FREE STARTER KIT · BEFORE DAY 1

STARTING LINE RATINGS

Score each area from 1 to 10. A 1 means it needs serious attention. A 10 means your life consistently reflects your values. Inflated numbers protect your ego and cost you progress. Rate yourself before Day 1, then again on Day 30.

Name _____ Date _____

AREA	DAY 1	DAY 30	WHAT MOVED IT?
Daily consistency (your march)			
Ownership of time			
Taking responsibility (no excuses)			
Thoughts			
Friends			
Family			
Faith			
Co-worker relationships			

ON DAY 30: THE BIGGEST CHANGE, AND WHY