The challenge agreement

Discipline is not punishment. It is the skill of directing yourself toward what matters after the first emotion passes.

MY ONE 30-DAY RESULT

THE DAILY ACTION I WILL TRACK

THE DISTRACTION I AM REMOVING

RECOVERY RULE

Never miss twice on purpose. If you slip, complete the smallest corrective action before going to sleep.

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Day 1: Name the finish line

Phase: START

TODAY'S MOVE

Choose one result that can be clearly finished in 30 days.

THE EXACT TIME AND PLACE I WILL DO IT

[ ] I started without waiting for perfect conditions.

[ ] I completed the action I wrote.

[ ] I recorded the truth before ending the day.

WHAT EXACTLY WILL EXIST WHEN THIS IS COMPLETE?

TOMORROW'S FIRST MOVE

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Checkpoint after day 7

THE STRONGEST EVIDENCE OF PROGRESS

THE PATTERN STILL TRYING TO PULL ME BACKWARD

THE ONE ADJUSTMENT I WILL CARRY FORWARD

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