



O IS FOR

OWNERSHIP

— Own the inputs —

**You don't need more time.
You need to take yours back.**

AUGUST 2026 · A WORKBOOK BY DJ TJ

THE OWNERSHIP INVENTORY

01 WHERE YOU STAND THE SETUP

"Nobody is coming to protect your time. That job was always yours."

This is a workbook. Same deal as last month: you write in it or you wasted your time. Month 1 you diagnosed. You found your ONE Thing and you put it on the calendar. This month is about what happens next — because the block you made in July has already been attacked. By clients, by group chats, by "quick favors," by your own habits. Month 2 is where you take it back, raise the standard, and put it in writing.

By the end of this month you walk away with two things on paper: an honest map of where your time and energy actually go, and a signed **Standards Charter** — the document that says what you will and won't tolerate from yourself going forward. That charter travels with you through the rest of the arc.

You can do this on the page, download it, or have it sent to you. However you run it is fine. What matters is that you actually do it.

This is Month 2. If you landed here first, start at G — this month builds directly on the Growth Audit. The modules don't expire and the arc builds on itself: G → O → L → D → E → N.

REALITY CHECK

Last month you found your one domino and you blocked time to hit it. So here's the only question that matters now: who's been getting those hours?

Be honest. The block got moved for a client. Then it got eaten by an inbox. Then a "you got five minutes?" turned into ninety. And every time, there was a reason, and every reason had someone else's name on it. That's the trap. As long as the reason has someone else's name on it, you never have to change anything.

So this month we kill the reasons. Here's the frame, and it's going to sting before it frees you: everything on your plate is there because you allowed it. The overbooked calendar — you said yes to all of it. The client who texts at midnight — you answered at midnight once, and you trained them. The energy you don't have at noon — look at what you did to yourself at 3 a.m. None of that is an accusation. It's the opposite. Because if it's all stuff that happens *to* you, you're a passenger. If you own it, you can change it. Blame feels better for a day. Ownership works for a lifetime.

And underneath all of it sits one word: standards. Your results are downstream of your standards — not your goals, not your talent, your standards. What you tolerate is what you train. Every time you let the block slide, answer the midnight text, run on four hours and call it hustle, you're not having a bad day. You're setting a standard. The work this month is raising it on purpose instead of lowering it by accident.

The month was full and the mission got nothing.

FROM ME

For me the wake-up was a month where, on paper, I killed it. Booked every weekend, sessions through the week, favors for half the city. Then I opened the calendar at the end of the month and looked for the hours that went to the one thing I said mattered most — and they weren't there. Not reduced. Gone. I hadn't lost that time. I'd given it away, one yes at a time, and called it being busy. The month was full and the mission got nothing. That's when it clicked: nobody stole anything from me. I was funding everyone's priorities except mine.

Time isn't your only asset either. You can guard your hours perfectly and still show up to them empty because you've been treating your body and your attention like a rental car. Energy is the second asset, and it gets spent the same way — by default, unless you own it.

Three moves this month, in order.

Own it	every miss, every leak, every excuse gets your name put back on it, because your part is the only part you can fix.
Cut it	most of what's draining you doesn't deserve you, and every yes you hand out is a no to your ONE Thing whether you admit it or not.
Systemize it	because ownership that runs on willpower dies by Thursday. You wire the right things into habits, and you sign a standard you can be held to.

Own, cut, systemize. That's the month. The work below walks you through all three and ends with your name on a charter. **Phone in another room.** You know the drill by now.

03 THREE BOOKS · ONE FRAMEWORK

THE BLUEPRINT

Three books built this month. You don't need to read all three right now, though they're worth it. Here's the single playbook they make when you stack them.

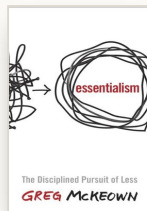


01 · OWN IT

Extreme Ownership

Willink & Babin

The mirror. Two Navy SEAL commanders, one non-negotiable rule: leaders own everything in their world. There are no bad months, only unowned ones. Find your part — it's the only part you can fix.

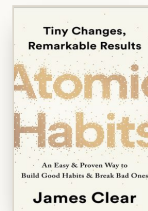


02 · CUT IT

Essentialism

Greg McKeown

The knife. Almost everything is noise, and if you don't prioritize your life someone else will. The filter is brutal by design: if it isn't a clear yes, it's a clear no. And protect the asset — you are the instrument.



03 · SYSTEMIZE IT

Atomic Habits

James Clear

The system. You don't rise to the level of your goals, you fall to the level of your systems. Every action is a vote. Stack the habit, shrink the start, make the right thing obvious and the thief invisible.

How they stack. *Extreme Ownership hands you the deed — it's all yours now, no more landlords. Essentialism clears the land — cut what doesn't deserve to be there. Atomic Habits builds the fence and runs the daily patrol. Then you sign the deed: the Standards Charter. Own, cut, systemize. Run them in that order and the exercises below are just you signing the paperwork.*

04 THE INVENTORY · FILL IT IN

THE WORK

Six exercises. Write, don't think. Be honest or don't bother. Budget 45 to 60 minutes — one sitting or one a day over a week. Exercise 2 runs across a full week, so start it early.

