

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Sun — Program Day 1

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Sun — Program Day 1

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I write what was actually true today ...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Mon — Program Day 2

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Mon — Program Day 2

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I write what was actually true today ...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Tue — Program Day 3

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Tue — Program Day 3

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I write what was actually true today ...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Wed — Program Day 4

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Wed — Program Day 4

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I write what was actually true today ...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Thu — Program Day 5

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Thu — Program Day 5

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

Virtue: Honesty. Did I write what was actually true today ...

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

Did I use my protocol today? What happened?

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Fri — Program Day 6

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Fri — Program Day 6

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I write what was actually true today ...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Sat — Program Day 7

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Use the General Journal to begin the Honesty work. What has been running on autopilot in your life? What are you most afraid to name on paper?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 1 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 1, Day Sat — Program Day 7

Date:

**Week 1: The Keystone: The Journal** Challenge: Wake up 45 minutes early — every day  
"Let the morning bring me word of your unfailing love." — Psalm 143:8

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How did the Morning Ritual go today? What felt natural? What was hard?  
What does your morning currently say about your priorities?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I write what was actually true today ...*

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Sun — Program Day 8

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Sun — Program Day 8

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Mon — Program Day 9

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily

"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Mon — Program Day 9

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Tue — Program Day 10

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily

"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Tue — Program Day 10

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Workout done

Nutrition plan followed

Challenge done

Steps today:

Duration:

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Wed — Program Day 11

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Wed — Program Day 11

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Workout done

Nutrition plan followed

Challenge done

Steps today:

Duration:

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Thu — Program Day 12

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Thu — Program Day 12

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Workout done

Nutrition plan followed

Challenge done

Steps today:

Duration:

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Fri — Program Day 13

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Fri — Program Day 13

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Sat — Program Day 14

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Which of the five stages of thought are you most often in — Assault, Interaction, Consent, Defeat, or Passion? What thought pattern keeps coming back? Name it before you do anything else today.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thought pattern I keep returning to is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 2 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 2, Day Sat — Program Day 14

Date:

**Week 2: The Battlefield of the Mind** Challenge: Morning prayer walk — 15 minutes daily  
"We take captive every thought to make it obedient to Christ." — 2 Cor 10:5

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

What thoughts came up during the prayer walk you didn't expect? Which of the 8 patterns of destructive thought showed up today — Gluttony, Avarice, Sorrow, Discouragement, Anger, Vainglory, or Pride?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Workout done

Nutrition plan followed

Challenge done

Steps today:

Duration:

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I examine my thoughts today — or just...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Sun — Program Day 15

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"Where my attention actually went today — and where I wa..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Sun — Program Day 15

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**7 VIRTUE PRACTICE**

Virtue: Honesty

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"Where my attention actually went today — and where I wa..."

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Mon — Program Day 16

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily

"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Tue — Program Day 17

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"Where my attention actually went today — and where I wa..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Tue — Program Day 17

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily

"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Honesty

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"Where my attention actually went today — and where I wa..."

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Wed — Program Day 18

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Honesty

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"Where my attention actually went today — and where I wa..."

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Thu — Program Day 19

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Honesty

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"Where my attention actually went today — and where I wa..."

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Fri — Program Day 20

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily

"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Sat — Program Day 21

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily  
"Give careful thought to the paths for your feet." — Proverbs 4:26

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breathe prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Before you check your phone today: what do you want to give your attention to? What does your attention pattern reveal about what you actually worship? Where do you need a buffer zone today?

