Worksheet 2: The Bill

Use on: Day 4 **Time:** 15 min **Mechanic:** calculate **You'll need:** a pen, a calculator, a thick marker

Why this exists: A forgotten subscription doesn't hurt because each charge is small. It hurts when you finally add it up. This is that moment: the full statement, line by line, all the way to the bottom.

STATEMENT OF ACCOUNT

Account holder: _____ **Date:** _____

Charges in time

Count the whole thing: the scrolling before, the hunting, the session, and the flat hour after when you can't start anything.

Item	Amount
Minutes per time, all in	_____
Times per week	_____
Hours per week (minutes × times ÷ 60)	_____
Hours per year (× 52)	_____
Working weeks per year (÷ 40)	_____
Years on this account	_____
TOTAL HOURS PAID SO FAR	_____

Hidden charges

Some costs never show up as hours. Rate each one from 0 (nothing) to 10 (a lot).

Charge	0–10
Energy in the mornings	
Ease around other people	
Looking people in the eye	
The Shadow (the low background dread)	
Closeness with a real person	
How I feel about myself	
Being able to choose (not being pulled)	

Received in exchange

Copy the box from Part 4 of the Honest Ledger:

The stamp

Take the thick marker and write across the whole statement, corner to corner, in capitals:

NOTHING RECEIVED.

The Line I'm Keeping
