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Building Real Discipline — Workbook

Identity-based habits, environment design, and the
keystone routine that compounds — installed in 28 days.

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Start Here: Self-Assessment

Complete this before Lesson 1.1. Rate each statement from 1 (not at all true) to 5 (completely true). You'll retake it on Day 27 or 28 and compare.

Statement	Day 0 score	Day 28 score
I keep the promises I make to myself.		
I have at least one daily routine that runs without much effort.		
I know exactly when and where my most important habit happens.		
My environment makes my good habits easy to start.		
The things that distract me are hard to reach.		
When I miss a day, I get back on track the next day.		
I talk to myself kindly and usefully after a slip.		
I see myself as a disciplined person.		
I can ride out an urge without giving in automatically.		
I review my habits regularly and adjust them.		
Total (out of 50)		

What made you buy this course right now?

If this course works, what will be different in your life 90 days from now?

What has gotten in the way of discipline for you in the past?

On a scale of 1-10, how confident are you that you can build one lasting habit in the next 28 days?

Worksheet 1.1: My Willpower History

List three past attempts at building a habit that didn't last. Identify the failure pattern (Sprint, Negotiation, or Collapse) and the design change that might have saved it.

Past attempt	What happened	Pattern (Sprint / Negotiation / Collapse)	Design change that might have helped

Which pattern shows up most often for you?

Write the course definition of discipline in your own words:

When I catch myself thinking "I just need to try harder," the question I will ask instead is:

Worksheet 1.2: The Three-Lever Scorecard

Score one habit you keep reliably and one you keep failing at. 1 = weak, 5 = strong.

Lever	Habit I keep	Habit I struggle with
Identity — does it feel like “me”?		
Environment — is it easy to start and hard to skip?		
Routine — do I know exactly when and after what?		
Total		

What does the reliable habit have that the struggling one doesn’t?

The weakest lever for my struggling habit is:

One change that would move that lever up by a single point:

Worksheet 1.3: Baseline and Target Selection

Describe your typical day honestly, then choose one target for the next 28 days.

My typical day

Usual wake time and bedtime:

What my first 30 minutes usually look like:

Where my time leaks (phone, TV, email, snacking, reactive tasks):

My highest-energy time of day / my lowest-energy time of day:

My existing anchor habits

List habits you already do reliably every day (coffee, brushing teeth, commute, opening your laptop).

Anchor habits I already do reliably:

Candidate targets

Score each 1-5.

Candidate target	Ripple	Control	Daily-able	Total

My 28-day target, written as a direction (not a destination):

My two-minute starter action for Day 1:

My Later List

Everything else I want to change, parked for now (revisit in Lesson 6.3):

Worksheet 1.4: My 28-Day Commitment

Fill in your plan and real calendar dates.

My target direction:

My two-minute starter action:

My daily check-in moment (tied to an existing habit):

My weekly review day and time:

Day	Date	Day	Date	Day	Date	Day	Date
1		8		15		22	
2		9		16		23	
3		10		17		24	
4		11		18		25	
5		12		19		26	
6		13		20		27	
7		14		21		28	

My three non-negotiables: - [] I do at least the minimum every day. - [] I check in once a day. - [] I never miss twice.

My commitment: “For the next 28 days, I will...”

Signature and date:

Worksheet 2.1: My Identity Statement

Build your ladder, draft your statement, and test its believability.

My value → identity → habit ladder

A core value I care about deeply:

Who that value requires me to be:

What that person does daily:

Draft statements

Write three versions. Rate each for believability (1–10).

Draft identity statement	Believability (1–10)

If none scored above 6, write a bridge statement (“I’m becoming someone who...”):

My final identity statement:

Where I will display it (mirror, lock screen, notebook cover):

The phrase I’ll say when I finish my daily action (for example, “Done. That’s what a writer does.”):

Tonight, one situation where I asked “What would a person who [identity] do right now?”
and what I chose:

Worksheet 2.2: The Identity Audit

Surface the beliefs you currently hold about yourself in your target area, sort them, and put the limiting ones on trial.

