

CONSUMED / START HERE



QUICK START GUIDE

BEGIN THE 12-WEEK CAMPAIGN

A newcomer-friendly field brief for beginning the Zero-Excuse Christian Performance System with clarity, order, and courage.

GOD IS THE CONSUMING MISSION.

Start with obedience. Continue one faithful day at a time.

READ THIS FIRST

BEGIN WITHOUT MASTERING IT ALL

Your job is not to understand all twelve weeks today. Your job is to follow the next clear instruction faithfully.

THE SIMPLE PATH

Prepare the tools. Begin Week 1. Run the daily rhythm. Review honestly. Return quickly when you miss.

01**PREPARE**

Set up the journal, calendar, and Sabbath before Day 1.

02**BEGIN**

Start Week 1 as written. Do not rush ahead to choose your major mission.

03**EXECUTE**

Complete one Morning Orders page, one real PUSH, and one Evening Debrief.

04**RETURN**

If you miss, tell the truth and complete the smallest next faithful action.

RECOMMENDED RHYTHM

Begin on a Monday when possible. This gives the week a natural beginning and makes Day 7 a clean Sabbath and review point. If Monday is not realistic, choose another start day and keep the same seven-day rhythm.

BEFORE DAY 1

PREPARE THE FIELD

Do this once before the campaign begins. Preparation removes avoidable friction.

☐ **Choose your journal format.**

Print the PDF, or import it into an iPad PDF annotation app such as Goodnotes. Keep one clean master copy.

☐ **Read or listen to the Field Manual once.**

Use the book or audiobook. Do not try to memorize it; become familiar with the language and order of the program.

☐ **Choose a start date and calculate the end date.**

A Monday start is recommended. Day 84 completes the twelve-week campaign.

☐ **Schedule Morning Orders and Evening Debrief.**

Protect approximately 15-20 minutes in the morning and 10 minutes in the evening.

☐ **Choose your weekly Sabbath window.**

Decide when work stops and when it resumes. Put both times on your calendar.

☐ **Read the Campaign Covenant aloud and sign it.**

Enter with honesty. The aim is greater responsiveness to Jesus Christ, not merely greater productivity.

☐ **Read the Week 1 Mission Brief.**

Read the two-page brief before Day 1. The weekly mission tells you what this stage of the training is for.

DO NOT SKIP THE ORDER

Do not choose your major twelve-week expansion goal before the program asks you to. Week 5 is when you accept one primary seasonal assignment. Weeks 1-4 prepare you to choose it under God rather than under ego, urgency, or fear.

EVERY DAY

RUN THE DAILY BATTLE RHYTHM

The journal leads you through the process. You only need to answer truthfully and act on what you write.

01**MORNING ORDERS****15-20 MINUTES**

Mark your energy. Read the assigned Scripture and devotion. Pray. Complete the morning prompts. Name one PUSH, one RELEASE, and the time and place for your execution block.

02**EXECUTION****THE SCHEDULED BLOCK**

Complete the PUSH you wrote down. Make it observable. Thinking about the work is not execution; putting the faithful action in contact with time, effort, risk, or reality is.

03**EVENING DEBRIEF****ABOUT 10 MINUTES**

Record what actually happened. Score faithfulness separately from results. Name resistance, confession, repair, gratitude, and tomorrow's smallest clear move.

Your target is not a perfect-looking journal. Your target is a truthful record of obedience under real conditions.

KEEP IT SIMPLE

FOUR TERMS YOU NEED

You will learn the rest through repetition. Begin with these four.

ORDER

The journal process that brings the day under God: Orientation, Responsibilities, Definition, Execution, and Review.

PUSH

The most courageous, high-leverage act of faithful effort available today. It is the move that requires courage, not merely motion.

RELEASE

The act that proves ambition does not own you: stop on time, tell the truth, protect covenant, keep Sabbath, or surrender the outcome.

RETURN

The response to failure: tell the truth, confess, take responsibility, repair what you can, and complete the smallest next obedience.

The Christian ambition paradox: push without worshiping the result, and release without abandoning responsibility.

YOUR FIRST ASSIGNMENT

BEGIN WITH THE THRONE AUDIT

Week 1 is not about proving how productive you can become. It is about telling the truth about what already governs you.

WEEK 1 MISSION

Identify what currently functions as your practical god and establish a truthful baseline.

WHAT TO DO

01

Open the Week 1 two-page Mission Brief and read it completely.

02

Complete only the current day's Morning Orders page.

03

Execute the PUSH you wrote down and practice your RELEASE.

04

Complete the Evening Debrief from evidence, not intention.

05

At week's end, complete the After-Action Review and honor Day 7 Sabbath.

YOUR ONLY WEEK 1 WIN

Show up, tell the truth, and complete the next faithful action. Do not measure Week 1 by dramatic outcomes.

WHEN THE DAY BREAKS

REDUCE THE LOAD. STAY FAITHFUL.

The program expects real life. A disrupted day is not permission to disappear.

GREEN

Follow the plan and execute the day's faithful PUSH.

YELLOW

Adjust the load, protect the essentials, and tell the truth about capacity.

RED

Recovery, care, repair, or wise counsel may become the immediate order.

MINIMUM VIABLE DAY

When the full plan is impossible, preserve the identity of the rhythm with the smallest honest version of each practice:

- | | |
|---|---|
| ☐ Scripture | ☐ Honest prayer |
| ☐ Movement | ☐ Mission repetition |
| ☐ Presence / service | ☐ Review |

IF YOU MISS A DAY

Do not restart the calendar. Do not manufacture a perfect streak. Use RETURN: recognize what happened, confess what needs confession, take responsibility, repair what you can, and complete the smallest next faithful action. Then continue with the current day.

FINAL PREPARATION

COMPLETE THE LAUNCH CARD

Write these decisions into the journal and calendar before beginning Day 1.

CAMPAIGN START DATE (MONDAY RECOMMENDED)

CAMPAIGN END DATE (DAY 84)

MORNING ORDERS TIME

EVENING DEBRIEF TIME

SABBATH WINDOW - START / STOP

JOURNAL FORMAT - PRINT / IPAD PDF

YOUR NEXT ORDER

**Read the Campaign Covenant aloud. Sign the journal.
Open the Week 1 Mission Brief. Begin on the date you
chose.**

**ADVANCE WHEN ORDERED. STOP WHEN ORDERED.
RETURN WHEN YOU FAIL.**