

Capital Discipline Qualification

30-Day Entry Requirement

30-Day Entry Requirement

- This is not a course, club, or investment opportunity.
- No capital is provided.
- No income is promised.
- Most applicants will not finish. That is expected.
- This is phase 1/8 This process exists to identify people who can handle restraint, boredom, and judgment before money is involved.

Duration

- 30 consecutive days
- 30–45 minutes per day
- Miss one day → you restart from Day 1

Rules (Non-Negotiable)

- No missed days
- No public discussion (no Discord, no group chat, no posting)
- No advice requests (questions allowed only to clarify rules)
- No motivation language (evidence and reasoning only)
- Everything must be written (if it isn't logged, it didn't happen)

Breaking any rule ends participation.

Daily Requirement (Every Day for 30 Days)

Create one written entry per day with the following five sections:

1. A DECISION YOU DID NOT TAKE

Describe one urge to act that you resisted.

Examples:

- a trade you didn't place
- a purchase you didn't make
- a business idea you didn't chase
- a message you didn't send
- a shortcut you didn't take

Explain:

- what the urge was
- what the downside would have been if wrong
- what doing nothing preserved

2. RISK FRAMED IN NUMBERS

Estimate:

- worst-case downside (time, money, reputation)
- rough probability of failure
- simple expected-value reasoning (plain language is fine)

Accuracy matters less than honest thinking.

3. THE “NO LIST”

Add one sentence:

- “I said no to __ because __.”

This list grows daily.

4. ONE PIECE OF EVIDENCE

Attach or cite one verifiable item:

- screenshot
- listing
- price
- quote
- short factual summary of something you read

Opinions without evidence do not count.

5. ONE RULE SENTENCE

One sentence only:

- “Next time I will ___.”
- or “The earliest signal of failure is ___.”

No feelings. No stories.

Weekly Submission (Days 7, 14, 21, 28)

Submit a 1-page memo containing:

- your 3 best 'No' decisions that week
- 1 reasoning error you corrected
- 1 rule you are adopting permanently
- 1 metric you tracked (time wasted, impulses resisted, etc.)

Final Submission (Day 30)

Report including:

- Completion confirmation (30/30 days)
- Your Top 10 'No' decisions
- Your primary failure mode
- 5 operating rules you will follow for the next 90 days
- Are you ready for phase 2

Important Notes

If you have reached this paragraph and completed all requirements exactly as written, email your final submission to:
pathtowealthfp@gmail.com

If you did not complete all 30 days without missing a day, do not email.

No guarantees, no follow-ups, and no explanation will be provided.

FASIOLI PUBLISHING

Email: pathtowealthfp@gmail.com

Website: www.fasiolipublishing.com