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"Where my attention actually went today — and where I wa..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 3 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty

Week 3, Day Sat — Program Day 21

Date:

**Week 3: Intention, Attention, and Worship** Challenge: Phone fast — 2 intentional hours daily

"Give careful thought to the paths for your feet." — Proverbs 4:26

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Did you use a buffer zone today? What happened when you fasted from your phone? What filled the silence? What do you think about most — and what does that reveal?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty. Did I use my 2-hour phone fast intentiona...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Sun — Program Day 22

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Sun — Program Day 22

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How is the Evening Journal going? What does proactive planning for tomorrow feel like? What does it reveal about how you've been entering your days until now?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty — Final audit. Am I doing the Journal daily...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Mon — Program Day 23

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

How is the Evening Journal going? What does proactive planning for tomorrow feel like? What does it reveal about how you've been entering your days until now?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Honesty — Final audit. Am I doing the Journal daily...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Tue — Program Day 24

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Tue — Program Day 24

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How is the Evening Journal going? What does proactive planning for tomorrow feel like? What does it reveal about how you've been entering your days until now?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty — Final audit. Am I doing the Journal daily...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Wed — Program Day 25

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window:                      to                      Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

How is the Evening Journal going? What does proactive planning for tomorrow feel like? What does it reveal about how you've been entering your days until now?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Honesty — Final audit. Am I doing the Journal daily...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Thu — Program Day 26

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

How is the Evening Journal going? What does proactive planning for tomorrow feel like? What does it reveal about how you've been entering your days until now?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Honesty — Final audit. Am I doing the Journal daily...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Fri — Program Day 27

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Fri — Program Day 27

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

How is the Evening Journal going? What does proactive planning for tomorrow feel like? What does it reveal about how you've been entering your days until now?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Honesty — Final audit. Am I doing the Journal daily...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Sat — Program Day 28

Date:

**Week 4: Reflection: What Did You Find?** Challenge: Evening journal — every night  
"The beginning of wisdom is this: Get wisdom." — Proverbs 4:7

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Reflection week. Use the General Journal for one of the three Stage One questions: What did I discover about myself? What seed took root? What is still hard soil? Write at least ten uninterrupted minutes.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Honesty

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The honest gap between who I said I wanted to be and wh..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 4 • Stage One — Dig Deep, Plant Seeds • Virtue: Honesty — The Deepening

Week 4, Day Sat — Program Day 28

Date:

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### DAY REVIEW

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Journal done

8,000 steps

Steps today:

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Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
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Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

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Evening Journal complete

### DISCIPLINE PRACTICE:

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### CLOSING PRAYER

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### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

**Week 5: Embodied Faith** Challenge: Intermittent fasting — all week  
"Offer your bodies as a living sacrifice... this is your true and proper worship." — Romans 12:1

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Your body is a temple, not an obstacle. What does it mean to work out as an act of worship rather than punishment? What is your physical challenge goal — and what does training for it look like this week?

**2 GRATITUDE (3 SPECIFIC THINGS)**

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**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

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**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

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**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

How did intermittent fasting go today? What did hunger reveal — were you actually hungry, or was it habitual? How did your training serve your physical challenge goal today?

**MISSION STATEMENT REVIEW**

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Workout tomorrow:

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**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 6: The Habitual Life** Challenge: 30 minutes Bible reading — daily

"Let us not become weary in doing good, for at the proper time we will reap a harvest." — Galatians 6:9

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Which of the 5 Christian habits is most absent right now — Prayer, Bible, Fellowship, Service, or Charity? What habit are you swapping this week? Name the cue, the old routine, the new routine, the reward.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

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**Week 6: The Habitual Life** Challenge: 30 minutes Bible reading — daily

"Let us not become weary in doing good, for at the proper time we will reap a harvest." — Galatians 6:9

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What did the 30 minutes of Bible reading surface today? What habit did you stack — or try to stack? Where did the compounding effect of your habits become visible today, for good or bad?

**MISSION STATEMENT REVIEW**

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Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline. What did you avoid today — or not? Wha...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 6: The Habitual Life** Challenge: 30 minutes Bible reading — daily

"Let us not become weary in doing good, for at the proper time we will reap a harvest." — Galatians 6:9

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Which of the 5 Christian habits is most absent right now — Prayer, Bible, Fellowship, Service, or Charity? What habit are you swapping this week? Name the cue, the old routine, the new routine, the reward.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
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**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

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What did the 30 minutes of Bible reading surface today? What habit did you stack — or try to stack? Where did the compounding effect of your habits become visible today, for good or bad?

