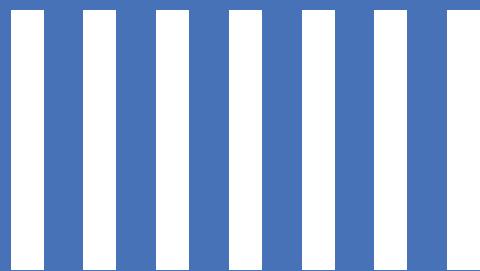


TRUTH-SPEAK PRESENTS

# Winning Ways



My Journal

**Seven pillars of year-round training**

**Small reps build strong habits**

全年

# WINNING WAYS JOURNAL

*Small Reps Build Strong Habits  
Seven Pillars of Year-Round Training*

**MY JOURNAL**

**TRUTH-SPEAK PRESENTS**

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<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

**For the kids becoming stronger every day.**

**For the families who refuse to accept average.**

**For the parents committed to raising leaders.**

**For the future.**

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# INTRODUCTION

**This journal is a training tool – not a diary.**

**It is built on the seven pillars of Raising  
Winning Kids:**

**discipline, ownership, gratitude, emotional  
strength, character, family leadership, and  
purpose.**

**Each day asks for one simple action – a rep.  
Small reps, done consistently, build strong  
people and strong families.**

**You don't need perfection.**

**You need today's rep.**

**If you stay consistent, this journal will change  
your home, your habits, and who you become.**

**Let's begin.**

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# HOW TO USE THIS JOURNAL

Each week you will:

- Focus on **one pillar**
- Complete **one daily rep** (Mon–Sun)
- Finish with a **Sunday family check-in**
- Fill out the **Notes + Confirmation** page

Rules for success:

1. Do the rep even when you don't feel like it.
2. Keep the journal visible — not hidden away.
3. Never “make up” missed days. Move forward.
4. Repetition matters more than intensity.
5. Sunday is for honest reflection, not perfection.

This journal builds identity through action.

You will become who you repeatedly choose to be.

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# THE SEVEN PILLARS

## **1. Discipline Over Motivation**

Motivation fades. Discipline carries you.

## **2. Ownership & Accountability**

Winners take responsibility first.

## **3. Gratitude in the Grind**

Gratitude turns hard things into growth.

## **4. Emotional Strength**

Strong kids control their reactions.

## **5. Character Before Comfort**

Comfort is easy. Character is earned.

## **6. Family as the Training Ground**

Home is the gym where winners are built.

## **7. Purpose & Identity**

Kids become what they believe they are becoming.

These pillars repeat throughout the year for mastery.

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# THE POWER OF DAILY REPS

Change doesn't happen from big speeches, or the written word.

Change happens from **small, repeated actions**.

A rep takes 1–3 minutes.

But doing it every day builds:

- Identity
- Confidence
- Discipline
- Momentum

If you do the reps, the reps will change you.

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# **OUR FAMILY LEADERSHIP COMMITMENT**

We agree to:

- Lead by example
- Follow the weekly reps
- Respect each other's effort
- Build strong habits
- Protect our standards
- Grow together

Signatures:

Child: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_

Parent/Guardian 2 (optional): \_\_\_\_\_

Date: \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# THE JOURNAL CYCLE

This journal rotates through all **seven pillars**  
**seven times** across 49 weeks.

The final **three weeks** are:

- Reflection & Accountability
- Standards Reset
- Future Blueprint

Repetition builds mastery.

By the end of the year, these pillars will become who you are.  
A stronger more capable, confident and trustworthy person.

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# WHAT YOU NEED

**To use this journal, you only need:**

- A pen
- 10 minutes per day
- Honesty
- Consistency

**Your future self will thank you for  
doing the work today.**

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Expectations

**Turn the page to start your first week of building winning habits.**

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

**Focus:** *I don't quit when it gets hard — I try again.* 全年<sup>1</sup>

- **Mon**  **Do one hard task without quitting (homework, chore, practice).**  
• \_\_\_\_\_
- **Tue**  **When frustrated: pause + 3 breaths + try again.**  
• \_\_\_\_\_
- **Wed**  **Finish a chore start-to-finish without reminders.**  
• \_\_\_\_\_
- **Thu**  **Try something I usually avoid for 10 minutes.**  
• \_\_\_\_\_
- **Fri**  **Finish what I start today (no quitting mid-task).**  
• \_\_\_\_\_
- **Sat**  **Do a physical effort rep (sport, bike, walk, training).**  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s) one hard thing I did and what it taught me.**  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Hard moment I faced:**

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**What I learned:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline Over Motivation

**Focus:** *I do the work even when I don't feel like it.* 全年<sup>1</sup>

- **Mon**  **The 3-Second Rule once today:** think it → do it (no delay).  
● \_\_\_\_\_
- **Tue**  **10-minute skill rep:** reading / sport / practice / clean-up (timer on).  
● \_\_\_\_\_
- **Wed**  **Responsibility before reward:** finish one chore before screens/fun.  
● \_\_\_\_\_
- **Thu**  **Do the hardest small task first** (one thing you avoid).  
● \_\_\_\_\_
- **Fri**  **Finish what you start** (schoolwork, chore, practice—no quitting).  
● \_\_\_\_\_
- **Sat**  **Show up anyway:** do your rep even if you're "not in the mood."  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s):** "This week I did \_\_\_ even when I didn't feel like it."  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Hard moment I pushed through:**

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**What I learned about discipline:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership and Accountability

**Focus:** *I own it, I fix it, I learn from it.* 全年<sup>1</sup>

- **Mon**  **When something goes wrong, say: “That’s on me.” (one time today).**  
● \_\_\_\_\_
- **Tue**  **Use the fix-it question: “What’s my next move?” (one time today).**  
● \_\_\_\_\_
- **Wed**  **Do a reset: redo something you rushed (chore/schoolwork/attitude).**  
● \_\_\_\_\_
- **Thu**  **If you complain, add: “...and here’s my solution.” (one time today).**  
● \_\_\_\_\_
- **Fri**  **Make a repair: apologize / clean up / replace / correct (one time today).**  
● \_\_\_\_\_
- **Sat**  **Take responsibility without being asked: do one task before reminders.**  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s): “This week I owned \_\_\_\_ and fixed it by \_\_\_\_.”**  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Hard moment I pushed through:**

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**What I learned about discipline:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