Part 1: My “I am” statements

Write at least eight sentences you’d naturally say about yourself in this area. Don’t censor.

Part 2: Sort them

Supporting	Limiting	Neutral / Just a fact

Part 3: Put limiting beliefs on trial

Limiting belief #1:

Evidence for:

Evidence against (even once):

Where this belief came from:

What believing it has cost me:

Limiting belief #2:

Evidence for:

Evidence against (even once):

Where this belief came from:

What believing it has cost me:

Part 4: Rewrite

Limiting belief	Honest, useful rewrite

Part 5: My hidden strengths

One area of life where I’m already consistent:

How I stay consistent there (accountability, routine, visible progress, competition, something else):

My discipline style in one sentence:

Worksheet 2.3: The Evidence Log

One entry per day at your check-in. Each entry takes under a minute. Continue for the rest of the course.

Day	What I did	Identity it proves	One specific detail
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			

Day	What I did	Identity it proves	One specific detail
24			
25			
26			
27			
28			

Three “bonus evidence” actions that also fit my identity:

My two-vote plan for hard days (two small actions I can always do):

Worksheet 2.4: My Discipline Script

Write the language that will carry you through resistance, temptation, and slips.

My “I don’t” rules (up to three)

Write each rule starting with “I don’t...”

My script for the three tested moments

Before starting (resistance) — include the two-minute bargain:

Facing temptation — use distanced self-talk (your name or “you”):

After a slip — name it, normalize it, next step:

Old language I catch myself using, and its identity-language rewrite:

Week 1 Review (Day 7)

✓ Full/standard	½ Minimum	✗ Missed	R Rest

My most convincing Evidence Log entry this week:

What got in the way this week:

One small change for next week:

Worksheet 3.1: My Cue Map

Observe the moments before your target habit should happen and before a competing behavior shows up.

Moments for my target habit

Location	Time	Preceding action	Objects nearby	People around	How I felt	Did I do it?

Moments for a competing behavior

Location	Time	Preceding action	Objects nearby	People around	How I felt	What I did

The strongest recurring pattern I noticed:

One “make it obvious” change for my target habit:

One “make it invisible” change for the competing behavior:

One space or object I’ll give a single purpose to:

Worksheet 3.2: The Environment Design Checklist

Cut friction for your target habit, add friction to competing habits, and work through all five zones. Tick what's already in place; date each new change.

My friction ledger

List every step between you and your target habit right now.

Redesigned to three steps or fewer:

Zone 1: Sleep zone

- ☐ My bedroom is mainly for sleep.
- ☐ My phone charges outside the bedroom (or across the room).
- ☐ I use a basic alarm clock, not my phone.
- ☐ Anything I need for tomorrow's first habit is laid out the night before.
- ☐ Screens that pull me in are not visible from the bed.

Zone 2: Start zone (where my day begins)

- ☐ The first thing I see supports my keystone routine.
- ☐ Tools for my morning habit are out and ready.
- ☐ My identity statement is visible here.
- ☐ Nothing here invites me to check news, email, or social media first.

Zone 3: Work or focus zone

- ☐ The tool for my target habit is within arm’s reach.
- ☐ The document, book, or project is pre-opened.
- ☐ My phone is out of sight and out of reach during focus time.
- ☐ Only what I need is on the desk.
- ☐ This space (or an object in it) has one main purpose.

Zone 4: Kitchen and food zone

- ☐ Foods that support my goals are visible and easy.
- ☐ Foods I want less of are out of sight, high up, or not in the house.
- ☐ Water or a water bottle is easy to grab.
- ☐ Anything I prep for tomorrow is ready.

Zone 5: Transition zones (entryway, car, bag)

- ☐ Gear for my habit lives by the door or in the car.
- ☐ My bag is packed the night before.
- ☐ Nothing in these spaces cues the behavior I’m reducing.

