

THE SPACE

7-DAY RESET CHALLENGE

No hype. Seven days of doing what you said you would do.

DROP THE MASK. • PULL UP A CHAIR.

Choose one focus. Keep the commitment small enough to complete and meaningful enough to matter. The goal is not perfection — it is proof that your word to yourself still means something.

CHOOSE YOUR RESET

- ☐ Discipline
- ☐ Physical health
- ☐ Marriage / relationship
- ☐ Fatherhood
- ☐ Money
- ☐ Career / business
- ☐ Faith / purpose
- ☐ Mental clutter / focus
- ☐ Something else

My 7-day commitment	{{COMMITMENT}}
Why this matters now	{{WHY_NOW}}
Accountability person	{{ACCOUNTABILITY_PERSON}}

7-DAY TRACKER

Day	Did I do it?	What got in the way?	What I learned
Day 1	{{DAY1_DONE}}	{{DAY1_BLOCK}}	{{DAY1_LEARN}}
Day 2	{{DAY2_DONE}}	{{DAY2_BLOCK}}	{{DAY2_LEARN}}
Day 3	{{DAY3_DONE}}	{{DAY3_BLOCK}}	{{DAY3_LEARN}}

Day 4	{{DAY4_DONE}}	{{DAY4_BLOCK}}	{{DAY4_LEARN}}
Day 5	{{DAY5_DONE}}	{{DAY5_BLOCK}}	{{DAY5_LEARN}}
Day 6	{{DAY6_DONE}}	{{DAY6_BLOCK}}	{{DAY6_LEARN}}
Day 7	{{DAY7_DONE}}	{{DAY7_BLOCK}}	{{DAY7_LEARN}}

FINISH STRONG

What changed because I kept — or broke — this commitment?

{{RESET_REFLECTION}}

What is the next 7-day commitment?

{{NEXT_7}}