This stays with you. Nothing here gets submitted or seen by anyone.

List 3 things from the last month that went sideways, stalled, or didn't happen. If you ran the Growth Audit, the first entry writes itself: what happened to your ONE Thing hours? For each one, write the story you've been telling — then rewrite it with your name on it. Same facts, your part of them.

1 What went sideways

The story I tell "..."

Owned "I ..."

2 What went sideways

The story I tell "..."

Owned "I ..."

3 What went sideways

The story I tell "..."

Owned "I ..."

Example: "The client kept calling during my block" becomes "I answered." "The month got crazy" becomes "I said yes to things I should have declined." One is weather. The other is a decision you can make differently.

The one thing I've been blaming — a person, an algorithm, a city, a scene — that I'm officially taking back this month

This is not about beating yourself up. It's an inventory of power. Every sentence that starts with "I" is a sentence you can change.

02

THE TIME RECEIPTS

WHERE YOUR HOURS ACTUALLY WENT • EXTREME OWNERSHIP + ESSENTIALISM

For 7 days, keep receipts. Not a plan — an accounting. End of each day, rough hours into these buckets. Estimates are fine. Lies are not.

BUCKET	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
My ONE Thing / craft								
Paid work / gigs								
Admin / inbox / messages								
Other people's asks								
Scrolling / numbing								
Real rest (restores you)								

Now read the statement. Add up the top row — that's the receipt.

Hours per week my mouth says my ONE Thing gets

Hours the receipts say it actually got (total the top row)

The gap

The single biggest thief this week (name it, specifically)

Your calendar is a bank statement. It doesn't care what you claim your priorities are — it shows where you actually spent. The gap between your mouth and your receipts is the exact size of your ownership problem.

THE ENERGY LEDGER

YOU ARE THE INSTRUMENT. PROTECT THE ASSET · ESSENTIALISM + ATOMIC HABITS

You can win every hour back and still show up to them empty. Score your energy accounts, 0 to 10, as they actually are this month. Mark the box.

SLEEP

real hours, real quality — not what you brag about surviving on

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

BODY

movement, how the machine actually feels

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

FUEL

what you eat and drink on a normal day, not a good day

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

INPUTS

what you feed your head — feeds, noise, conversations

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

RECOVERY

real off-switch time, not collapse and scroll

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Now draw the energy map. Everyone has a window where the good work happens and a zone where nothing does. Most people give their window away and try to create in the dead zone.

My peak window — when I'm actually sharp (be specific, e.g. "10 a.m. to 1 p.m.")

My dead zone — when I'm useless no matter what I tell myself

What currently owns my peak window (the inbox? the scroll? someone else?)

The deposit I keep skipping, and the one non-negotiable deposit I'm making this month

Late nights come with the work — that's real. Which is exactly why the recovery around them can't be left to chance. You'd never run your gear at redline every night and act surprised when it fails. Same machine. Same rules. And from now on, your ONE Thing block lives inside your peak window. That's what it means to own the inputs.

04

THE NO LIST

IF IT ISN'T A CLEAR YES, IT'S A CLEAR NO • ESSENTIALISM

List what's currently on your plate — commitments, standing favors, projects, asks you've already half-agreed to. Then run the filter. Score each one 1 to 10: how much does this actually matter to where you're going, and do I actually want it?

COMMITMENT / ASK	1-10	VERDICT		
1		☐ OWN	☐ SHRINK	☐ CUT
2		☐ OWN	☐ SHRINK	☐ CUT
3		☐ OWN	☐ SHRINK	☐ CUT
4		☐ OWN	☐ SHRINK	☐ CUT
5		☐ OWN	☐ SHRINK	☐ CUT
6		☐ OWN	☐ SHRINK	☐ CUT

The rule: 9 or 10 is a clear yes — own it fully. Anything under 9 is not a clear yes, which makes it a clear no candidate. **SHRINK IT** means batch it, cap it, or delegate it. **CUT IT** means it goes.

The one no I've been avoiding, and the person or thing attached to it

Write the actual no. Two sentences. Respectful, direct, no fake excuse, no "maybe later" that you don't mean

Every yes spends hours you already promised to your ONE Thing. You're not saying no to them — you're saying yes to the thing you swore mattered. The no you keep avoiding is the tuition for this whole month.

Ownership that depends on how you feel that day is rented. You make it permanent by wiring it to who you are, shrinking it until it's too small to skip, and building the environment so the right thing is the default.

Finish the sentence. Not who you want to be "someday" — the identity you're voting for this month.

"I'm the kind of person who ..."

Examples: "...never gives away the block." "...protects their energy like booked studio time." "...answers messages twice a day, not two hundred times."

Now wire the loop. Every habit runs on four beats — name yours for the ONE Thing block.

CUE — what starts it	CRAVING — why I want it	RESPONSE — the action	REWARD — what I get

The habit stack — bolt it to something you already do without thinking.

"After I _____, I will _____."

