

RISKY DISCIPLINE RESOURCE

THE RISKY DISCIPLINE SCORECARD

MEASURE YOUR STANDARDS.
TRACK YOUR EXECUTION.
PROVE WHO YOU'RE BECOMING.



SET YOUR STANDARDS



TRACK YOUR ACTIONS



REVIEW YOUR RESULTS



BUILD SELF-TRUST



DISCIPLINE ISN'T ABOUT MOTIVATION.
IT'S ABOUT MEASURING WHAT MATTERS AND DOING IT ANYWAY.

DISCIPLINE. MINDSET. LEADERSHIP. PURPOSE.

WHAT YOU MEASURE, YOU CAN'T HIDE.

Discipline isn't what you intend to do.
It's what you actually do—consistently.
This Scorecard removes the guesswork
and replaces it with **proof**.

It measures your standards, tracks
your execution, and builds the
self-trust that drives everything
you're trying to become.

You can't improve what you
won't **measure**.

This is how you hold the line.



MEASURE YOUR STANDARDS

Define the behaviors that matter most.



TRACK YOUR EXECUTION

Score your daily actions with honesty.



REVIEW YOUR RESULTS

Identify your trends. Close your gaps.



PROVE WHO YOU'RE BECOMING

Build self-trust through consistent follow-through.



**YOU DON'T GET
DISCIPLINED BY ACCIDENT.
YOU GET DISCIPLINED
BY ACCOUNTABILITY.**

STEP 1

SET YOUR FIVE STANDARDS.

Discipline starts with **clarity**.
Before you can track anything,
you need to **define** what **matters most**.

Your Five Standards are the
non-negotiables you refuse to
compromise on—no matter what.

They become your **filter** for
decisions, your **focus** for execution,
and your **foundation** for everything
you build.

**You can't hit a target you
haven't defined.**



IDENTIFY WHAT MATTERS MOST

Choose the five areas that define your life.



WRITE YOUR STANDARDS

Make each standard clear and measurable.



COMMIT WITHOUT EXCUSES

These are your non-negotiables.



TRACK RELENTLESSLY

Measure your execution daily.



DEFEND THEM AT ALL COSTS

Protect your standards. Always.



STANDARDS
CREATE DIRECTION.

**DISCIPLINE
CREATES DESTINY.**

STEP 2

DEFINE WHAT COUNTS.

Discipline without a definition is just motivation in disguise.

You need clarity on what actually moves the needle.

You don't rise to goals.

You rise to what you define.



YOUR CORE DISCIPLINES

List the 3–5 disciplines that drive your life.

1. _____
2. _____
3. _____
4. _____
5. _____



WHAT COUNTS RIGHT NOW?

Identify the actions that create the results you say you want.

1. _____
2. _____
3. _____
4. _____
5. _____



ELIMINATE THE NOISE

List the distractions, habits, or commitments that drain your time and energy.



YOUR DEFINITION OF WIN

What does a disciplined day, week, and month look like when you execute?



REMEMBER: Discipline isn't about doing more. It's about doing what matters most. Define what counts so you can protect it.

STEP 3

THE DAILY DISCIPLINE SCORECARD.

You can't improve what you don't measure.
This daily scorecard keeps you honest,
builds awareness, and creates momentum.
Small daily wins. Massive long-term results.



HOW TO USE THIS SCORECARD

Each day, review your core disciplines.
Score yourself honestly from 1–5.
Aim to improve your average over time.

① 1 = Didn't Do It

② 2 = Barely Did It

③ 3 = Average Effort

④ 4 = Strong Effort

⑤ 5 = Exceptional Effort

CORE DISCIPLINES	TODAY'S SCORE (1–5)					NOTES / WINS
 CLARITY Did I stay focused on what matters most?	1	2	3	4	5	
 FOCUS Did I eliminate distractions and protect my time?	1	2	3	4	5	
 ACTION Did I take intentional action toward my goals?	1	2	3	4	5	
 LIFESTYLE Did I take care of my body, mind, and relationships?	1	2	3	4	5	
 DISCIPLINE Did I follow through on my commitments?	1	2	3	4	5	
TODAY'S AVERAGE SCORE Add your scores and divide by 5.	/ 5					TODAY'S WIN What did I do well today? _____



DISCIPLINE ISN'T ABOUT PERFECTION. **IT'S ABOUT CONSISTENCY.** WIN TODAY. REPEAT TOMORROW.

STEP 4

YOUR WEEKLY DISCIPLINE SCORE.