**Focus:** *I practice gratitude—especially when things are hard.* 全年<sup>1</sup>

- **Mon**  **Write 1 thing I'm grateful for (simple counts).**  
• \_\_\_\_\_
- **Tue**  **Say thank you to someone out loud (and mean it).**  
• \_\_\_\_\_
- **Wed**  **Name 1 hard thing I'm grateful for because it helps me grow.**  
• \_\_\_\_\_
- **Thu**  **Do one quiet helpful act without being asked.**  
• \_\_\_\_\_
- **Fri**  **When I complain, I add: "...but I'm thankful for \_\_\_\_." (one time).**  
• \_\_\_\_\_
- **Sat**  **Tell Parent(s) 1 person I appreciate and why.**  
• \_\_\_\_\_
- **Sun**  **Share: "This week I'm grateful for \_\_\_\_ because \_\_\_\_."**  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Hard moment I am grateful for:**

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**What I learned about gratitude:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

**Focus:** *I can feel it—and still choose my response.* 全年<sup>1</sup>

- **Mon**  **When I feel upset, I do Pause + 3 breaths + try again (one time).**  
● \_\_\_\_\_
- **Tue**  **Use words instead of reaction: “I’m feeling \_\_\_\_ because \_\_\_\_.” (one time).**  
● \_\_\_\_\_
- **Wed**  **When frustrated, I lower my voice and ask for help calmly (one time).**  
● \_\_\_\_\_
- **Thu**  **Do a 10-second reset before answering when I’m annoyed.**  
● \_\_\_\_\_
- **Fri**  **If I mess up, I do a repair: apologize or fix what I damaged (one time).**  
● \_\_\_\_\_
- **Sat**  **Do one hard thing without complaining (one rep).**  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s): “This week I stayed calm when \_\_\_\_.”**  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Hard moment I didn't react to:**

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**What I learned about emotions:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Over Comfort

**Focus:** *I do the right thing even when it's hard.* 全年<sup>1</sup>

- **Mon**  **Do one task without being asked (helpful, responsible, quiet).**  
• \_\_\_\_\_
- **Tue**  **Tell the truth even if it's uncomfortable (one honest moment).**  
• \_\_\_\_\_
- **Wed**  **Finish a responsibility before fun (no reminders).**  
• \_\_\_\_\_
- **Thu**  **Do something kind that costs effort (help, clean, encourage).**  
• \_\_\_\_\_
- **Fri**  **When tempted to quit or complain, say: "I can do hard things." then finish.**  
• \_\_\_\_\_
- **Sat**  **Choose the harder right over the easier wrong (one decision—small counts).**  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s): "This week I chose character when \_\_\_\_."**  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Moment I chose hard instead of easy:**

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**What I learned about character:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family is the Training

**Focus:** *I help make our home stronger.* 全年<sup>1</sup>

- **Mon**  **Do one contribution rep:** help without being asked (one time).  
• \_\_\_\_\_
- **Tue**  **Respect rep:** yes/no sir/ma'am in polite tone (choose your house standard) all day.  
• \_\_\_\_\_
- **Wed**  **Responsibility rep:** own one task start-to-finish (chore/homework/practice).  
• \_\_\_\_\_
- **Thu**  **Communication rep:** say one honest thing you're working on (effort, attitude, school).  
• \_\_\_\_\_
- **Fri**  **Family support rep:** encourage a family member (one sentence out loud).  
• \_\_\_\_\_
- **Sat**  **Teamwork rep:** do 15 minutes of family reset (clean/organize/prepare).  
• \_\_\_\_\_
- **Sun**  **Family meeting:** share one win, one hard moment, one goal for next week.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Moment I chose family over wants:**

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**What I learned about family:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

**Focus:** *Hard things don't stop me—I keep going.* 全年<sup>1</sup>

- **Mon**  **Do a “stuck rep”:** when stuck, try 2 solutions before asking for help.  
• \_\_\_\_\_
- **Tue**  **Do a “finish rep”:** complete one task without switching to something easier.  
• \_\_\_\_\_
- **Wed**  **Do a “brave rep”:** try something you’re not good at for 10 minutes.  
• \_\_\_\_\_
- **Thu**  **Do a “failure rep”:** make a mistake on purpose (small) and say: “Good—now I learn.”  
• \_\_\_\_\_
- **Fri**  **Do a “patience rep”:** stay calm through one frustrating moment without whining.  
• \_\_\_\_\_
- **Sat**  **Do a “hard body rep”:** 10–20 minutes physical effort (sport/bike/walk/training).  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “One hard thing I did this week was \_\_\_\_\_. It made me stronger because \_\_\_\_\_.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Where I wanted to quit:**

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**What I learned:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline over Motivation

**Focus:** *I start fast, I stay focused, and I finish.* 全年<sup>1</sup>

- **Mon**  **Do a 2-minute start on a task you don't want to do (momentum rep).**  
● \_\_\_\_\_
- **Tue**  **Use a timer: 10 minutes of focus (no phone, no switching tasks).**  
● \_\_\_\_\_
- **Wed**  **“First things first”: do one responsibility before anything fun.**  
● \_\_\_\_\_
- **Thu**  **Do a “no negotiation” rep: when told once, respond with “Okay” and start.**  
● \_\_\_\_\_
- **Fri**  **Finish a task completely, then clean up your area (finish + reset).**  
● \_\_\_\_\_
- **Sat**  **Do a “show up” rep: practice/skill/reading even if you’re tired (10 min).**  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s): “This week I did \_\_\_ even when I didn’t want to.”**  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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---

**Where I procrastinated:**

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**What helped me start anyway:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership & Accountability

**Focus:** *I tell the truth, I take responsibility, and I make it right.*

- **Mon**  **Before blaming, I say: “Here’s what I did.” (one time today)**  
• \_\_\_\_\_
- **Tue**  **If I forget something, I do a reset without arguing (fix it right away).**  
• \_\_\_\_\_
- **Wed**  **Use the phrase: “Next time I will \_\_\_\_.” (one time today).**  
• \_\_\_\_\_
- **Thu**  **Do a “clean finish” rep: complete a task and clean up after it.**  
• \_\_\_\_\_
- **Fri**  **If I’m wrong, I admit it fast: “You’re right. That’s on me.”**  
• \_\_\_\_\_
- **Sat**  **Do one “independent responsibility” (no reminders, no attitude).**  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s): “This week I owned \_\_\_\_ and improved by \_\_\_\_.”**  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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---

**Where I wanted to blame:**

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**How I made it right:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

**Focus:** *I notice the good, even when things are hard.* 全年<sup>1</sup>

- **Mon**  **Write one sentence:** “Today I appreciate \_\_\_\_.”  
● \_\_\_\_\_
- **Tue**  **Thank someone for something specific (not “thanks”—say what/why).**  
● \_\_\_\_\_
- **Wed**  **“Hard-to-good” rep:** name one hard thing and one good thing it builds in you.  
● \_\_\_\_\_
- **Thu**  **Replace one complaint with one appreciation (one time today).**  
● \_\_\_\_\_
- **Fri**  **Encourage someone at home (one sentence):** “I appreciate you because...”.  
● \_\_\_\_\_
- **Sat**  **Do one responsibility with a good attitude (no eye-roll, no sighing).**  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week I’m grateful for \_\_\_\_\_ because \_\_\_\_.”  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