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# GARDENER AND WARRIOR

Week 6 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 2 of 4

Week 6, Day Thu — Program Day 40

Date:

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Virtue: Discipline

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

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Someone close / a friend / someone in need / yourself.

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Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

Did I use my protocol today? What happened?

**Week 7: Setting the Baseline** Challenge: ZAP — Zeros Aren't Permissible. Every habit, every day. "When you walk, your steps will not be hampered; when you run, you will not stumble." — Proverbs 4:12

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before the day starts: what are your Check Downs today? If the full plan becomes impossible, what is your minimum? Write your Spiritual, Physical, and Relational Baseline for today specifically. Don't post a zero.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

**Week 7: Setting the Baseline** Challenge: ZAP — Zeros Aren't Permissible. Every habit, every day. "When you walk, your steps will not be hampered; when you run, you will not stumble." — Proverbs 4:12

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

ZAP review: did you post any zeros today? What made the difference — what saved you from a zero, or what caused one? Are you staying between the River Banks?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

Virtue: Discipline. ZAP check — did you do something in ev...

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

Did I use my protocol today? What happened?

**Week 7: Setting the Baseline** Challenge: ZAP — Zeros Aren't Permissible. Every habit, every day. "When you walk, your steps will not be hampered; when you run, you will not stumble." — Proverbs 4:12

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before the day starts: what are your Check Downs today? If the full plan becomes impossible, what is your minimum? Write your Spiritual, Physical, and Relational Baseline for today specifically. Don't post a zero.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

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- 4.
- 5.

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Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

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**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

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**MISSION STATEMENT REVIEW**

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- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

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8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

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**EVENING RITUAL CHECKLIST**

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Visualized morning routine

Evening Journal complete

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Virtue: Discipline. ZAP check — did you do something in ev...

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

Did I use my protocol today? What happened?

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Breath prayer, walk, or stillness before anything else.

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- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

**Week 7: Setting the Baseline** Challenge: ZAP — Zeros Aren't Permissible. Every habit, every day. "When you walk, your steps will not be hampered; when you run, you will not stumble." — Proverbs 4:12

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

ZAP review: did you post any zeros today? What made the difference — what saved you from a zero, or what caused one? Are you staying between the River Banks?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

Virtue: Discipline. ZAP check — did you do something in ev...

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

Did I use my protocol today? What happened?

**Week 7: Setting the Baseline** Challenge: ZAP — Zeros Aren't Permissible. Every habit, every day.  
"When you walk, your steps will not be hampered; when you run, you will not stumble." — Proverbs 4:12

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before the day starts: what are your Check Downs today? If the full plan becomes impossible, what is your minimum? Write your Spiritual, Physical, and Relational Baseline for today specifically. Don't post a zero.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

**Week 7: Setting the Baseline** Challenge: ZAP — Zeros Aren't Permissible. Every habit, every day. "When you walk, your steps will not be hampered; when you run, you will not stumble." — Proverbs 4:12

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

ZAP review: did you post any zeros today? What made the difference — what saved you from a zero, or what caused one? Are you staying between the River Banks?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline. ZAP check — did you do something in ev...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 8, Day Sun — Program Day 50

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: Lectio Divina — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Discipline

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline — Final accounting. Where is discipline...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 8: Reflection: Are You Doing the Work?** Challenge: Lectio Divina — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

## GARDENER AND WARRIOR

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Week 8, Day Mon — Program Day 51

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Discipline — Final accounting. Where is discipline...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Week 8, Day Tue — Program Day 52

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Discipline

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

## GARDENER AND WARRIOR

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Week 8, Day Tue — Program Day 52

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

### DAY REVIEW

How did today actually go? Be honest, not harsh.

### DEEP REFLECTION

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

### MISSION STATEMENT REVIEW

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

### DAILY GOALS TRACKER

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

### PROACTIVE PLANNING (SETUP FOR TOMORROW)

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

### VIRTUE REFLECTION

How did I practice my virtue today?

