

Forged by Fire: Daily Discipline Sheet

For days when motivation is gone but standards remain.

Today's Date: _____

I will not negotiate with weakness today. My 3 Core Disciplines (write them once, live them daily):

1. _____
2. _____
3. _____

Completed?

- 1
- 2
- 3

When I felt like quitting today, I remembered:

Pain endured today becomes strength carried tomorrow. Tomorrow I rise again. No exceptions.