---

---

**A moment I felt negative:**

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**What I chose to appreciate instead:**

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---

**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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---

**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

**Focus:** *I can calm down, think clearly, and choose better.* 全年<sup>1</sup>

- **Mon**  **When annoyed, I do a 10-second pause before speaking (one time).**  
● \_\_\_\_\_
- **Tue**  **Use “name it to tame it”: “I feel \_\_\_\_.” (one time).**  
● \_\_\_\_\_
- **Wed**  **If I raise my voice, I reset and try again calmly (one time).**  
● \_\_\_\_\_
- **Thu**  **Do a “body calm” rep: shoulders down, unclench jaw, slow breath (one time).**  
● \_\_\_\_\_
- **Fri**  **In a disagreement, I use one respectful line: “Help me understand.”.**  
● \_\_\_\_\_
- **Sat**  **Do one hard thing without drama: start, do it, finish (one rep).**  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s): “This week I controlled my reaction when \_\_\_\_.”**  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

---

---

**A big feeling I had:**

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**What I chose to do about it:**

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---

**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

---

---

**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Before Comfort

**Focus:** *I choose what's right, even when it's not easy.* 全年<sup>1</sup>

- **Mon**  Do one “right away” task: when asked once, start within **30 seconds**.  
• \_\_\_\_\_
- **Tue**  Do one responsibility **without complaining** (tone counts).  
• \_\_\_\_\_
- **Wed**  Tell the truth fast (one moment): **no hiding, no stretching stories**.  
• \_\_\_\_\_
- **Thu**  Choose the clean option: **put things back** without being told.  
• \_\_\_\_\_
- **Fri**  Do one thing that helps someone else and costs effort (service rep).  
• \_\_\_\_\_
- **Sat**  Make one “hard right” choice: finish the job instead of taking the shortcut.  
• \_\_\_\_\_
- **Sun**  Tell Parent(s): “**This week I chose character when \_\_\_\_.**”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

---

---

**Where comfort tempted me:**

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---

**What I chose instead:**

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---

**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family Training Ground

**Focus:** *I help build a strong home with my choices.* 全年<sup>1</sup>

- **Mon**  **Do a “team rep”:** help the household 5 minutes without being asked.  
● \_\_\_\_\_
- **Tue**  **Respect rep:** speak with a calm tone even when you’re annoyed (one time).  
● \_\_\_\_\_
- **Wed**  **Ownership rep:** choose one responsibility you “own” today and finish it fully.  
● \_\_\_\_\_
- **Thu**  **Connection rep:** ask a parent one real question: “How was your day?”  
● \_\_\_\_\_
- **Fri**  **Encouragement rep:** say one positive thing to a family member out loud.  
● \_\_\_\_\_
- **Sat**  **Family pride rep:** clean your space and leave it better than you found it.  
● \_\_\_\_\_
- **Sun**  **Family meeting:** share 1 win, 1 lesson, 1 promise for next week.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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---

**How I improved our home this week:**

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**Where I need to do better at home:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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---

**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

**Focus:** *I stay with it until I figure it out.* 全年<sup>1</sup>

- **Mon**  **Do a “stick-with-it” rep:** work 10 minutes on a hard task before asking for help.  
• \_\_\_\_\_
- **Tue**  **When you get stuck, write/say:** “Here’s what I know so far...” (one time).  
• \_\_\_\_\_
- **Wed**  **Do a “retry” rep:** try again after a mistake without getting mad (one time).  
• \_\_\_\_\_
- **Thu**  **Do a “patience” rep:** finish a task slowly and correctly (quality over speed).  
• \_\_\_\_\_
- **Fri**  **Do a “frustration” rep:** when annoyed, reset and continue (no quitting).  
• \_\_\_\_\_
- **Sat**  **Do a “hard skill” rep:** practice a weak skill for 10 minutes.  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week I struggled with \_\_\_\_\_, and I improved by \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Where I wanted to quit:**

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**What I learned:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline Over Motivation

**Focus: *I do the next right thing—right away.*** 全年<sup>1</sup>

- **Mon**  **Do a “no snooze” rep:** start your first task within 5 minutes of being told.  
• \_\_\_\_\_
- **Tue**  **Do a “one-page/one-part” rep:** complete one small part before taking a break.  
• \_\_\_\_\_
- **Wed**  **Do a “clean start” rep:** clear your space before working (30 seconds).  
• \_\_\_\_\_
- **Thu**  **Do a “phone last” rep:** no screens until one responsibility is completed.  
• \_\_\_\_\_
- **Fri**  **Do a “finish strong” rep:** last 2 minutes—push to complete, don’t drift.  
• \_\_\_\_\_
- **Sat**  **Do a “same time rep”:** practice/reading/skill at the same time you choose today.  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week discipline helped me \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I delayed or argued:**

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**What helped me start anyway:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership and Accountability

**Focus: *I take responsibility and I adjust fast.*** 全年<sup>1</sup>

- **Mon**  **Do a “truth rep”:** say what happened in one sentence—no excuses (one time).  
• \_\_\_\_\_
- **Tue**  **Do a “plan rep”:** write/say one step you will take to fix a problem.  
• \_\_\_\_\_
- **Wed**  **Do a “check your work” rep:** review one task before turning it in/being done.  
• \_\_\_\_\_
- **Thu**  **Do a “no blaming” rep:** replace “they made me” with “I chose.” (one time)  
• \_\_\_\_\_
- **Fri**  **Do a “repair rep”:** fix what you messed up (redo/clean/apologize) one time.  
• \_\_\_\_\_
- **Sat**  **Do an “own the mission” rep:** complete one responsibility without reminders.  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week I owned \_\_\_\_ and my adjustment was \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**Something I owned:**

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**My adjustment (what I'll do differently):**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

Focus: *I practice gratitude to stay strong and positive.* 全年<sup>1</sup>

- **Mon**  **Write:** “One thing I take for granted is \_\_\_\_.” (then appreciate it)  
● \_\_\_\_\_
- **Tue**  **Say thank you for something small you usually ignore (one time).**  
● \_\_\_\_\_
- **Wed**  **“Strength gratitude” rep:** name a challenge and say what skill it’s building.  
● \_\_\_\_\_
- **Thu**  **Do a “good attitude” rep:** complete one task with a calm, respectful tone.  
● \_\_\_\_\_
- **Fri**  **Give one compliment to a family member (specific, real).**  
● \_\_\_\_\_
- **Sat**  **Do a “grateful effort” rep:** practice a skill and say, “I’m grateful I get to improve.”  
● \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week gratitude helped me when \_\_\_\_.”  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**A hard moment I had:**

