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BONUS 02 — FREE WITH READY FOR HER

# THE 30-DAY READINESS TRACKER

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Five Daily Dimensions. Thirty Days.  
Make The Invisible Progress Visible.

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# Track What Actually Matters

Readiness for a real relationship is not a switch. It is a gradual shift across multiple dimensions simultaneously. Most men cannot see this progress because they are only measuring whether they are falling or not falling — the cycle metric. This tracker measures five dimensions that matter beyond the cycle.

Rate yourself from 1 to 5 on each indicator at the end of each day. 1 is a difficult day. 5 is a strong day. There are no wrong answers — only honest ones. Dishonest tracking produces useless data. Honest tracking produces a map of where you actually are and what still needs work.

Do not aim for fives every day. Aim for honesty every day. Over 30 days, honest daily tracking will show you patterns you would never have noticed otherwise — which dimensions are improving, which are stuck, and what circumstances correlate with your strongest and weakest days.

## DIMENSION A — HOW I SAW WOMEN TODAY

1 = Consistent objectification, difficult to interrupt, significant guilt throughout the day.

3 = Objectifying thoughts came but were caught and redirected within a reasonable time.

5 = Predominantly saw women as whole people. Interrupts were fast, natural and did not require significant effort.

## DIMENSION B — EMOTIONAL PRESENCE

1 = Emotionally distant or deflecting in all significant interactions today.

3 = Present in some interactions, deflecting or managing in others.

5 = Genuinely present and engaged in all meaningful conversations. Did not retreat when it became uncomfortable.

## DIMENSION C — PHYSICAL PRESENCE

1 = Spent most of the day in my head, on autopilot, disconnected from my body.

3 = Some periods of genuine physical presence, some autopilot.

5 = Physically engaged and present throughout the day. Exercise, embodied activity or deliberate sensory attention.

#### **DIMENSION D — CONSISTENCY WITH COMMITMENTS**

1 = Broke multiple commitments to myself today. Did not follow through on what I said I would do.

3 = Kept some commitments. Broke others. Mixed day.

5 = Kept every commitment regardless of how I felt. Did what I said I would do.

#### **DIMENSION E — SELF-IMAGE AS A MAN**

1 = Felt strongly defined by my past today. Shame present. Identity felt fragile.

3 = Mixed. Some moments of clarity about who I am becoming, some pull toward old identity.

5 = Felt clearly like the man I am becoming. The past was acknowledged but not in control.

# Daily Tracking

Fill in your score (1 to 5) for each dimension at the end of each day. Review weekly to identify patterns.

DAY	A	B	C	D	E	NOTES
01						
02						
03						
04						
05						
06						
07						
<b>WEEK 1 REVIEW — What patterns do you notice?</b>						
08						
09						
10						
11						
12						
13						
14						
<b>WEEK 2 REVIEW — Where are you improving? Where are you stuck?</b>						
15						
16						
17						
18						
19						
20						
21						
<b>WEEK 3 REVIEW — What has genuinely shifted?</b>						
22						
23						

24						
25						
26						
27						
28						
29						
30						

**DAY 30 REVIEW — Where are you now vs day 1?**