



Weekly Patience, Discipline & Consistency Checklist

Muscle for the Mind | 4-Week Growth Challenge

HOW IT WORKS

Each week focuses on one core trait:

- Week 1: Patience
- Week 2: Discipline
- Week 3: Consistency
- Week 4: Integration

Use the suggested actions below each week.

At the end of each day, check off if you practiced that trait in a meaningful way.

At the end of the week, reflect briefly.



WEEK 1: PATIENCE

Theme: Let go of control and trust the process.

Daily Actions (choose 1–2 per day):

- Pause before reacting when something goes wrong
- Say “no” to rushing a decision
- Focus on long-term goals (review your vision)
- Meditate or breathe deeply for 2–5 minutes
- Journal a moment when patience served you well

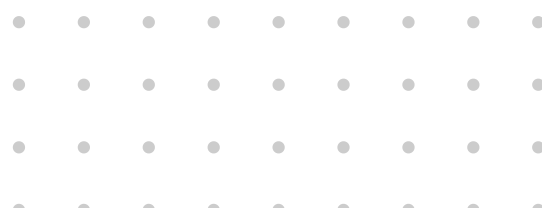
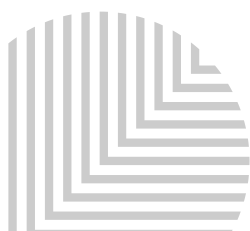
Daily Checkboxes:

☐ Mon ☐ Tue ☐ Wed ☐ Thu

☐ Fri ☐ Sat ☐ Sun

End-of-Week Reflection:

Where did I practice patience?





WEEK 2: DISCIPLINE

Theme: Show up even when you don't feel like it.

Daily Actions (choose 1–2 per day):

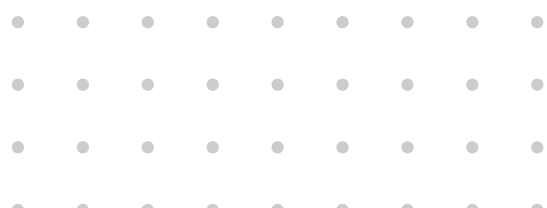
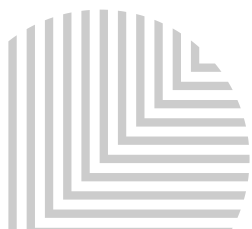
- Complete your top 3 priorities before noon
- Avoid distractions during deep work blocks
- Follow your morning or evening routine
- Stick to your content schedule
- Follow through on something you've been avoiding

Daily Checkboxes:

☐ Mon ☐ Tue ☐ Wed ☐ Thu
☐ Fri ☐ Sat ☐ Sun

End-of-Week Reflection:

What did I follow through on this week that I'm proud of?





WEEK 3: CONSISTENCY

Theme: Build trust through repetition and rhythm.

Daily Actions (choose 1–2 per day):

- Publish or post one piece of content
- Repeat a habit at the same time as yesterday
- Keep your promises to yourself
- Send one follow-up to a client or prospect
- Do a small task even if no one will see it

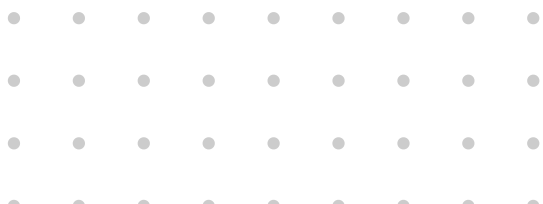
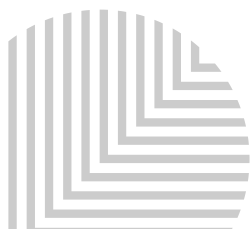
Daily Checkboxes:

☐ Mon ☐ Tue ☐ Wed ☐ Thu

☐ Fri ☐ Sat ☐ Sun

End-of-Week Reflection:

What rhythm helped me most this week?





WEEK 4: INTEGRATION

Theme: Align your habits with your vision.

Daily Actions (choose 1–2 per day):

- Do one small thing to serve your future self
- Combine all three traits: PDC (e.g. stay calm, follow through, do it again)
- Set your goals for next month
- Review what worked over the last 3 weeks
- Simplify one routine so it's easier to sustain

Daily Checkboxes:

[] Mon [] Tue [] Wed [] Thu
[] Fri [] Sat [] Sun

End-of-Week Reflection:

What did I learn about myself during this
4-week challenge?