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**What I appreciated anyway:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

**Focus:** *I stay respectful when I'm upset.* 全年<sup>1</sup>

- **Mon**  When I'm annoyed, I don't roll my eyes (one time—catch it).  
• \_\_\_\_\_
- **Tue**  Use a calm request once: “Can you help me with \_\_\_?”  
• \_\_\_\_\_
- **Wed**  If I get loud, I reset and re-say it respectfully (one time).  
• \_\_\_\_\_
- **Thu**  Do a “calm body” rep: slow breath + relaxed shoulders (one time when stressed).  
• \_\_\_\_\_
- **Fri**  In conflict, I use one line: “I'm upset, but I'll talk calmly.”  
• \_\_\_\_\_
- **Sat**  Do a “patience rep”: wait without complaining (line/store/game/ride—one time).  
• \_\_\_\_\_
- **Sun**  Tell Parent(s): “This week I stayed respectful when \_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**A moment I got emotional:**

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**What I wanted to do and what I did instead:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Before Comfort

**Focus:** *I do the right thing even when no one is watching.*

- **Mon**  **Do one “nobody asked” rep:** clean/help/fix something quietly.  
• \_\_\_\_\_
- **Tue**  **Do the honest rep:** admit a mistake fast (one time).  
• \_\_\_\_\_
- **Wed**  **Do the “hard yes” rep:** do a responsibility even when you’d rather not.  
• \_\_\_\_\_
- **Thu**  **Do the “respect rep”:** speak politely even when you disagree (one time).  
• \_\_\_\_\_
- **Fri**  **Do the “no shortcut” rep:** finish a task the right way, not the easy way.  
• \_\_\_\_\_
- **Sat**  **Do the “service rep”:** help someone in your family without expecting anything.  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week I showed character when \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I was tempted to take the easy way:**

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**What I chose instead:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family as the Training Ground

**Focus:** *I bring strength, respect, and effort into my home.*

- **Mon**  **Contribution rep:** do one “family helper” task without being asked (5 minutes).  
• \_\_\_\_\_
- **Tue**  **Respect rep:** when corrected, respond with “Okay” and adjust (one time).  
• \_\_\_\_\_
- **Wed**  **Responsibility rep:** finish one home job completely and clean up after it.  
• \_\_\_\_\_
- **Thu**  **Connection rep:** ask a parent, “What can I do to help today?”  
• \_\_\_\_\_
- **Fri**  **Encouragement rep:** say one positive thing to a family member out loud.  
• \_\_\_\_\_
- **Sat**  **Order rep:** reset one area (room/desk/backpack/shoes) and keep it that way.  
• \_\_\_\_\_
- **Sun**  **Family meeting:** share one win, one lesson, one goal for next week.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week (2):**

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**How I helped our home this week:** \_\_\_\_\_

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**What I learned:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

**Focus:** *When it's hard, I don't panic—I work the problem.*

- Mon  Do a “no panic” rep: when stuck, stay calm and try one small step first.  
• \_\_\_\_\_
- Tue  Do a “write it out” rep: write/say 3 steps to solve a problem (one time).  
• \_\_\_\_\_
- Wed  Do a “repeat rep”: do the same hard thing twice in a row (practice/task).  
• \_\_\_\_\_
- Thu  Do a “help smart” rep: ask for help using: “I tried \_\_ and \_\_. I need help with \_\_.”  
• \_\_\_\_\_
- Fri  Do a “finish through frustration” rep: complete one task even while annoyed.  
• \_\_\_\_\_
- Sat  Do a “challenge choice” rep: choose a hard option on purpose (practice/cleanup/learning).  
• \_\_\_\_\_
- Sun  Tell Parent(s): “This week I worked the problem when \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A hard moment I faced:**

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**What I learned:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline Over Motivation

**Focus:** *I keep small promises to myself.* 全年<sup>1</sup>

- Mon  Make one small promise (“I will \_\_”) and do it the same day.  
• \_\_\_\_\_
- Tue  Do a “schedule rep”: pick a time and complete a 10-minute rep at that time.  
• \_\_\_\_\_
- Wed  Do a “no excuse” rep: finish one task without saying “I don’t want to.”  
• \_\_\_\_\_
- Thu  Do a “fast start” rep: start within 30 seconds of being asked (one time).  
• \_\_\_\_\_
- Fri  Do a “focus rep”: 10 minutes—no talking, no switching, no phone.  
• \_\_\_\_\_
- Sat  Do a “finish + reset” rep: complete a task and clean up your area after.  
• \_\_\_\_\_
- Sun  Tell Parent(s): “This week I kept my promise to \_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A time I wanted to quit:**

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**What helped me follow through:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership & Accountability

**Focus: *I don't defend mistakes—I correct them.*** 全年<sup>1</sup>

- **Mon**  When corrected, I say: “Okay. I’ll fix it.” (one time)  
• \_\_\_\_\_
- **Tue**  Do a “fix-it fast” rep: correct one mistake within 5 minutes of noticing.  
• \_\_\_\_\_
- **Wed**  Do a “no excuses” rep: explain what happened in one sentence, then fix it.  
• \_\_\_\_\_
- **Thu**  Do a “redo” rep: redo one task to the right standard (quality rep).  
• \_\_\_\_\_
- **Fri**  Do a “repair” rep: apologize + make it right (one time).  
• \_\_\_\_\_
- **Sat**  Do a “self-check” rep: check your work before saying “done.”  
• \_\_\_\_\_
- **Sun**  Tell Parent(s): “This week I corrected \_\_\_\_\_ by \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A mistake I made:**

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**How I fixed it:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

**Focus:** *Gratitude helps me stay strong when life is hard.* 全年<sup>1</sup>

- **Mon**  **Write:** “One good thing about today is \_\_\_\_.”  
• \_\_\_\_\_
- **Tue**  **Thank a family member for something they do often (specific).**  
• \_\_\_\_\_
- **Wed**  **“Respect gratitude” rep:** say one thing you appreciate about rules/structure at home.  
• \_\_\_\_\_
- **Thu**  **Replace one negative thought with:** “But I’m thankful for \_\_\_\_.” (one time)  
• \_\_\_\_\_
- **Fri**  **Do a “gratitude work” rep:** finish a responsibility with a calm attitude.  
• \_\_\_\_\_
- **Sat**  **Name a hard moment and say:** “This is building \_\_\_\_ in me.”  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week I stayed positive because I focused on \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A hard moment I faced:**

