

THE 30+ MANUAL

STOP CALLING THIS NORMAL

20 quiet signs your life is getting harder while you keep calling it "just being busy."



BY ANDREI ALADIN

SHORT. PRACTICAL. SELF-GUIDED.

READ THIS FIRST

This is an audit, not a diagnosis

This short audit is designed to catch the quiet drift that happens when adult life gets harder one small trade at a time.

THIS IS • A quick self-check • A way to choose where to start • A snapshot of the last two weeks • A practical next step	THIS IS NOT • A medical test • A mental-health diagnosis • A relationship verdict • Proof that anything is "wrong" with you
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If fatigue is severe, persistent, unexplained, or getting worse - or if you have chest pain, fainting, unusual shortness of breath, major mood changes, or other concerning symptoms - use appropriate professional care. A PDF should not be your emergency plan.

Your life rarely falls apart in one dramatic moment. It gets slightly harder until you start calling it normal.

HOW TO USE IT

Score what is true lately

Use the last 14 days, not your best week and not your worst single day.

- 1 For each statement, choose 0 = rarely, 1 = sometimes, or 2 = often.
- 2 Add each section separately.
- 3 The highest section is your current biggest leak.
- 4 Pick one action on page 10. Do not try to fix all five categories tonight.

This audit is useful only if you answer like a normal tired adult, not like the version of you who buys planners on Sunday night.

0-2	Quiet for now
3-5	Worth watching
6-8	Likely your best starting point

SECTION 1

Energy drift

Score 0, 1, or 2 for each statement.

- ☐ I need caffeine to feel like myself.
- ☐ My focus disappears halfway through the day.
- ☐ Weekends are mostly recovery from the week.
- ☐ Feeling tired has started to feel like part of my personality.

1	___
2	___
3	___
4	___
ENERGY TOTAL	___ / 8

A high score does not tell you why you are tired. It tells you that guessing is no longer a great system.

SECTION 2

Evening drift

- [] I lose an hour to my phone without deciding to.
- [] Snacking starts when the day finally goes quiet.
- [] I stay awake because tomorrow feels like it comes too fast.
- [] Most evenings end with some version of "I will fix it tomorrow."

1	___
2	___
3	___
4	___
EVENING TOTAL	___ / 8

The worst evening habits often do not feel destructive. They feel deserved.

SECTION 3

Habit drift

- [] My routines work only on unusually good days.
- [] One missed day can make me abandon the whole week.
- [] I collect more advice than I consistently use.
- [] Monday has become part of my procrastination strategy.

1	___
2	___
3	___
4	___
HABIT TOTAL	___ / 8

A plan that collapses on a normal bad day was never a reliable plan.

SECTION 4

Body drift

- [] Strength or mobility has quietly declined.
- [] Normal daily movement feels like another workout.
- [] I avoid starting because the "proper" version feels too hard.
- [] I treat exercise as punishment for what I ate or failed to do.

1	___
2	___
3	___
4	___
BODY TOTAL	___ / 8

Your body does not need a heroic comeback. It needs a repeatable next step.

SECTION 5

Relationship drift

- [] Most conversations are logistics.
- [] Important topics happen when one or both of us are exhausted.
- [] We spend more focused time with our phones than with each other.
- [] We avoid small issues until they become heavy or strangely explosive.

1	___
2	___
3	___
4	___
RELATIONSHIP TOTAL	___ / 8

A high score is not a verdict on the relationship. It means the system around the relationship deserves attention.

YOUR RESULT

Find your biggest leak

Energy	___ / 8
Evenings	___ / 8
Habits	___ / 8
Body	___ / 8
Relationships	___ / 8

My highest category is: _____

The problem I keep calling normal is:

The smallest honest change I am willing to test this week is:

DO THIS TODAY

One move for each leak

Energy	Rate morning, afternoon, and evening energy. Stop guessing.
Evenings	Choose where your phone will sleep tonight.
Habits	Write the smallest version of one behavior.
Body	Do one controlled set of sit-to-stands and wall push-ups.
Relationships	Ask for a 20-minute conversation at a reasonable time - not during a fight.

Do not turn a self-audit into a new full-time job. Pick one lane.

CHOOSE YOUR RESET

Start where the leak is loudest

ENERGY	The 7-Day Energy Reset - \$9
EVENINGS	The 7-Night Evening Reset - \$17
HABITS	The 21-Day Habit Reset - \$19
BODY	The 4-Week Strong Body Reset - \$29
RELATIONSHIPS	The Weekly Relationship Reset - \$19

Visit the30plusmanual.com/start to see only the products that are actually available. No calls. No diagnosis. No giant course.

Not ready to buy? Keep the result. Repeat the audit in 30 days and see whether the same problem is still running the show.

KEEP THIS PAGE

Your 30+ drift card

MY BIGGEST LEAK	_____
WHAT IT COSTS ME	_____
MY ONE-WEEK TEST	_____
MY BAD-DAY MINIMUM	_____
REVIEW DATE	_____

Stop calling it normal. Start calling it something you can test.

Save this page. The goal is not to feel judged by a score. The goal is to stop drifting without noticing.

SOURCES AND LIMITS

What this audit is built on

The categories in this audit reflect recurring lifestyle and relationship themes addressed across The 30+ Manual product line. They are editorial categories, not validated diagnostic scales.

- Lally P et al. How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*. 2010.
- Gollwitzer PM, Sheeran P. Implementation intentions and goal achievement: A meta-analysis. *Advances in Experimental Social Psychology*. 2006.
- U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*, 2nd edition.
- Gottman JM, Levenson RW. Marital processes predictive of later dissolution. *Journal of Personality and Social Psychology*. 1992.

Educational use only. This audit does not diagnose fatigue, depression, sleep disorders, eating disorders, addiction, injury, or relationship abuse. Use qualified professional help when the situation is outside the scope of a self-guided workbook.

Created by Andrei Aladin. Rehabilitation specialist, multiple-time world and European champion, coach since 2014.