Daily discipline creates momentum.
Weekly discipline creates transformation.
Use this score to track your consistency,
spot patterns, and level up.

Discipline is built in the small decisions—
measured by the week.



HOW TO USE THIS SCORECARD

Each day, rate your performance in each core discipline from 1–5. At the end of the week, total your scores to get your Weekly Discipline Score.

★ 1 = Didn't Do It

★ 2 = Barely Did It

★ 3 = Average Effort

★ 4 = Strong Effort

★ 5 = Exceptional Effort

CORE DISCIPLINES	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK TOTAL (Max 35)
 CLARITY Did I stay focused on what matters most?	/5	/5	/5	/5	/5	/5	/5	/35
 FOCUS Did I eliminate distractions and protect my time?	/5	/5	/5	/5	/5	/5	/5	/35
 ACTION Did I take intentional action toward my goals?	/5	/5	/5	/5	/5	/5	/5	/35
 LIFESTYLE Did I take care of my body, mind, and relationships?	/5	/5	/5	/5	/5	/5	/5	/35
 DISCIPLINE Did I follow through on my commitments?	/5	/5	/5	/5	/5	/5	/5	/35



WEEKLY DISCIPLINE SCORE

Add your totals from each discipline.
What's your score out of 175?

/ 175



YOUR PERCENTAGE

Divide your score by 175
to get your percentage.

%



YOUR WEEKLY WIN

What was your biggest win
this week?



MEASURE IT. OWN IT. IMPROVE IT. **DISCIPLINE TODAY. FREEDOM TOMORROW.**

STEP 5

THE 4-WEEK DISCIPLINE TRACKER.

Discipline isn't built in a day.
It's built in blocks of consistent weeks.
Track your actions. Score your weeks.
Build your identity.
Repeat this cycle for transformation
that compounds.



HOW TO USE THIS TRACKER

Rate each core discipline every day for 4 weeks.
At the end of each week, total your scores
and calculate your weekly percentage.

- ★ 1 = Didn't Do It
- ★ 2 = Barely Did It
- ★ 3 = Average Effort

- ★ 4 = Strong Effort
- ★ 5 = Exceptional Effort

CORE DISCIPLINES	WEEK 1							WEEK 2							WEEK 3							WEEK 4							4-WEEK TOTAL (Max 700)
	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	
CLARITY Did I stay focused on what matters most?																													/140
FOCUS Did I eliminate distractions and protect my time?																													/140
ACTION Did I take intentional action toward my goals?																													/140
LIFESTYLE Did I take care of my body, mind, and relationships?																													/140
DISCIPLINE Did I follow through on my commitments?																													/140
WEEKLY TOTAL (Max 700) Add your scores for the week.	/700							/700							/700							4-WEEK TOTAL SCORE Add all 4 weeks together.							/2800
WEEKLY PERCENTAGE Weekly Total ÷ 700 × 100	%							%							%							4-WEEK PERCENTAGE Total ÷ 2800 × 100							%



YOUR 4-WEEK PROGRESS

Track the trend.
Consistency compounds.
Small wins build massive transformation.



YOUR BIGGEST WIN

What was your biggest win over the 4 weeks?



NEXT 4-WEEK FOCUS

What will you double down on in the next cycle?

★ DISCIPLINE TODAY. FREEDOM TOMORROW. YOUR FUTURE IS BUILT ONE WEEK AT A TIME.

RAISE THE STANDARD.

Discipline isn't about being perfect.
It's about refusing to settle.
Don't just maintain your standard—
raise it.

Evolution is the mission.

Become the man you're becoming.



REVIEW YOUR PROGRESS



Look back over your last 4 weeks.
What stands out most?

WHAT'S WORKING?



Keep doing more of this.



WHAT NEEDS WORK?

Identify the gap.

NEW STANDARD

What standard will you raise
over the next 4 weeks?

THE STANDARD SCALE

- 1 – Barely showing up
- 2 – Inconsistent effort
- 3 – Solid foundation
- 4 – Strong and consistent
- 5 – Elite and locked in



YOUR COMMITMENT

I will raise my standard by:



Because I'm committed to:

Signed: _____

Date: _____

NEXT 4 WEEKS

Higher standard.
Higher level.
Stronger man.



**THE CHOICE IS YOURS.
THE TIME IS NOW.**



RAISE YOUR STANDARD. RAISE YOUR LIFE. RAISE YOUR LEGACY.

DISCIPLINE • MINDSET • LEADERSHIP • PURPOSE