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**What I stayed grateful for anyway:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

**Focus: *I can reset fast and get back to respect.*** 全年<sup>1</sup>

- **Mon**  **Do a “reset fast” rep:** when upset, pause and lower your voice (one time).  
• \_\_\_\_\_
- **Tue**  **Do a “walk-away” rep:** step away for 30 seconds instead of arguing (one time).  
• \_\_\_\_\_
- **Wed**  **Do a “repair” rep:** apologize quickly after disrespect (one time).  
• \_\_\_\_\_
- **Thu**  **Do a “calm face” rep:** relax your face/jaw when frustrated (one time).  
• \_\_\_\_\_
- **Fri**  **Do a “respect under pressure” rep:** follow a correction without attitude (one time).  
• \_\_\_\_\_
- **Sat**  **Do a “choose calm” rep:** finish a task without complaining (one rep).  
• \_\_\_\_\_
- **Sun**  **Tell Parent(s):** “This week I recovered fast when \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A moment I lost control:**

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**How I reset:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Before Comfort

**Focus: *I do what I said I would do.*** 全年<sup>1</sup>

- Mon  Do a “keep your word” rep: make one promise and follow through today.  
• \_\_\_\_\_
- Tue  Do an “uncomfortable effort” rep: choose the harder option once today.  
• \_\_\_\_\_
- Wed  Do an “honesty under pressure” rep: tell the truth even if you’re nervous.  
• \_\_\_\_\_
- Thu  Do a “respect when corrected” rep: say “Okay” and adjust (one time).  
• \_\_\_\_\_
- Fri  Do a “no shortcut” rep: redo something the right way instead of rushing it.  
• \_\_\_\_\_
- Sat  Do a “service” rep: help someone without asking for credit.  
• \_\_\_\_\_
- Sun  Tell Parent(s): “This week I chose character when \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where comfort tried to win:**

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**What I chose instead:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family as the Training Ground

**Focus: *I bring effort, respect, and teamwork into my home.***

- **Mon**  **Team rep:** do one household task before being asked (5 minutes).  
• \_\_\_\_\_
- **Tue**  **Respect rep:** respond to a correction with “Okay, I’ll fix it.” (one time)  
• \_\_\_\_\_
- **Wed**  **Reliability rep:** complete one responsibility at the time you said you would.  
• \_\_\_\_\_
- **Thu**  **Connection rep:** ask a parent/guardian: “What’s one thing I can do today?”  
• \_\_\_\_\_
- **Fri**  **Encouragement rep:** say one supportive sentence to someone at home.  
• \_\_\_\_\_
- **Sat**  **Family pride rep:** reset your space and keep it clean all day (best effort).  
• \_\_\_\_\_
- **Sun**  **Family meeting:** share 1 win, 1 problem we solved, 1 goal for next week.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**How I helped our family this week:**

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**Where I can improve at home:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

**Focus: *I don't quit early—I earn the lesson.*** 全年<sup>1</sup>

- **Mon**  “One more minute” rep: when you want to stop, continue for 60 seconds.  
• \_\_\_\_\_
- **Tue**  “Ask better” rep: ask for help using one clear question (no complaining first).  
• \_\_\_\_\_
- **Wed**  “Fix the first mistake” rep: correct the first error you notice (don’t ignore it).  
• \_\_\_\_\_
- **Thu**  “Stay engaged” rep: keep working even if it’s boring (10 minutes).  
• \_\_\_\_\_
- **Fri**  “Calm under pressure” rep: when frustrated, breathe and keep going (one time).  
• \_\_\_\_\_
- **Sat**  “Training rep” physical effort: do something tough for 10–20 minutes.  
• \_\_\_\_\_
- **Sun**  Tell Parent(s): “This week I didn’t quit when \_\_\_\_.”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I wanted to stop early:**

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**What I did instead:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline Over Motivation

**Focus: *I do the basics every day, even when it's boring.*** 全年<sup>1</sup>

- **Mon**  “**Basics rep**”: make your bed / clean space / pack bag (pick one) and finish it.  
• \_\_\_\_\_
- **Tue**  “**No delay**” rep: start one task immediately after you decide to do it (one time).  
• \_\_\_\_\_
- **Wed**  “**Fix the first mistake**” rep: correct the first error you notice (don’t ignore it).  
• \_\_\_\_\_
- **Thu**  “**One thing fully**” rep: complete one task to 100% (not halfway).  
• \_\_\_\_\_
- **Fri**  “**Routine rep**”: do your rep at the same time as yesterday (consistency).  
• \_\_\_\_\_
- **Sat**  “**Early win**” rep: do one responsibility before breakfast/screens/fun.  
• \_\_\_\_\_
- **Sun**  “**Tell Parent(s)**: “**This week my best discipline habit was \_\_\_\_.**”  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I wanted to skip the basics:**

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**What helped me do it anyway:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership & Accountability

**Focus: *I own my choices and raise my standard.*** 全年<sup>1</sup>

- **Mon**  “Own it fast” rep: when something goes wrong, say “That’s on me.” (one time)  
• \_\_\_\_\_
- **Tue**  “Standard rep” : ask yourself “Is this my best?” and improve one thing.  
• \_\_\_\_\_
- **Wed**  “No story” rep: explain a mistake in one sentence, then start fixing it.  
• \_\_\_\_\_
- **Thu**  “Replace blame” rep: swap “They...” with “I chose...” (one time).  
• \_\_\_\_\_
- **Fri**  “Make it right” rep: fix a mistake with actions (redo / clean / correct).  
• \_\_\_\_\_
- **Sat**  “Responsible without reminders” rep: complete one task start-to-finish on your own.  
• \_\_\_\_\_
- **Sun**  Family check-in: share 1 thing you owned, 1 thing you fixed, 1 standard for next week.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**What I owned:**

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**What I learned:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

Focus: *I choose gratitude to stay strong and steady.* 全年<sup>1</sup>

- Mon  “Morning gratitude” rep: write one line—“Today I’m grateful for \_\_\_\_.”  
• \_\_\_\_\_
- Tue  “Earned gratitude” rep: after a hard task, say “I’m grateful I can do hard things.”  
• \_\_\_\_\_
- Wed  “No complaining swap” rep: replace one complaint with one appreciation (one time).  
• \_\_\_\_\_
- Thu  “Thank you with details” rep: thank someone and say why (one time).  
• \_\_\_\_\_
- Fri  “Gratitude under pressure” rep: when annoyed, breathe and name one good thing.  
• \_\_\_\_\_
- Sat  “Service gratitude” rep: help at home for 5–10 minutes, then say what you appreciate.  
• \_\_\_\_\_
- Sun  Family check-in: share 1 thing you appreciated.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A hard moment I handled with gratitude:**