My changes

Change	Zone	Adds or removes friction?	Date made	Working after 4 days? (Y/N)

Worksheet 3.3: Digital Environment Reset

Record your baseline, redesign your phone, and schedule your boundaries.

Screen-time baseline

Measure	Today (Day 10)	Day 28
Average daily screen time		
Pickups per day		
Top app #1		
Top app #2		
Top app #3		
First app I open in the morning		

Home screen redesign

- ☐ Home screen shows only deliberate tools and habit-supporting apps.
- ☐ Occasional utilities moved to a second screen or folder.
- ☐ Social, news, shopping, and game apps moved off the phone or into a boring-named folder.
- ☐ Tried grayscale mode (optional).
- ☐ Lock screen shows my identity statement.
- ☐ Habit tracker or timer is on the dock.

Notifications

- ☐ Only people and time-critical tools can interrupt me.
- ☐ Social media notifications off.
- ☐ News and shopping notifications off.
- ☐ Email notifications off or limited to work hours.

My device boundaries (choose two)

Boundary	Scheduled how	Start date

My computer changes (email times, browser profile, blocker):

When I reach for my phone out of boredom, I will instead:

Worksheet 3.4: My Support Map

Map your social environment and set up accountability.

People and groups who support my target habit:

People or situations that unintentionally work against it:

A group where my habit is the norm (and how I'll connect with it):

Accountability partner

My partner:

Our structure (daily check-in method, weekly call time):

The message I'll send them today:

My social scripts

Situation	What I'll say

Household conversation

- ☐ I've shared what I'm doing and why it matters.
- ☐ I've shared when my routine happens and what I need.
- ☐ I've asked what they need from me.
- ☐ I've looked for a way they could join or support.

Notes from the conversation:

Worksheet 4.1: Choosing My Keystone

Score two or three candidate routines against the five marks (1-5 each).

Candidate routine	Daily	Early/anchoring	Ripple	Short	Controllable	Total

My chosen keystone routine:

This routine matters because:

The part of my day it anchors to:

The main ripple effect I hope to see:

Check: my keystone contains my target habit plus no more than one or two supporting steps. - [] Yes

Worksheet 4.2: Keystone Routine Blueprint

Close every open question in advance.

Spec	My answer
1. Anchor (after what existing action?)	
2. Place (where exactly?)	
3. Sequence (steps in order)	
4. Duration at full size	
5. Minimum (two-minute version)	
6. Finish line (how I know I'm done)	
7. Celebration (what I do or say at the end)	

My when-then statement ("After I [anchor], I will [first step] at [place], then [sequence], and I'll finish when [finish line]."):

My first step (physical, under 30 seconds, already prepared):

What I need to prepare in advance for that first step:

If-then backup plans

If (obstacle)	Then (my response)

Test run notes

Where I hesitated:

Steps that took longer or shorter than expected:

What needed to be prepared that wasn't:

My adjustment:

Worksheet 4.3: Three Levels of My Routine

Define all three levels so no day is ever a zero.

Level	What I do	Time
Full		
Standard		
Minimum		

- ☐ My minimum takes two minutes or less.
- ☐ My minimum uses the same anchor, place, and first step as the full routine.
- ☐ My minimum has a clear finish line.
- ☐ I've given myself real permission to stop after the minimum.

I'll use the minimum version when:

Worst-day test

Describe your hardest likely day this month:

Would the minimum still happen on that day? If not, how will I shrink it?

Week 2 Review (Day 14)

✓ Full/standard	½ Minimum	✗ Missed	R Rest

Which environment change made the biggest difference?

What got in the way this week?

One change for next week:

Worksheet 4.4: My Habit Stack

Check readiness before you add anything.

Readiness check

- ☐ Completed my routine (any level) on at least 10 of the last 14 days.
- ☐ Haven't missed two days in a row in the last week.
- ☐ The first step feels close to automatic.
- ☐ The routine feels a little too easy at standard size.

