

THE DISCIPLINE RESET

Break Stagnation. Build Consistency. Get Results.

You Don't Need More Motivation

Most people already know what they should be doing. The problem isn't knowledge — it's consistency. The Discipline Reset was created to help individuals and business owners stop spinning their wheels and start building structure, momentum, and follow-through.

What Keeps People Stuck

- Lack of structure and routines
- Overthinking instead of taking action
- Relying on motivation instead of discipline
- Too many distractions and no accountability
- Starting strong and falling off repeatedly

The 4 Foundations

- **Clarity:** Identify what actually matters.
- **Structure:** Build routines that support your goals.
- **Consistency:** Show up even when you don't feel like it.
- **Accountability:** Track your actions and follow through.

Simple Daily Reset Questions

- What are my top 3 priorities today?
- What distractions do I need to remove?
- What actions move me forward?
- Did I follow through today?

Weekly Momentum Reset

At the end of each week, evaluate what worked, where you lost consistency, and what adjustments need to happen moving forward. Growth comes from awareness and repetition — not perfection.

Final Reminder

Confidence is built through action. Momentum is built through consistency. The version of yourself you want to become is created through the small decisions you make every day.

The Braver Path Company