useful step.

You do not have to fix everything today.

If it is worse than a bad day, this page is not the right help for this moment. Please reach a live person. United States and Canada: call or text 988. United Kingdom and Ireland: Samaritans 116 123. Australia: Lifeline 13 11 14. These named services are free and answer 24 hours a day. Elsewhere, findahelpline.com lists local options; hours and services vary. If you are in immediate danger, call your local emergency number.

THE STARTER WEEK

Try it for seven days.

That is the whole ask. A tick means you used a page that day. A blank day is fine; the pages are for when something happens, not homework.

Starting _____

DAY	A PAGE (HOT)	B PAGE (COLD)	MINUTES	ONE WORD FOR THE DAY
1	☐	☐	_____	_____
2	☐	☐	_____	_____
3	☐	☐	_____	_____
4	☐	☐	_____	_____
5	☐	☐	_____	_____
6	☐	☐	_____	_____
7	☐	☐	_____	_____

1 After seven days: what did the pages show me that I did not already know?

2 Am I keeping going? What one change would make it easier?

The Journal is a doorway. The Way is the whole method, one page a week. Everyday Algorithm is there when one situation feels difficult and you need help finding the next step. If you want to tell Algorithm how the week went, the only questions we will ever ask are whether you used the pages and which ones you skipped. Never what you wrote.