Number ticked (three or more = ready to stack one small addition):

If ready

My stacking statement ("After I [current step], I will [new habit]."):

Start date:

If not ready

What I'll stack when I'm ready:

Date I'll re-check readiness:

Ripple audit

Changes I've noticed since Day 1 (energy, sleep, mood, focus, relationships, self-talk, other habits):

Worksheet 5.1: My Dip Plan

Prepare for the dip before it ambushes you.

Current motivation (1-10):

Current effort the routine takes (1-10, 10 = very hard):

Early warning signs I've already noticed: - ☐ Negotiating with myself again - ☐ Using the minimum more often without a clear reason - ☐ Skipping or delaying check-ins - ☐ Identity statement feels less true - ☐ Thinking "maybe this is the wrong habit"

The three dip strategies I'll use: - ☐ Lower the bar, keep the anchor - ☐ Reread my Evidence Log - ☐ Reconnect to my value - ☐ Add a small novelty within the routine - ☐ Lean on my people

The "wrong habit?" test

Question	Yes / No
Is the habit still connected to a value I care about?	
Is the minimum version genuinely doable most days?	
Has my life changed in a way that makes this routine impractical?	
Have I done this routine for fewer than 30 days?	

My conclusion (keep, or redesign — not resign):

My dip card

Write instructions from your current self to your future struggling self. Copy it onto a card and keep it where your routine happens.

Worksheet 5.2: My Recovery Protocol

Write your plan for the day after a miss.

My five-step recovery protocol, in my own words:

1. Name it:

2. Find the break point:

3. Make one adjustment:

4. Schedule the comeback (when, and at what level):

5. My after-a-slip script:

My two most likely break points

Break point	Likely cause	My fix

Known disruptions in the next 60 days

Event and dates	Plan (travel version / minimum-only / planned pause)	Restart date and time

If I've already missed a day in this course, here's the protocol applied to it:

Worksheet 5.3: My Urge Playbook

Plan for your most common urges, then practice urge surfing.

Urge	Usual trigger	Underlying need (HALT)	Response plan

My “just this once” policy — what I want the rule to be for all the times like this:

Urge-surfing log

What the urge was:

Where I felt it in my body:

Time	0:00	0:30	1:00	1:30	2:00	2:30	3:00
Intensity (1–10)							

What I chose afterward, and how it felt:

Worksheet 5.4: Tracking and Weekly Review

Choose your tracking level and run your Week 3 review.

My tracking level: - [] Simple (mark only) - [] Standard (mark + one word) - [] Detailed (mark + feeling + duration + obstacle)

Consistency rate so far = days completed (any level) ÷ days since starting:

Week 3 Review

✓ Full/standard	½ Minimum	✗ Missed	R Rest

Pattern — what do my misses or minimum days have in common?

Friction — what made the routine harder than it needed to be?

Win — what went well, and my best Evidence Log entry:

Adjust — one change for next week:

Ripple — what else has changed?

Obsession check

☐

I don't feel anxious or ashamed looking at my tracker.

☐

I rest when I genuinely need to.

☐

I spend more time acting than logging.

☐

One miss doesn't ruin my day.

☐

I've scheduled my weekly review as a recurring calendar event for the next eight weeks.

Worksheet 6.1: My Reward System

Add immediate, aligned rewards to your routine.

My temptation bundle (“I only [thing I enjoy] while I [habit I’m building].”):

My aligned immediate reward:

My celebration phrase or gesture:

My visible progress system (jar, running total, milestones):

Milestone rewards

Completions	Aligned reward	Date reached
10		
25		
50		
100		

After today’s routine, one good thing about having done it:

Worksheet 6.2: The Day-28 Review

Complete every section on Day 28.

