The Life You *Choose*

THE MADE REAL BLUEPRINT / STEP 1

I stay in the town I know, *and I get my evenings back.*

I work four days, and the fifth day is outdoors. I am outside every day, even when the weather is bad.

Sam · 21 September 2026

01 Picture — 02 Explore — 03 Decide

MY WORKING DIRECTION

What I am choosing between

A

Four days a week here, Friday outdoors

Not sure yet: Whether my manager agrees, and whether four-fifths pay is comfortable

B

Move somewhere greener and cheaper

Not sure yet: Whether I would still have anybody to eat with

What I want to protect

My job and the people in it. My flat and the rent I can afford. My sister ten minutes away. The Thursday market. Knowing the chemist by name.

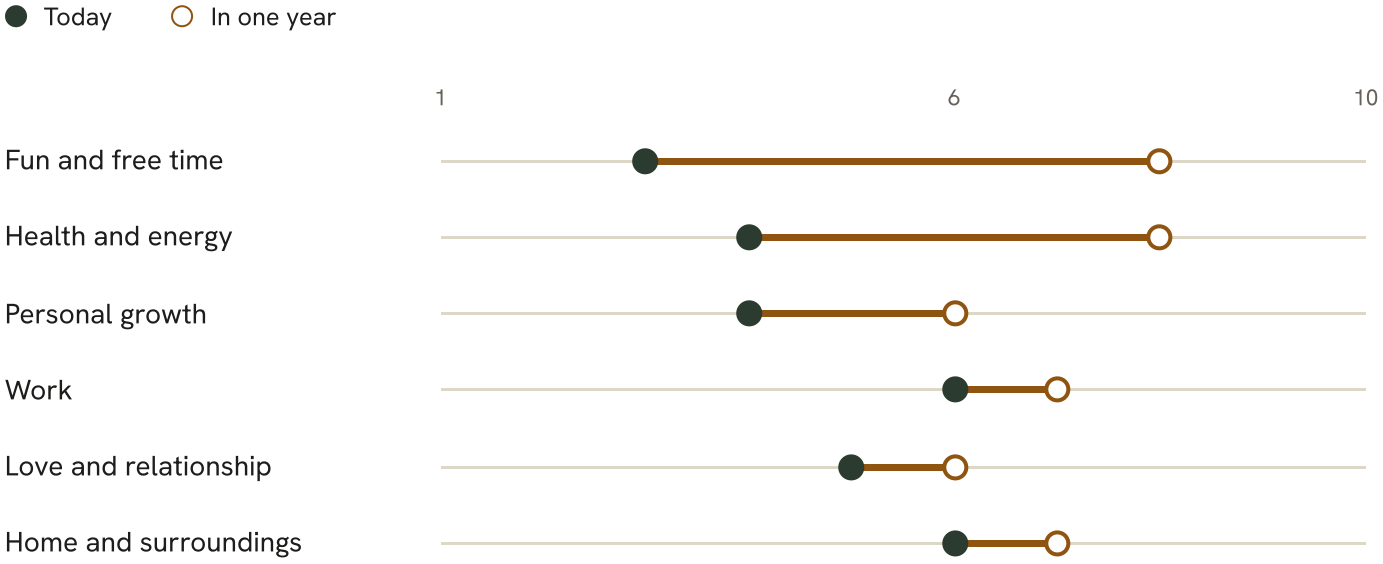
HEALTH · FREEDOM · FAMILY · NATURE · SIMPLICITY

Build the life I want where I am. Let go for now: A fifth of my pay, evening email, and the idea that the life I want is abroad.

MY STARTING POINT

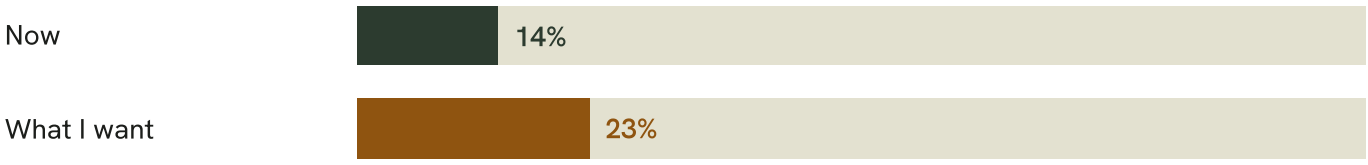
What I want more of

Nine hours a day in an office, two of them on things that could wait. Sixteen hours a week that are mine. A flat I like, with no outside space, in a town I do not want to leave.



My own scores, 1–10. The second mark is where I want to be in a year, not something already achieved.

TIME I DECIDE FOR MYSELF



16 of my 112 waking hours a week are mine to choose. The second figure is what I am aiming at.

THE FIRST BLOCK I TAKE BACK

Two evenings a week to start, then the whole of Friday. That is about ten hours back, every week.

I keep small promises. I am good at the work. I know everyone in three streets.

MONEY AND MOMENTUM

A first money picture

These are my own figures for a month in the new life, and the income I can count on.

Monthly costs €2,210



Income I can count on €2,360



€150

left over each month

On the costs and income recorded here.

€690 is recorded for the change itself. €6,710 is left to live on after the one-time costs, deposits and a €6,600 reserve.

WHAT MY NEW LIFE MUST GIVE ME

Daylight after work, most days · One whole day a week outdoors · Rent I can pay without counting · My sister within half an hour · Work I am good at · A patch of ground of my own

MY NEXT SMALL STEP, WITHIN TWO WEEKS

No work after six on Tuesday and Thursday for four weeks, 22 September to 15 October 2026, plus one unpaid Friday on 9 October.

Questions to settle: That my manager will discuss four days at all. That I can live on four-fifths of my pay. That I will actually go outside when the evening is free.

REVIEW / 16 OCTOBER 2026

If I am outside on most of those evenings, I ask for the four-day week. If I work through them anyway, the hours are not the problem, and I look at the job instead.

Dealbreakers I carry forward: A week with no daylight in it. Moving away from my sister. Rent I have to think about on the first of the month.