

SHANE & JACKSON

YOUR LIFE ON PURPOSE

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.

SHANE JACKSON

THIS IS THE THING

About Life, Joy,
and Ominous Your Purpose

[illegible][illegible][illegible][illegible]

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?*_____
