

TOMORROW GUARDRAIL

The man who plans for the urge before it arrives always beats the one who tries to think clearly inside it. Build your guardrail tonight.

THE THREAT

Anticipate it before it hits. Name it now while your head is clear.

What could trigger me to watch porn tomorrow:

The time or situation where I'm most at risk:

Why this trigger has power over me:

THE PLAN

A plan before the urge is worth ten plans after it hits.

What I'll do instead if that happens:

Who I can contact or what I can do in that exact moment:

What I'll say to myself when the urge starts:

THE COMMITMENT

Say it clearly. Write it like you mean it.

My commitment for tomorrow is:

Why keeping this matters more than the urge:

Growth lives on the other side of action.