

# Feather Investment Dashboard — Quick Guide (v1.0)

## Purpose

Grow through Ma'at — slow, steady, aware. Your dashboard keeps money and emotions inside a safe balance band.

## Weekly (about 5 minutes)

### 1) Enter 3 numbers on the Log sheet:

- $q$  (Store €): capital at start of week
- $\sigma$  (Income/Profit €): gains this week
- $\delta$  (Costs/Losses €): fees/losses/withdrawals

### 2) The Dashboard auto-computes:

- $\Delta = \sigma - \delta$
- Rolling 4-week mean  $\Delta$
- $\eta_0 = q + 0.5 \cdot \sigma - 0.5 \cdot \delta$
- Band status vs  $\varepsilon$  (percent of mean  $q$ )

### 3) Read status:

- Within Ma'at Band -> continue or scale slightly
- Outside Band -> pause deposits, simplify, review notes

## Set Your $\varepsilon$ (tolerance)

- Default: 5%. Range: 5-10% for beginners.
- Higher  $\varepsilon$  = more fluctuation allowed; lower  $\varepsilon$  = stricter calm.

## Covenant Line (edit to your words)

"I grow through Ma'at — slow, steady, aware. My money learns harmony, not hurry."

## Feather Audit (each week)

- 1) Ka Stillness: one breath before numbers
- 2) ab Observation: notice feelings seeing gain/loss
- 3) Ma'at Calibration: choose the smallest correction
- 4) Ra Micro-Action: e.g., reduce a fee or add €5
- 5) Sekhem Feedback: log energy in Notes /  $\eta_0$

## When to Scale

- Band holds 3-4 weeks AND body feels calm -> add €10-€50
- Any tension, over-checking, or sleep impact -> hold or reduce

## Troubleshooting

- Band often breaks? Lower risk, reduce deposits, or increase  $\varepsilon$  slightly.
- Emotional spikes? Shorten screen time; check only weekly.
- Fees too high? Consider simpler ETF plan.

## Remember

Profit is welcome when harmony leads. No hurry.