### EVENING RITUAL CHECKLIST

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

### DISCIPLINE PRACTICE:

*Virtue: Discipline — Final accounting. Where is discipline...*

### CLOSING PRAYER

Give the day — wins, failures, unfinished business — back to the Lord.

### PHYSICAL CHALLENGE PROGRESS

Goal:

What I did today toward it:

### FEAR & FAILURE PROTOCOL:

*Did I use my protocol today? What happened?*

**Week 8: Reflection: Are You Doing the Work?** Challenge: Lectio Divina — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Discipline

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline — Final accounting. Where is discipline...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Week 8, Day Thu — Program Day 54

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Discipline

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline — Final accounting. Where is discipline...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Week 8, Day Fri — Program Day 55

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Discipline

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

#### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline — Final accounting. Where is discipline...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

# GARDENER AND WARRIOR

Week 8, Day Sat — Program Day 56

Week 8 • Stage Two — Show Up, Do the Work • Virtue: Discipline — Week 4, The Deepening

Date:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

## 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

## 5 GENERAL JOURNAL / REFLECTION

Stage Two audit. Are you doing the work — or performing doing the work? Go back to the paragraph you wrote at the end of Week 4. How close are you to that man? Name the gap without cruelty.

## 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

## 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

## 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

## 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

## 7 VIRTUE PRACTICE

Virtue: Discipline

How I will practice it today:

## 8 WORKOUT & NUTRITION PLAN

Workout:

When:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**Week 8: Reflection: Are You Doing the Work?** Challenge: *Lectio Divina* — 30 minutes daily

"Do not merely listen to the word... Do what it says." — James 1:22

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

Lectio Divina reflection: what passage did you read? What did the Lord surface in the silence? Follow-Up Friday: how did your plan go — workouts, nutrition, Journal, Baseline? Where do you need to recommit before Stage Three?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**DISCIPLINE PRACTICE:**

*Virtue: Discipline — Final accounting. Where is discipline...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Where are you in the process today — Concept, Reflection, Acceptance, Planning, Action, Failure, Reassessment, or Reiteration? What is your Fear and Failure Protocol — your trigger, your old default, your new chosen response?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**  
"The thing I've been avoiding is..."

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What came up during the ruck — or under pressure today? Did your Fear and Failure Protocol get tested? What did you do? Are you in a hill or a valley right now — and what is growing in the valley?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love. One act of love today. Write it here. My hon...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

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- 1.
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Passage:

What stood out:

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3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: \_\_\_\_\_ When: \_\_\_\_\_

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**  
"The thing I've been avoiding is..."

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**DAY REVIEW**

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**MISSION STATEMENT REVIEW**

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- 2.
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- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

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Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love. One act of love today. Write it here. My hon...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

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**FEAR & FAILURE PROTOCOL:**

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Breath prayer, walk, or stillness before anything else.

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- 1.
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Someone close / a friend / someone in need / yourself.

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- 2.
- 3.
- 4.
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**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

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**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

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**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

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- 2.
- 3.
- 4.
- 5.

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When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

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- 2.
- 3.

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Passage:

What stood out:

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Someone close / a friend / someone in need / yourself.

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3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: \_\_\_\_\_ When: \_\_\_\_\_

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**  
"The thing I've been avoiding is..."

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What came up during the ruck — or under pressure today? Did your Fear and Failure Protocol get tested? What did you do? Are you in a hill or a valley right now — and what is growing in the valley?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

Virtue: Love. One act of love today. Write it here. My hon...

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

Did I use my protocol today? What happened?

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Where are you in the process today — Concept, Reflection, Acceptance, Planning, Action, Failure, Reassessment, or Reiteration? What is your Fear and Failure Protocol — your trigger, your old default, your new chosen response?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**  
"The thing I've been avoiding is..."

