

# SHANE § JACKSON

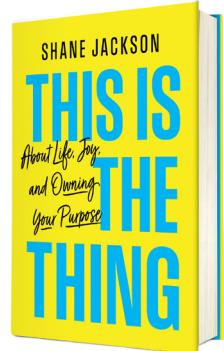
# YOUR YEAR ON PURPOSE

## Discipline Tracker

## How to Use the Discipline Tracker

Drawing on your mantra — a short, simple phrase that keeps your purpose close and focus clear — list one action in the categories below that strengthens you in each of the areas: Work, Relationships and Self. Next, decide how often you want to take that action, whether daily or a few times a week.

At the end of 30 days, pause to reflect on what you've discovered and how these choices shaped your life. The goal isn't perfection — it's learning to live with clarity and intention, one day at a time.



## MY MANTRA:

WORK																									
DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

RELATIONSHIPS																					
DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

What noticeable results or shifts did you experience — in your mindset, energy, relationships or work — as a result of these actions? \_\_\_\_\_

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What did you learn about yourself through the actions you chose — and how did they align with your mantra? \_\_\_\_\_

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Where did you feel resistance, and what might that resistance be revealing about your priorities, actions or mindset? \_\_\_\_\_

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How did consistency — or lack of it — shape your results or your sense of purpose over these 30 days? \_\_\_\_\_

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What do you want to carry forward into the next month to keep living with clarity and intention? \_\_\_\_\_

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