



SESSION CONSISTENCY TRIGGER LOG

Missing sessions has a pattern. Find it and you remove the biggest block to your progress.

TODAY'S SESSION

Be honest — even if you almost skipped it.

Whether I trained today:

What almost stopped me or what got in the way:

THE BLOCKER

Identify the real reason, not the surface excuse.

The real reason I nearly skipped — what was underneath it:

SHOWING UP TOMORROW

Remove the friction before it appears. Decide now.

What would make it easier to show up tomorrow:

One thing I will do tonight to make tomorrow's session happen:

Growth lives on the other side of action.