Part 1: The numbers

Measure	Result
Days at full or standard (✓)	
Minimum days (½)	
Missed days (X)	
Rest days (R)	
Consistency rate: $(\checkmark + \frac{1}{2}) \div (28 - R)$	
Longest run of consecutive days	
Times I missed twice in a row	

Part 2: The patterns

Strongest and weakest days of the week:

Most common reasons for misses or minimum days:

Environment changes that made the biggest difference:

Tools I actually used / tools that didn't help:

Part 3: The identity check

Limiting beliefs from Worksheet 2.2 that feel less true now:

How true my identity statement feels today (1-10), compared with Day 4:

Do I still need a bridge statement?

My three strongest Evidence Log entries:

Part 4: The ripple check

Part 5: Retaken self-assessment

Enter your Day 28 scores in the Start Here table.

Day 0 total and Day 28 total:

The biggest change:

Part 6: My discipline profile

My best anchor is:

The environment change that mattered most was:

My biggest risk is:

When I slip, what gets me back is:

The one tool I'd keep:

The kind of support that works for me:

My discipline profile as a paragraph:

Part 7: What's next

- ☐ Continue and strengthen
- ☐ Redesign and continue (note your weakest lever below)
- ☐ Continue and add a second habit

How I'll celebrate 28 days:

Worksheet 6.3: My Next Habit

Decide whether you’re ready, and choose what comes next.

Readiness test

- ☐ Consistency rate of 80% or higher over the last two weeks.
- ☐ No “missed twice” in the last two weeks.
- ☐ The routine starts without much debate most days.
- ☐ I’ve used my recovery protocol successfully at least once.
- ☐ No known high-disruption period is about to start.

Number ticked (four or more = likely ready):

Rescore my Later List

Later List item	Ripple	Control	Daily-able	Fit	Total

My second habit:

- ☐ Stack it inside my keystone
- ☐ Build a second routine (run the mini-installation)

Its identity statement:

Its two-minute starter:

Start date (or date I’ll re-run the readiness test):

If my keystone starts slipping, I will:

Worksheet 6.4: My Maintenance Plan

Plan for every season and bring your whole system onto one page.

My current season (Growth / Steady / Storm / Rebuild):

How I'll recognize that a Storm has started:

My Storm plan (minimum version + two-minute check-in):

My Rebuild plan:

My monthly check-in date:

☐ Monthly check-in added to my calendar as a recurring event

Drift warning signs I'm most likely to show

- ☐ Minimum becoming the default for more than two weeks
- ☐ Skipping reviews
- ☐ Environment changes creeping back
- ☐ Identity statement feeling like someone else

My Discipline System on One Page

My identity statement:

My keystone routine (when-then statement):

Full / standard / minimum versions:

My top five environment rules:

My “I don’t” rules:

My recovery protocol (short version):

My dip card:

My review schedule:

My season strategy:

My next habit and target start date:

28-Day Habit Installation Tracker

Mark each day at your check-in: ✓ full/standard, ½ minimum, X missed, R rest. Add one word for how it felt.

Day	Date	Mark	One word	What got in the way
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				

Day	Date	Mark	One word	What got in the way
24				
25				
26				
27				
28				

Consistency rate at Day 28:

My 30/60/90-Day Plan

Map the next three months after the course.

Days 1-30: Strengthen

Goal for my keystone routine (target consistency rate, standard size):

Environment or routine adjustment I'll make:

Weekly review day and time:

Milestone I'll celebrate:

Days 31-60: Stabilize

Where I expect to be with my keystone (reaching Day 66 territory):

Stack or second habit I'll add, if the readiness test says yes:

Known disruptions and my plan for them:

Days 61-90: Expand

Second routine or next habit from my Later List:

How my identity statement might evolve:

Switch from weekly reviews to monthly check-ins (date):

90-day checkpoints

- ☐ Day 30 review completed
- ☐ Day 60 review completed
- ☐ Day 90 review completed
- ☐ Self-assessment retaken at Day 90

A letter to myself on Day 90 — what I hope to be able to say:
