



SELF-DISCIPLINE CHALLENGE

Small actions. Daily reps. Uncommon results.

FIRST NAME

LAST NAME

AGE

RANK

Each time you step up at home, work, school or in your community **without being asked**, log it below. Go beyond your normal responsibilities and take initiative. Complete 5 acts per section to earn a stripe. This sheet holds 5 stripes (25 acts).

WORDS FROM WARRIORS

"Discipline equals freedom." — Jocko Willink, Navy SEAL commander

"We do not rise to the level of our goals. We fall to the level of our systems." — James Clear, Atomic Habits

"Don't count on motivation. Count on discipline." — Jocko Willink

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." — Bruce Lee

"You don't have to be extreme, just consistent." — David Goggins

THE SCIENCE OF SELF-DISCIPLINE

- **Self-discipline predicts success 2× better than IQ.** It predicted GPA, attendance and test scores far better than intelligence (Duckworth & Seligman, University of Pennsylvania).
- **Self-control in childhood predicts health, wealth and safety.** The Dunedin Study followed 1,037 people from birth to age 40+ (PNAS; Caspi & Moffitt).
- **Grit beats talent.** At West Point, grit predicted who finished the toughest training better than IQ, fitness or leadership scores (Duckworth).
- **Self-control works like a muscle.** Practicing small acts of discipline strengthens willpower everywhere (Baumeister).
- **1% better each day = 37× better in a year.** Tiny improvements compound.
- **About 66 days of daily repetition builds a habit,** not 21 (University College London).
- **Service is good for you.** Regular volunteering is linked to lower stress and longer life (Carnegie Mellon; Harvard Health).

Every time you act without being asked, you train the same discipline that wins fights, earns promotions and builds a life you're proud of.

STRIPE 1 — 5 acts of self-discipline

#	ACT OF SELF-DISCIPLINE, WITHOUT BEING ASKED	WHERE	VERIFIED
1	What I did without being asked:	Where:	☐
2	What I did without being asked:	Where:	☐
3	What I did without being asked:	Where:	☐
4	What I did without being asked:	Where:	☐
5	What I did without being asked:	Where:	☐

✓ COMPLETE THIS SECTION TO EARN ATTITUDE STRIPE 1

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE



STRIPE 2 — 5 more acts

#	ACT OF SELF-DISCIPLINE, WITHOUT BEING ASKED	WHERE	VERIFIED
6	What I did without being asked:	Where:	☐
7	What I did without being asked:	Where:	☐
8	What I did without being asked:	Where:	☐
9	What I did without being asked:	Where:	☐
10	What I did without being asked:	Where:	☐

✓ COMPLETE THIS SECTION TO EARN ATTITUDE STRIPE 2

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE

STRIPE 3 — 5 more acts

#	ACT OF SELF-DISCIPLINE, WITHOUT BEING ASKED	WHERE	VERIFIED
11	What I did without being asked:	Where:	☐
12	What I did without being asked:	Where:	☐
13	What I did without being asked:	Where:	☐
14	What I did without being asked:	Where:	☐
15	What I did without being asked:	Where:	☐

✓ COMPLETE THIS SECTION TO EARN ATTITUDE STRIPE 3

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE

STRIPE 4 — 5 more acts

#	ACT OF SELF-DISCIPLINE, WITHOUT BEING ASKED	WHERE	VERIFIED
16	What I did without being asked:	Where:	☐
17	What I did without being asked:	Where:	☐
18	What I did without being asked:	Where:	☐
19	What I did without being asked:	Where:	☐
20	What I did without being asked:	Where:	☐

✓ COMPLETE THIS SECTION TO EARN ATTITUDE STRIPE 4

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE



STRIPE 5 — 5 final acts

#	ACT OF SELF-DISCIPLINE, WITHOUT BEING ASKED	WHERE	VERIFIED
21	What I did without being asked:	Where:	☐
22	What I did without being asked:	Where:	☐
23	What I did without being asked:	Where:	☐
24	What I did without being asked:	Where:	☐
25	What I did without being asked:	Where:	☐

✓ COMPLETE THIS SECTION TO EARN ATTITUDE STRIPE 5

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE

IDEAS — AT HOME, WORK, SCHOOL AND IN YOUR COMMUNITY

Home and family

- Clean a shared space (kitchen, garage, yard)
- Take out trash or recycling before being told
- Prepare a meal or help with food prep
- Help a family member with a task or errand

Work and career

- Volunteer for extra tasks or stay late to help
- Organize the break room, supplies or workspace
- Help a coworker or new team member get oriented
- Show up early to set up for others

School and training

- Help a classmate or training partner improve
- Clean up mats, equipment or the training area
- Tutor, mentor or coach someone less experienced
- Complete extra credit or extra training reps

Community

- Hold a door, carry something, help a stranger
- Pick up litter or improve a public space
- Volunteer at an event, shelter or organization
- Check on a neighbor or someone in need

MORE WORDS TO LIVE BY

"The only discipline that lasts is self-discipline." — Bum Phillips, NFL coach

"With self-discipline, most anything is possible." — Theodore Roosevelt

"Success isn't always about greatness. It's about consistency." — Dwayne Johnson

"What stands in the way becomes the way." — Marcus Aurelius

"Motivation gets you going, but discipline keeps you growing." — John C. Maxwell

MY STRIPE TRACKER

STRIPE 1	STRIPE 2	STRIPE 3	STRIPE 4	STRIPE 5
Instructor initials	Instructor initials	Instructor initials	Instructor initials	Instructor initials

SMALL DISCIPLINES REPEATED DAILY BECOME THE FOUNDATION OF GREATNESS.