The two-minute start — the smallest version of showing up to your ONE Thing block (open the project, headphones on, one loop)

Make it obvious — where the block lives so you can't pretend it isn't there (calendar, named, recurring, a colour you can't miss)

Make the thief invisible — where the phone physically goes during the block, and which notifications die this month

The rule when you miss (and you will): **never twice**. Miss once, that's life. Miss twice, that's the start of a new identity — the wrong one.

☐ I'm running the never-twice rule this month.

You don't need to be perfect. You need the votes to keep landing on the right side. Identity is just the count — and you're the one holding the ballot box.

THE STANDARDS CHARTER

What you tolerate is what you train. This is the piece of paper that outlives August. Not goals. Standards. A goal is something you chase. A standard is something you refuse to live below.

Three raises. Name what you've been tolerating, then write the new standard that replaces it.

I've been tolerating

New standard

I've been tolerating

New standard

I've been tolerating

New standard

Tolerating: "my block getting bumped whenever anyone asks." Standard: "the block moves for emergencies, not requests." Tolerating: "four hours of sleep and calling it grind." Standard: "in bed by 1 on non-gig nights, no debate."

My non-negotiables — the three inputs I own outright from today.

The block — days / times, from my peak window

The asset — the energy deposit from Exercise 3

The gate — who and what is allowed to break the block (short list)

"My results are downstream of my standards. These are mine now. I don't negotiate them down for anyone's convenience — including my own."

Signed

Date

You'll be tempted to write standards you can post instead of standards you can keep. Don't. A modest standard you hold beats an impressive one you visit. This charter comes with you into September — leadership is just standards made visible.

05

SAME PERSON, NEXT LEVEL

LOCK IN

If you locked in last month, you already have your person. Keep them. If you didn't — the Bullshit Meter already called you on it, so handle it now. One person. Not a group chat. **One human** who'll keep it real with you and won't let you front.

This month you send them two things: your **one big no** (Exercise 4) and your **Standards Charter** (Exercise 6). Now someone else knows exactly what you're protecting and the standard you claimed. That's the point. It's harder to quietly fold when a real one has the receipts.

My accountability buddy this month

I'm sending them my no + my charter by

WEEKLY · SMALL

Quick check-in. "Did I hold the standard this week? Yes or no. What or who tested it?" Five minutes, voice note, coffee, whatever.

MONTHLY · BIG

Real sit-down. Walk the whole inventory. Did the receipts change? Which standard slipped, and what's getting cut next month?

WRITTEN COMMITMENT — SIGN IT LIKE YOU MEAN IT

This month I own

My person is

We're checking in every

Signed

DON'T HAVE YOUR PERSON YET?

The buddy system is still the goal. But if you're doing this on your own for now, head to **djtj.fm/monthly-mindset**, drop your email, and I'll send a check-in around the halfway point of the month. Not a newsletter. Just a nudge to make sure you actually did it.

06

SOLO SELF-CHECK

THE BULLSHIT METER

End of the month, before you turn the page to Leadership. Nobody's watching. That's the point. Ownership is the easiest month of the six to fake, because talking about accountability feels almost the same as having it. Rate each one 1 to 5.

Did I actually track my TIME RECEIPTS, or did I guess and flatter myself?

guessed

☐☐☐☐☐

kept the receipts

Did I OWN the misses, or did I find someone to blame?

pointed fingers

☐☐☐☐☐

looked in the mirror

Did I actually SEND the no, or does it live in my drafts?

kept it "polite"

☐☐☐☐☐

said it

Is my STANDARDS CHARTER signed and running, or is it decoration?

wrote it pretty

☐☐☐☐☐

living it

When someone came for the block, did I HOLD the standard?

folded

☐☐☐☐☐

held the line

____ / 25 YOUR SCORE

20–25 You own the inputs now. Feel the difference between busy and in control. Carry it — September needs it.

12–19 You started claiming it. Find the lowest score and fix it before September. Usually it's the no you didn't send. Send it.

UNDER 12 You read about ownership and kept renting. Here's the test: does the calendar look different than it did in July? If not, nothing happened this month. Go back to the lowest-scoring section and actually do it. No shame. But no fronting either.

One honest sentence about where I actually fell short

THE NEXT EPISODE

You just did the second thing most people never do: you put your name on your own life. You stopped renting your hours out for free. You cut what didn't deserve you, you wired the system, and you signed a standard with your name on it.

Here's what you might not have noticed yet: people are watching. The moment you start moving like someone who owns their time — keeping your word to yourself, holding a standard, saying clean nos — you stop just managing yourself. You start setting a pace. That's not a personality trait. It's a byproduct of what you just built.

Next month is **L: Leadership**. Leadership does not start with a title, a team, or a following. It starts with being someone worth following — and you've spent two months becoming exactly that. September is where it turns outward: influence, service, communication, showing your work, and building the room of people around you on purpose instead of by accident. Your charter was for you. Leadership is what happens when your standards become visible.

You claimed the assets this month. Next month you learn what they're worth to everyone else.

See you in September. Bring the receipts and the charter.