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**What gratitude changed for me:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

**Focus: I control my tone and recover fast.** 全年<sup>1</sup>

- **Mon**  “Tone check” rep: before you speak when upset, ask: “Is my voice calm?” (one time).  
● \_\_\_\_\_
- **Tue**  “3-breath reset” rep: take 3 slow breaths before responding (one time).  
● \_\_\_\_\_
- **Wed**  “Say it clean” rep: repeat one sentence respectfully after a bad tone (one time).  
● \_\_\_\_\_
- **Thu**  “No sarcasm” rep: remove sarcasm/attitude and say it straight (one time).  
● \_\_\_\_\_
- **Fri**  “Walk-back repair” rep: if you were disrespectful, apologize and redo your words.  
● \_\_\_\_\_
- **Sat**  “Calm under effort” rep: do a hard task with no complaining (one rep).  
● \_\_\_\_\_
- **Sun**  Family check-in: share 1 trigger, 1 reset that worked.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**My biggest trigger this week:**

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**How I repaired when I messed up:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Before Comfort

**Focus: *I choose the right thing, not the easy thing.*** 全年<sup>1</sup>

- Mon  “Do it right” rep: redo one small thing to a better standard (one time).  
• \_\_\_\_\_
- Tue  “Truth rep” : tell the truth fast even if you’re nervous (one time).  
• \_\_\_\_\_
- Wed  “Finish the job” rep: complete a task fully before switching (one time).  
• \_\_\_\_\_
- Thu  “No gossip” rep: don’t join in if people are tearing someone down (one time).  
• \_\_\_\_\_
- Fri  “Respect rep” : respond to correction with “Okay” and adjust (one time).  
• \_\_\_\_\_
- Sat  “Serve quietly” rep: help at home without asking for credit (5–10 minutes).  
• \_\_\_\_\_
- Sun  Family check-in: share 1 right choice, 1 truth you told, 1 standard you’ll keep next week.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A moment I wanted comfort:**

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**What I chose instead:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family as the Training Ground

**Focus:** *I help build a strong home with respect and effort.*

- Mon  “Contribution first” rep: do one helpful task before you ask for anything (5 minutes).  
• \_\_\_\_\_
- Tue  “Respect on the first try” rep: when asked, respond calmly and do it (one time).  
• \_\_\_\_\_
- Wed  “House standard” rep: reset one area (shoes/backpack/dishes/room) and keep it clean.  
• \_\_\_\_\_
- Thu  “Connection rep” : ask a parent/guardian one real question and listen to the answer.  
• \_\_\_\_\_
- Fri  “Encouragement rep” : say one positive statement to a family member out loud.  
• \_\_\_\_\_
- Sat  “Teamwork rep” : do a 10-minute family clean/reset with no complaining.  
• \_\_\_\_\_
- Sun  Family check-in: share 1 way you contributed.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**How I contributed this week:**

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**One home standard I helped protect:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

**Focus:** *I finish what I start, even when it's hard.* 全年<sup>1</sup>

- **Mon**  “Finish line” rep: complete one task fully before you touch screens/fun.  
• \_\_\_\_\_
- **Tue**  “Stuck → step” rep: when stuck, take one small step without asking for help first.  
• \_\_\_\_\_
- **Wed**  “Boredom grit” rep: do 10 minutes of boring work without quitting or complaining.  
• \_\_\_\_\_
- **Thu**  “Fix and continue” rep: make one correction and keep going (no restart drama).  
• \_\_\_\_\_
- **Fri**  “Hard voice” rep: when it gets tough, say out loud: “I can do hard things.”  
• \_\_\_\_\_
- **Sat**  “Extra rep” day: do one extra practice/effort rep (10 minutes) after you want to stop.  
• \_\_\_\_\_
- **Sun**  Family check-in: share 1 task you finished.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I felt like quitting:**

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**What helped me finish:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline Over Motivation

**Focus:** *I take action without needing to feel like it.* 全年<sup>1</sup>

- **Mon**  “Same time” rep: do your daily rep at the same time you choose today.  
● \_\_\_\_\_
- **Tue**  “2-minute start” rep: start a task and do it for 2 minutes (momentum).  
● \_\_\_\_\_
- **Wed**  “First priority” rep: finish one responsibility before any screen time.  
● \_\_\_\_\_
- **Thu**  “No negotiations” rep: when asked once, respond “Okay” and move.  
● \_\_\_\_\_
- **Fri**  “10-minute focus” rep: one 10-minute block—no switching, no distractions.  
● \_\_\_\_\_
- **Sat**  “Prep rep” : get your clothes/bag/gear ready for tomorrow (5 minutes).  
● \_\_\_\_\_
- **Sun**  Family check-in: share 1 routine you kept, 1 time you started fast, 1 habit to repeat next week.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I tried to delay:**

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**What helped me start anyway:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership & Accountability

Focus: *I admit it fast and fix it fully.* 全年<sup>1</sup>

- Mon  “Admit fast” rep: if you mess up, say “I did it.” (one time)  
• \_\_\_\_\_
- Tue  “Fix it fully” rep: finish one correction all the way (not halfway).  
• \_\_\_\_\_
- Wed  “Own your part” rep: say your part in a problem (one sentence).  
• \_\_\_\_\_
- Thu  “No repeat” rep: do one thing differently today so you don’t repeat a mistake.  
• \_\_\_\_\_
- Fri  “Check-back” rep: after being corrected, check later and make sure it stayed fixed.  
• \_\_\_\_\_
- Sat  “Independent responsibility” rep: handle one task without reminders, report.  
• \_\_\_\_\_
- Sun  Family check-in: share 1 mistake you owned and how you fixed it.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**What I owned:**

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**How I fixed it fully:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

Focus: *I keep my attitude clean with gratitude.* 全年<sup>1</sup>

- Mon  “Gratitude list” rep: write 3 things you appreciate (30 seconds).  
• \_\_\_\_\_
- Tue  “Thank the hard” rep: name one hard thing and say what it’s teaching you.  
• \_\_\_\_\_
- Wed  “Appreciation out loud” rep: tell someone one thing you appreciate about them (specific).  
• \_\_\_\_\_
- Thu  “Negative swap” rep: replace one negative sentence with a positive one (one time).  
• \_\_\_\_\_
- Fri  “Grateful effort” rep: finish a responsibility with no complaining (one rep).  
• \_\_\_\_\_
- Sat  “Notice the good” rep: find one good thing in a boring day and write it.  
• \_\_\_\_\_
- Sun  Family check-in: share 1 thing you appreciated, 1 hard thing you’re grateful for.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**What I appreciated most:**

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**A hard thing I'm grateful for:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