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What came up during the ruck — or under pressure today? Did your Fear and Failure Protocol get tested? What did you do? Are you in a hill or a valley right now — and what is growing in the valley?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love. One act of love today. Write it here. My hon...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Where are you in the process today — Concept, Reflection, Acceptance, Planning, Action, Failure, Reassessment, or Reiteration? What is your Fear and Failure Protocol — your trigger, your old default, your new chosen response?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: \_\_\_\_\_ When: \_\_\_\_\_

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**  
"The thing I've been avoiding is..."

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What came up during the ruck — or under pressure today? Did your Fear and Failure Protocol get tested? What did you do? Are you in a hill or a valley right now — and what is growing in the valley?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love. One act of love today. Write it here. My hon...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Where are you in the process today — Concept, Reflection, Acceptance, Planning, Action, Failure, Reassessment, or Reiteration? What is your Fear and Failure Protocol — your trigger, your old default, your new chosen response?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout: When:

Eating window: to Fasting?

Meal 1:

Meal 2:

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**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

**Week 9: Embrace the Process** Challenge: 5K ruck — 20lbs, complete once this week  
"He who is in you is greater than he who is in the world." — 1 John 4:4

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What came up during the ruck — or under pressure today? Did your Fear and Failure Protocol get tested? What did you do? Are you in a hill or a valley right now — and what is growing in the valley?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
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**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
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- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

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**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

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*Virtue: Love. One act of love today. Write it here. My hon...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 10: A Life of Service** Challenge: Morning workouts + one volunteer opportunity  
"Remain in me... If you remain in me and I in you, you will bear much fruit." — John 15:4-5

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Fill your cup before you pour. Have you abided? Have you been filled? What is the right sacrifice for the people in your life today — not the most impressive gesture, but what they actually need from you?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

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**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

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**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love. Did I serve for the right reason today? The ...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

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"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10

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How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window: to Fasting?

Meal 1:

Meal 2:

Meal 3:

**HONESTY PRACTICE:**

"The thing I've been avoiding is..."

**Week 11: My Mission** Challenge: Write your five-year plan  
"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

How is the five-year plan coming? What section did you work on — The Man, The Relationships, The Mission, or The Work? What lie about it being too late did you have to reject today?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love. The person I served today and whether it con...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 11: My Mission** Challenge: Write your five-year plan

"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breathe prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Before you plan your day: sit with the three mission questions. What are your genuine talents? What brings the deepest sense of meaning? What burdens your heart enough to do something? Where do those three things converge?

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

Meal 1:

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Workout tomorrow:

When:

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Journal done

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Nutrition plan followed

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**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 12 • Stage Three — Cultivate • Virtue: Love — Week 4, The Deepening

Week 12, Day Sun — Program Day 78

Date:

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breathe prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Final reflection week. Use the General Journal for one of the three closing questions each day: Who were you 12 weeks ago? Who are you today? Who is God calling you to become? Take your time. Write the truth.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Love

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What has been built in you that was not there 12 weeks ago? What tool from this program has been most transformative? Who is one man you know who needs this program? What does faithfulness look like in the next 30 days?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love — Final accounting. The man I am becoming thr...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

**1 PRAYER / PRAYER WALK (5-10 MIN)**

Breath prayer, walk, or stillness before anything else.

**5 GENERAL JOURNAL / REFLECTION**

Final reflection week. Use the General Journal for one of the three closing questions each day: Who were you 12 weeks ago? Who are you today? Who is God calling you to become? Take your time. Write the truth.

**2 GRATITUDE (3 SPECIFIC THINGS)**

- 1.
- 2.
- 3.

**3 DEVOTIONAL READING & REFLECTION**

Passage:

What stood out:

**4 PRAYER JOURNAL**

Someone close / a friend / someone in need / yourself.

**6 MISSION STATEMENT (TODAY'S PRIORITIES)**

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
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**7 VIRTUE PRACTICE**

Virtue: Love

How I will practice it today:

**8 WORKOUT & NUTRITION PLAN**

Workout:

When:

Eating window:                      to                      Fasting?

