



RISKY 30-DAY CHALLENGE

W O R K B O O K

BUILD DAILY **DISCIPLINE.**
CREATE LASTING **HABITS.**
BECOME THE MAN
YOU WERE **MEANT TO BE.**

30 DAYS CAN CHANGE EVERYTHING.
IT STARTS WITH YOU.

WELCOME TO THE CHALLENGE

You've made the decision. Now it's time to commit to the next 30 days of your life. This workbook will guide you, challenge you, and help you become stronger every single day.



WHY 30 DAYS?

In just 30 days, you can build momentum, break old patterns, and create new habits that stick.



PROGRESS, NOT PERFECTION.

This is not about being perfect. It's about showing up, doing the work, and refusing to quit on yourself.



ACTION OVER MOTIVATION.

Motivation comes and goes. Action is what creates real change. You don't need to feel like it. You just need to do it.



HOW TO USE THIS WORKBOOK.

Follow the daily challenge, track your habits, complete the weekly check-ins, and reflect at the end of the 30 days.

THIS IS YOUR CHALLENGE. YOUR LIFE. YOUR FUTURE.

Give these 30 days everything you have.
You were not meant to live an ordinary life.

LET'S GET RISKY.

I COMMIT TO TAKING ON
THE NEXT 30 DAYS
AND BECOMING THE BEST
VERSION OF MYSELF.

SIGNATURE: _____

DATE: _____



BEFORE YOU BEGIN

This challenge will only work if you are **100%** honest with yourself.

Take a few minutes to reflect, get clear, and set the foundation for your next 30 days.



WHY AM I DOING THIS?

What is my true reason for committing to this challenge?



WHAT NEEDS TO CHANGE?

What areas of my life are not where I want them to be?



THREE GOALS FOR THE NEXT 30 DAYS

What do I want to accomplish?

1	
2	
3	



THREE HABITS I WANT TO BUILD

What daily habits will move me forward?

1	
2	
3	



THREE HABITS I WANT TO ELIMINATE

What habits or behaviors are holding me back?

1	
2	
3	

THE DECISION IS MADE.
NOW IT'S TIME TO
PUT IN THE WORK.

30 DAYS FROM NOW,
YOU WILL THANK YOURSELF
FOR STARTING **TODAY.**

BUILD YOUR DAILY NON-NEGOTIABLES

Discipline is built by doing the things you said you would do, especially the ones you don't feel like doing. Choose your **non-negotiables**. These are the habits and actions you will commit to every single day for the next 30 days.



YOUR DAILY NON-NEGOTIABLES

Choose 5 daily habits or actions that will move you forward. These are not optional.

#	MY NON-NEGOTIABLE	✓ I WILL DO THIS
1		☐
2		☐
3		☐
4		☐
5		☐



REMEMBER YOUR "WHY"

Your why will carry you when motivation fades. Keep it in front of you. Read it every day.

MY WHY: _____

I AM BECOMING: _____



SMALL DAILY ACTIONS.
MASSIVE TRANSFORMATION.

WEEKLY TRACKER

WEEK 1

DAYS 1-7

Stay consistent. Check the boxes. Trust the process.
Small daily wins create massive results.



MY DAILY NON-NEGOTIABLES (FROM PAGE 4)	DAY 1 MON	DAY 2 TUE	DAY 3 WED	DAY 4 THU	DAY 5 FRI	DAY 6 SAT	DAY 7 SUN	DAILY SCORE
1.	☐	☐	☐	☐	☐	☐	☐	__/7
2.	☐	☐	☐	☐	☐	☐	☐	__/7
3.	☐	☐	☐	☐	☐	☐	☐	__/7
4.	☐	☐	☐	☐	☐	☐	☐	__/7
5.	☐	☐	☐	☐	☐	☐	☐	__/7
DAILY TOTAL	__/5	__/5	__/5	__/5	__/5	__/5	__/5	__/35

WEEKLY WIN

What was my biggest win this week?

BIGGEST CHALLENGE

What was my biggest challenge this week?

WEEK 1 SCORE

/35

LESSON LEARNED

What did I learn about myself this week?

HOW I WILL IMPROVE NEXT WEEK

What will I do better next week?

“
DISCIPLINE
TODAY.
FREEDOM
TOMORROW.”



FOCUS. EXECUTE. WIN. REPEAT.

WEEKLY TRACKER

WEEK 2

DAYS 8-14

Consistency compounds. Keep showing up.
Stay focused. Stay disciplined. Stay RISKY.



MY DAILY NON-NEGOTIABLES (FROM PAGE 4)	DAY 8 MON	DAY 9 TUE	DAY 10 WED	DAY 11 THU	DAY 12 FRI	DAY 13 SAT	DAY 14 SUN	DAILY SCORE
1.	☐	☐	☐	☐	☐	☐	☐	___/7
2.	☐	☐	☐	☐	☐	☐	☐	___/7
3.	☐	☐	☐	☐	☐	☐	☐	___/7
4.	☐	☐	☐	☐	☐	☐	☐	___/7
5.	☐	☐	☐	☐	☐	☐	☐	___/7
DAILY TOTAL	___/5	___/5	___/5	___/5	___/5	___/5	___/5	___/35

WEEKLY WIN

What was my biggest win this week?

BIGGEST CHALLENGE

What was my biggest challenge this week?

WEEK 2 SCORE

/35

LESSON LEARNED

What did I learn about myself this week?

HOW I WILL IMPROVE NEXT WEEK

What will I do better next week?

“
DISCIPLINE
TODAY.
FREEDOM
TOMORROW.”



