SPECIMEN

Way of the Bellator

A field manual on accountability and discipline, written for men.

Destroy self-deception. Sharpen metacognition. Make course-correction a habit.

Field Manual FM-01
Order 1 of 10 · Pocket A6



THIS MANUAL EXISTS TO

help a man close the gap between what he says and what he does, and may not cost him his honesty or the people who depend on him.

Every manual opens with a purpose and a boundary, agreed with the author.

How to read an order

1 **The Code.** What he holds to under pressure.

2 **Commander's Intent.** What this order is for.

3 **Pass or Fail.** How it's judged, set before he starts.

4 **The Drill.** What he does today.

5 **Proof.** What shows he did it.

ON THE PAGE OF A TYPICAL BOOK

Most of us know when we're making excuses. We tell ourselves that circumstances got in the way, and the story is comfortable enough that we rarely question it. Real growth begins when we take honest ownership of our failures and commit to doing something about them.

Passage written for this specimen.

A good idea. Now what does he do tonight?

Turn the page to see the same idea as an order.

ORDER 1

See the lie, kill the lie

THE CODE

Excuses are sugar on rot. Spit, don't sip.

If you are explaining, you are stalling.

Name it, own it, fix it in your lane.

Nobody is coming. Move.

COMMANDER'S INTENT

Catch self-deception on contact. Turn it into a corrective act before you sleep.

PASS OR FAIL

PASS
The fix is sent before you sleep.

FAIL
You explained instead of acting. Pay the penalty, 16 burpees on the spot, then send it.

INTEGRITY CHECK
A fix that hides the truth is a fail, even if it works.

THE DRILL

The Ten-Word Confession

1. Identify today's failure.
2. Write it in ten words. No adjectives. No alibis.
3. Send the fix, refund, apology or reversal now.

PROOF

No proof, it didn't happen.

TEN WORDS

FIX SENT TO

TIME

VERDICT

☐ Pass ☐ Fail, penalty paid

Tomorrow, back to Order 1. Find the next lie.

THE METHOD BEHIND THE PAGE

Decision Hygiene Protocol

Five phases that turn good intentions into decisions that hold. Every manual is built on them.

Frame Check	Commander's Intent
Pre-Commitment	Pass or Fail
Bounded Action	The Drill
Evidence Capture	Proof
Verdict	The daily verdict, and the audit that closes the manual

THE RULE ABOVE THE REST

A result that breaks the manual's stated boundary counts as a fail, however good it looks.

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