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- 1.
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Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

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**EVENING RITUAL CHECKLIST**

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- 1.
- 2.
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How I will practice it today:

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**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

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- 1.
- 2.
- 3.
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Workout tomorrow:

When:

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Journal done

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*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 12 • Stage Three — Cultivate • Virtue: Love — Week 4, The Deepening

Week 12, Day Wed — Program Day 81

Date:

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

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Virtue: Love

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- 1.
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Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

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Steps today:

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**DEEP REFLECTION**

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**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love — Final accounting. The man I am becoming thr...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 12 • Stage Three — Cultivate • Virtue: Love — Week 4, The Deepening

Week 12, Day Fri — Program Day 83

Date:

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Final reflection week. Use the General Journal for one of the three closing questions each day: Who were you 12 weeks ago? Who are you today? Who is God calling you to become? Take your time. Write the truth.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Love

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What has been built in you that was not there 12 weeks ago? What tool from this program has been most transformative? Who is one man you know who needs this program? What does faithfulness look like in the next 30 days?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

Clothes set out for tomorrow

Coffee pot set up

No screens — 1 hour before bed

Hard bedtime set and kept

Visualized morning routine

Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love — Final accounting. The man I am becoming thr...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*

## GARDENER AND WARRIOR

Week 12 • Stage Three — Cultivate • Virtue: Love — Week 4, The Deepening

Week 12, Day Sat — Program Day 84

Date:

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

### 1 PRAYER / PRAYER WALK (5-10 MIN)

Breath prayer, walk, or stillness before anything else.

### 5 GENERAL JOURNAL / REFLECTION

Final reflection week. Use the General Journal for one of the three closing questions each day: Who were you 12 weeks ago? Who are you today? Who is God calling you to become? Take your time. Write the truth.

### 2 GRATITUDE (3 SPECIFIC THINGS)

- 1.
- 2.
- 3.

### 3 DEVOTIONAL READING & REFLECTION

Passage:

What stood out:

### 4 PRAYER JOURNAL

Someone close / a friend / someone in need / yourself.

### 6 MISSION STATEMENT (TODAY'S PRIORITIES)

3-5 things that must get done. Write before checking your phone.

- 1.
- 2.
- 3.
- 4.
- 5.

### 7 VIRTUE PRACTICE

Virtue: Love

How I will practice it today:

### 8 WORKOUT & NUTRITION PLAN

Workout:

When:

Eating window: \_\_\_\_\_ to \_\_\_\_\_ Fasting?

Meal 1:

Meal 2:

Meal 3:

### HONESTY PRACTICE:

"The thing I've been avoiding is..."

**Week 12: Reflection: What Has Been Built?** Challenge: 24+ hour fast — schedule and complete it  
"To act justly and to love mercy and to walk humbly with your God." — Micah 6:8

**DAY REVIEW**

How did today actually go? Be honest, not harsh.

**DEEP REFLECTION**

What has been built in you that was not there 12 weeks ago? What tool from this program has been most transformative? Who is one man you know who needs this program? What does faithfulness look like in the next 30 days?

**MISSION STATEMENT REVIEW**

What got done? What carries forward to tomorrow?

- 1.
- 2.
- 3.
- 4.
- 5.

**PROACTIVE PLANNING (SETUP FOR TOMORROW)**

Tomorrow's Mission Statement — write it tonight.

- 1.
- 2.
- 3.
- 4.
- 5.

Workout tomorrow:

When:

**DAILY GOALS TRACKER**

Journal done

8,000 steps

Steps today:

Workout done

Duration:

Nutrition plan followed

Challenge done

**VIRTUE REFLECTION**

How did I practice my virtue today?

**EVENING RITUAL CHECKLIST**

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Evening Journal complete

**LOVE PRACTICE:**

*Virtue: Love — Final accounting. The man I am becoming thr...*

**CLOSING PRAYER**

Give the day — wins, failures, unfinished business — back to the Lord.

**PHYSICAL CHALLENGE PROGRESS**

Goal:

What I did today toward it:

**FEAR & FAILURE PROTOCOL:**

*Did I use my protocol today? What happened?*