



# CONTROL LOG

Control is built in the reps. Log both the wins and the losses – you need the full picture to see where your power is growing.

## WHERE I HELD

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*Name the moment. Make it concrete and own it.*

One moment today where I felt the urge to scroll and resisted it:

What I did instead:

How it felt to hold:

## WHERE I GAVE IN

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*No judgment. Just honesty. You need the data.*

One moment today where I gave in and what triggered it:

How long it lasted:

## WHAT CONTROL LOOKS LIKE FOR ME

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*Define it in your own words. This is your standard.*

What staying in control of my scrolling looks like for me:

One thing I will do tomorrow to build more control:

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Growth lives on the other side of action.