



# DAILY PROGRESS JOURNAL

Most men miss their own momentum. This journal makes sure you don't. Three minutes. Done daily. Non-negotiable.

## WHAT YOU MOVED FORWARD TODAY

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*Even small movement counts. Write it down like it matters – because it does.*

I moved this forward today:

The hardest part was:

What I did to push through:

## THE WIN YOU WOULD NORMALLY RUSH PAST

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*You're better at this than you think. Stop and name it.*

Today's win:

Why it actually matters:

Who else noticed (or should have):

## WHAT THIS PROVES ABOUT YOUR CONSISTENCY

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*Connect today to the bigger pattern. Identity is built in the reps.*

This proves that I am the kind of man who:

Tomorrow I will build on this by:

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Growth lives on the other side of action.