**Focus: *I return to calm and respect fast.*** 全年<sup>1</sup>

- **Mon**  “Pause rep” : when you feel upset, pause 2 seconds before speaking (one time).  
• \_\_\_\_\_
- **Tue**  “Name it” rep: say “I’m frustrated” (or “mad/sad”) instead of acting it out (one time).  
• \_\_\_\_\_
- **Wed**  “Lower volume” rep: if your voice rises, lower it and repeat the sentence (one time).  
• \_\_\_\_\_
- **Thu**  “Calm hands” rep: keep hands/body calm (no slamming, stomping, throwing) one time.  
• \_\_\_\_\_
- **Fri**  “Repair fast” rep: apologize and redo your words within 5 minutes (one time).  
• \_\_\_\_\_
- **Sat**  “Talk it out” rep: ask for a quick talk using: “Can we talk for 2 minutes?”  
• \_\_\_\_\_
- **Sun**  **Family check-in:** share 1 trigger, 1 calm tool.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**My biggest trigger:**

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**My best calm tool:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Before Comfort

**Focus:** *I do the right thing right now, not later.* 全年<sup>1</sup>

- Mon  “Do it now” rep: complete one small task immediately when asked (one time).  
• \_\_\_\_\_
- Tue  “Truth without fear” rep: admit a mistake before you’re caught (one time).  
• \_\_\_\_\_
- Wed  “Hard first” rep: do the hardest part of a task first (one time).  
• \_\_\_\_\_
- Thu  “Clean standard” rep: put something back where it belongs—every time today.  
• \_\_\_\_\_
- Fri  “No shortcut” rep: take the extra minute to do it correctly (one time).  
• \_\_\_\_\_
- Sat  “Respect when tired” rep: use a calm voice even if you’re exhausted (one time).  
• \_\_\_\_\_
- Sun  Family check-in: share 1 right-now win, 1 truth moment.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**Where I chose “now” instead of “later”:**

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**A standard I kept:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family as the Training Ground

Focus: *My home stronger with contribution.* 全年<sup>1</sup>

- Mon  “Carry your weight” rep: handle one chore without reminders (5–10 minutes).  
● \_\_\_\_\_
- Tue  “Respect in conflict” rep: if you disagree, use calm words (one time).  
● \_\_\_\_\_
- Wed  “Own your space” rep: keep your main area clean all day (room/desk/backpack).  
● \_\_\_\_\_
- Thu  “Family first” rep: help someone at home before you ask for something.  
● \_\_\_\_\_
- Fri  “Repair quickly” rep: if you mess up at home, apologize and fix it (one time).  
● \_\_\_\_\_
- Sat  “Home reset” rep: 10-minute family reset with best effort (no complaining).  
● \_\_\_\_\_
- Sun  Family check-in: share 1 way you helped, 1 respect win, 1 home rule for next week.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**How I helped my home:**

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**What home rule I helped protect:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:**

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Struggle Builds Strength

Focus: *When it's hard, I stay calm and keep working.* 全年<sup>1</sup>

- Mon  “Calm start” rep: “Start anyway.”  
● \_\_\_\_\_
- Tue  “Break it down” rep: split one hard thing into 3 smaller steps and do step 1.  
● \_\_\_\_\_
- Wed  “No-quit timer” rep: work for 8 minutes even if you don’t want to (timer).  
● \_\_\_\_\_
- Thu  “Try-two” rep: when you fail once, try the same thing one more time.  
● \_\_\_\_\_
- Fri  “Ask after effort” rep: only ask for help after you’ve tried two ideas.  
● \_\_\_\_\_
- Sat  “Strong finish” rep: finish one task completely, then clean up your area.  
● \_\_\_\_\_
- Sun  Family check-in: share 1 hard thing you started, 1 step you completed.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**The hard thing I faced:**

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**The steps I tried:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Discipline Over Motivation

Focus: *I build discipline by doing my reps every day.* 全年<sup>1</sup>

- **Mon**  “Set the standard” rep: pick your daily rep time and write it down.  
● \_\_\_\_\_
- **Tue**  “Start before ready” rep: begin a task even if you don’t feel ready (one time).  
● \_\_\_\_\_
- **Wed**  “No phone first” rep: do one responsibility before any screen time.  
● \_\_\_\_\_
- **Thu**  “One-task lock” rep: finish one task without switching (10 minutes).  
● \_\_\_\_\_
- **Fri**  “Small win” rep: complete a 5-minute cleanup without being asked.  
● \_\_\_\_\_
- **Sat**  “Tomorrow prep” rep: set out gear/clothes and pack your bag (5 minutes).  
● \_\_\_\_\_
- **Sun**  Family check-in: share 1 routine you kept.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**The hard thing I faced:**

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**The steps I tried:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Ownership & Accountability

Focus: *I own it immediately and correct it completely.* 全年<sup>1</sup>

- Mon  “Ownership sentence” rep: say “I was wrong.” (one time when needed).  
● \_\_\_\_\_
- Tue  “Fix it now” rep: correct one problem right away—no delay (one time).  
● \_\_\_\_\_
- Wed  “My part” rep: say your part in a problem without blaming (one sentence).  
● \_\_\_\_\_
- Thu  “Follow-through” rep: finish one task you started earlier (no leaving it).  
● \_\_\_\_\_
- Fri  “Double-check” rep: check your work before turning it in/saying done.  
● \_\_\_\_\_
- Sat  “Self-report” rep: tell Parent(s) what you completed today (one time).  
● \_\_\_\_\_
- Sun  Family check-in: share 1 thing you owned.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**What I owned:**

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**How I followed through afterward:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Gratitude in the Grind

**Focus:** *I stay humble and steady by choosing gratitude.* 全年

- **Mon**  “Grateful for effort” rep: write one line—“I’m grateful I can work hard.”  
● \_\_\_\_\_
- **Tue**  “Thank someone who teaches me” rep: thank a parent/coach/teacher for one thing.  
● \_\_\_\_\_
- **Wed**  “Gratitude after correction” rep: after being corrected, say “Okay—thank you.”  
● \_\_\_\_\_
- **Thu**  “Hard-day gratitude” rep: name one hard thing today and one good thing inside it.  
● \_\_\_\_\_
- **Fri**  “Grateful action” rep: do one chore.  
● \_\_\_\_\_
- **Sat**  “Gratitude note” rep: write a 1–2 sentence note to someone you appreciate.  
● \_\_\_\_\_
- **Sun**  Family check-in: share 1 person you appreciate.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A hard thing I'm grateful for:**

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**How gratitude changed my attitude:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Emotional Strength