SHOW UP. DO THE WORK. BECOME **UNSTOPPABLE.**

WEEKLY TRACKER

WEEK 3

DAYS 15-21

The middle is where most people quit.
You don't. You keep your word. You keep going.



MY DAILY NON-NEGOTIABLES (FROM PAGE 4)	DAY 15 MON	DAY 16 TUE	DAY 17 WED	DAY 18 THU	DAY 19 FRI	DAY 20 SAT	DAY 21 SUN	DAILY SCORE
1.	☐	☐	☐	☐	☐	☐	☐	__/7
2.	☐	☐	☐	☐	☐	☐	☐	__/7
3.	☐	☐	☐	☐	☐	☐	☐	__/7
4.	☐	☐	☐	☐	☐	☐	☐	__/7
5.	☐	☐	☐	☐	☐	☐	☐	__/7
DAILY TOTAL	__/5	__/5	__/5	__/5	__/5	__/5	__/5	__/35

WEEKLY WIN

What was my biggest win this week?

BIGGEST CHALLENGE

What was my biggest challenge this week?

WEEK 3 SCORE

/35

LESSON LEARNED

What did I learn about myself this week?

HOW I WILL IMPROVE NEXT WEEK

What will I do better next week?

“
DISCIPLINE
TODAY.
FREEDOM
TOMORROW.”



YOUR HABITS TODAY. YOUR FUTURE TOMORROW.

WEEKLY TRACKER

WEEK 4

DAYS 22-30

This is the finishing stretch.

Finish strong. Finish proud. Finish RISKY.



MY DAILY NON-NEGOTIABLES (FROM PAGE 4)	DAY 22 MON	DAY 23 TUE	DAY 24 WED	DAY 25 THU	DAY 26 FRI	DAY 27 SAT	DAY 28 SUN	DAILY SCORE
1.	☐	☐	☐	☐	☐	☐	☐	___/7
2.	☐	☐	☐	☐	☐	☐	☐	___/7
3.	☐	☐	☐	☐	☐	☐	☐	___/7
4.	☐	☐	☐	☐	☐	☐	☐	___/7
5.	☐	☐	☐	☐	☐	☐	☐	___/7
DAILY TOTAL	___/5	___/5	___/5	___/5	___/5	___/5	___/5	___/35

WEEKLY WIN

What was my biggest win this week?

BIGGEST CHALLENGE

What was my biggest challenge this week?

WEEK 4 SCORE

/35

LESSON LEARNED

What did I learn about myself this week?

HOW I WILL IMPROVE NEXT WEEK

What will I do better next week?

“
DISCIPLINE
TODAY.
FREEDOM
TOMORROW.”



YOU DIDN'T COME THIS FAR TO ONLY COME THIS FAR. FINISH STRONG.

YOUR 30-DAY REVIEW

You put in the work. Now it's time to **measure it. Own it. Elevate it.**

This review isn't just about looking back—it's about locking in what worked, learning what didn't, and stepping into your next 30 days even stronger.



BIGGEST WINS

What are you most proud of accomplishing?



BIGGEST CHALLENGES

What was the hardest part of the last 30 days?



WHAT CHANGED

How have you grown—mentally, physically, and emotionally?



WHAT WORKED

What habits, strategies, or actions gave you the best results?



WHAT DIDN'T WORK

What will you stop, adjust, or approach differently?



LESSONS LEARNED

What did you learn about yourself during this challenge?



MY COMMITMENT FOR THE NEXT 30 DAYS



What are you committing to doing, consistently, every day?

OVERALL 30-DAY SCORE

/100

RATE YOURSELF HONESTLY.
THIS IS YOUR BASELINE
FOR LEVELING UP.

“

WHAT GETS MEASURED GETS MASTERED.
WHAT GETS REVIEWED GETS IMPROVED.

YOU CAN'T **CHANGE**
WHAT YOU DON'T REVIEW.
YOU CAN'T **IMPROVE**
WHAT YOU IGNORE.

THE NEXT 90 DAYS

THIS IS WHERE EVERYTHING CHANGES.

The next 90 days will shape your habits, your confidence, your results, and your future.

This isn't about motivation.

It's about commitment.

It's about showing up for yourself every day and becoming the man you're meant to be.

90 DAYS. ONE FOCUS. ZERO EXCUSES.



30 DAYS

BUILD THE FOUNDATION

- ✓ Lock in your daily non-negotiables
- ✓ Build consistency with the basics
- ✓ Learn. Apply. Take action.
- ✓ Create early wins
- ✓ Establish momentum

FOCUS: HABITS



60 DAYS

RAISE THE STANDARD

- ✓ Level up your discipline
- ✓ Push past your limitations
- ✓ Strengthen your mindset
- ✓ Improve your systems
- ✓ Stay consistent, even when it's hard

FOCUS: GROWTH



90 DAYS

BECOME UNSTOPPABLE

- ✓ Master your routines
- ✓ Own your confidence
- ✓ Operate at a higher level
- ✓ Execute with excellence
- ✓ Live with purpose and freedom

FOCUS: TRANSFORMATION

“ IN 90 DAYS,
YOU CAN CHANGE
YOUR ENTIRE LIFE.”

YOUR COMMITMENT

I commit to taking full responsibility for the next 90 days.

I will stay disciplined.

I will stay focused.

I will take action every day.

I am building the life I want.

I am becoming the man I was meant to be.



THE FUTURE ISN'T GIVEN. IT'S EARNED.
THE NEXT 90 DAYS ARE YOURS TO COMMAND.