

SHANE & JACKSON

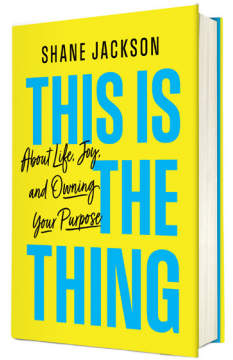
# YOUR YEAR ON PURPOSE

## *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:

**Need Help Getting Started?** Click to visit my [resource library](#) for two more free downloads: a reflection guide to identify what matters most, and a chapter from my book to turn those insights into your own mantra.

WORK																														
DATE																														

RELATIONSHIPS																														
DATE																														

SELF																														
DATE																														



ShaneJackson.com



@ShaneJacksonCulture

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

---

---

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

---

---

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

---

---

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

---

---

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

---

---