Focus: *I feel big emotions and still act with respect.* 全年<sup>1</sup>

- Mon  “Slow breath” rep: take one slow breath before answering when upset.  
● \_\_\_\_\_
- Tue  “Respectful words” rep: use please / thank you / excuse me at home.  
● \_\_\_\_\_
- Wed  “Reset phrase”, “I need a minute.”  
● \_\_\_\_\_
- Thu  “No slam” rep: close doors/drawers gently all day (best effort).  
● \_\_\_\_\_
- Fri  “Redo tone” rep: if your tone is wrong, redo the sentence calmly.  
● \_\_\_\_\_
- Sat  “Calm body” rep: relax shoulders and unclench jaw when annoyed.  
● \_\_\_\_\_
- Sun  Family check-in: share 1 emotion you handled well.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A big emotion I felt:**

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**How I stayed respectful:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Character Before Comfort

Focus: *I do the right thing when it's inconvenient.* 全年<sup>1</sup>

- Mon  “Right thing unseen” rep: do one helpful act without telling anyone.  
• \_\_\_\_\_
- Tue  “Tell the truth first” rep: admit something small before being asked.  
• \_\_\_\_\_
- Wed  “Clean up your mess” rep: fix a mess you made without being told.  
• \_\_\_\_\_
- Thu  “Keep your word” rep: follow through on one promise today.  
• \_\_\_\_\_
- Fri  “Respect when annoyed” rep: use a calm voice even if you’re irritated.  
• \_\_\_\_\_
- Sat  “Do the uncomfortable” rep: choose the harder option once today (practice/work/help).  
• \_\_\_\_\_
- Sun  Family check-in: share 1 unseen good act.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**The right thing I did when it was hard:**

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**A truth I told first:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family as the Training Ground

**Focus:** *I help my family win by living our standards at home.*

- **Mon**  “Home standard” rep: choose one rule (tone/cleanup/help) and keep it all day.  
● \_\_\_\_\_
- **Tue**  “Helpful first” rep: do one helpful action before you ask for anything.  
● \_\_\_\_\_
- **Wed**  “Respect on repeat” rep: use a calm voice for the first response.  
● \_\_\_\_\_
- **Thu**  “Own your area” rep: reset and maintain your space (room/desk/backpack) today.  
● \_\_\_\_\_
- **Fri**  “Family teamwork” rep: complete a 10-minute task together (best effort).  
● \_\_\_\_\_
- **Sat**  “Repair + rebuild” rep: if there’s tension, apologize and do one kind action.  
● \_\_\_\_\_
- **Sun**  Family check-in: share 1 family standard.  
● \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**A family standard I helped protect:**

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**How I contributed this week:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Reflection & Accountability Audit

Focus: *I grow by taking responsibility in my actions.* 全年<sup>1</sup>

- Mon  “Best habit” rep: name one habit that made me stronger this year.  
• \_\_\_\_\_
- Tue  “Hardest habit” rep: name one habit that weakened me this year.  
• \_\_\_\_\_
- Wed  “No excuses” rep: write one excuse I used this year and what it cost me.  
• \_\_\_\_\_
- Thu  “Discipline win” rep: name one moment I chose discipline instead of comfort.  
• \_\_\_\_\_
- Fri  “Emotional reset” rep: name one time I fixed my tone or reaction the right way.  
• \_\_\_\_\_
- Sat  “Avoided task” rep: name one thing I avoided this year that I need to face.  
• \_\_\_\_\_
- Sun  Family check-in: 1 accountability win.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

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**One excuse I'm letting go of next year:**

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**One habit I am keeping and strengthening:**

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**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

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**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Family Standards Reset

Focus: *I build a stronger year protecting our standards.* 全年

- **Mon**  “Morning standard” rep: choose one morning habit to follow all day.  
● \_\_\_\_\_
- **Tue**  “Screen standard” rep: follow one screen rule without reminders.  
● \_\_\_\_\_
- **Wed**  “Chore standard” rep: complete one responsibility with best effort.  
● \_\_\_\_\_
- **Thu**  “Tone standard” rep: use respectful voice on the first try today.  
● \_\_\_\_\_
- **Fri**  “Effort standard” rep: push yourself on one task (school/sport/home).  
● \_\_\_\_\_
- **Sat**  “Reset standard” rep: pick one area to clean or organize for 10 minutes.  
● \_\_\_\_\_
- **Sun**  Family check-in: 1 standard we keep next year.  
\_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

**Wins this week:**

---

---

**One standard I want to improve next year:**

---

---

**One way I helped protect our home:**

---

---

**Days completed (circle):** 0 1 2 3 4 5 6 7

**My next-week goal:** \_\_\_\_\_

---

**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

# Future Blueprint & Commitment Week

Focus: *I prepare for a stronger year by choosing who I want to become.* 全年<sup>1</sup>

- **Mon**  “More of this” rep: name one habit I want more of next year.  
• \_\_\_\_\_
- **Tue**  “Less of this” rep: name one habit I want less of next year.  
• \_\_\_\_\_
- **Wed**  “Skill focus” rep: choose one skill to grow for the first 30 days.  
• \_\_\_\_\_
- **Thu**  “Drop a habit” rep: choose one habit to eliminate next year.  
• \_\_\_\_\_
- **Fri**  “Gratitude rep” rep: write one thing I’m grateful for from this year.  
• \_\_\_\_\_
- **Sat**  “Goal start” rep: write the first step toward my 30-day goal.  
• \_\_\_\_\_
- **Sun**  **Family commitment:** share my new-year focus + sign the page.  
• \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes + Confirmation

My biggest growth this year:

---

---

My focus for the first 30 days of next year:

---

---

What I will do to help my family win:

---

---

Days completed (circle): 0 1 2 3 4 5 6 7

My next-week goal:

---

---

**Confirmed by Parent(s):**

Parent/Guardian 1 Initial: \_\_\_\_\_ Parent/Guardian 2 Initial  
(optional): \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

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# Year-End Reflection Page

**My biggest growth this year:**

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---

**The pillar that changed me the most:**

---

---

**A habit I'm proud I built:**

---

---

**A habit I will continue next year:**

---

---

**One message to my future self:**

---

---

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# CERTIFICATE OF COMPLETION

**This certifies that**

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**has completed 52 weeks of the  
Raising Winning Kids Training Journal  
and demonstrated consistency, discipline, and personal  
growth.**



**Date:** \_\_\_\_\_

**Signature (Parent/Guardian):** \_\_\_\_\_

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# Commitment to Year 2

**Fill-in:**

**Next year, I commit to:**

**One habit I will strengthen:**

---

**One pillar I will focus on most:**

---

**One skill I will develop:**

---

**My first 30-day goal:**

---

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

## Notes:

<sup>1</sup> 全年 = year-round training. Small reps. Strong family.

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