FREE FROM JOHN SONMEZ

7-DAY
DISCIPLINE RESET



I used to be the kind of guy who did not follow through on commitments to himself. I'd promise myself I was going to run, lift weights, eat healthy, read the book, finish the project. Then I wouldn't.

Here's what happens when you do that. You stop believing yourself. And if you can't trust yourself, you can't direct your life.

The fix is simple. Make commitments to yourself and keep them. Start small. A small promise you keep is worth a lot more than a big one you break.

This is a 7-day reset. Each day has one task and a "done when" check. You don't need to feel motivated. You just do the task whether you feel like it or not.

Do the days in order. Score yourself every night on the tracker at the back. On Day 7 you look at your week and set the next promise.

THE 7-DAY DISCIPLINE RESET

A FEW RULES BEFORE YOU START

- Keep the promises small. If it sounds impressive, it's too big.
- Every promise is do or die. If it's 11:30 at night and you haven't done it, you do it.
- Decide the night before. Don't make the call in the moment, when you're tired.
- If you miss, don't blow the week. Turn around the moment you notice and pick up where you left off.
- Compare yourself to yesterday, not to the guy you used to be.

That's the reset. Seven days of keeping your word to yourself. It's not a lot, and that's the point. Once you trust yourself again you make bigger and bigger commitments, and you can actually set a direction for your life and go there.

DAY 1: ONE SMALL PROMISE

Start smaller than you think you need to.

- [ ] **Pick one thing so small you can't fail. Walk 10 minutes. Read 10 pages. Do it today, no matter what time it gets to be.**
  Done when: it's done before you go to sleep. Late counts. Skipped doesn't.

DAY 2: PLAN TOMORROW TONIGHT

Pre-make the choices so you're not making them tired.

- [ ] **Before bed, write out tomorrow. What time you get up, when your promise happens, what you're working on. Keep your Day 1 promise too.**
  Done when: tomorrow is on paper with times, and today's promise is kept.

DAY 3: CUT THE PLAN SO YOU CAN WIN

Nothing kills motivation like a plan you can't finish.

- [ ] **Look at your list and cut the lowest priority stuff first. If you have 7 hours, plan 4. Make it easy enough that you know you'll finish.**
  Done when: you finished everything on the shorter list.

DAY 4: MAKE ONE RULE

Live by your own rules, or get ruled by your emotions.

- [ ] **Turn one daily choice into a rule you don't debate. For me it's been not eating until 5 o'clock. Then get whatever tempts you out of the house.**
  Done when: the rule is written down and you kept it all day.

DAY 5: DO IT WITHOUT FEELING LIKE IT

Discipline is doing what you're supposed to do, whether you feel like it or not.

- [ ] **Do your promise at the exact time you planned. No pushing it back an hour. Trust the version of you that made the plan, not the tired one.**
  Done when: it happened at the planned time, not just sometime today.

DAY 6: KEEP A SHRED

Most slides start with one day where you just let it all go.

- [ ] **Take a lighter day if you want, but keep your minimum. If the day blows up, hit reset and re-plan what's left so you can still win.**
  Done when: you kept your minimum, even if nothing else went to plan.

DAY 7: SCORE THE WEEK, SET THE NEXT PROMISE

Progress is what keeps you going, not where you used to be.

- [ ] **Add up your tracker. Compare it to last week, not your best week ever. Then make next week's promise a little bigger.**
  Done when: your score is written down and next week's promise is set.
- [ ] **Find men doing the same work. Start the 7-day free trial of Bulldog Mindset on Skool and do the 3 Hellos drill.**
  Done when: you're in and your first win is done. It takes about 10 minutes.

YOUR TRACKER

Fill it in every night. One point per box, 3 points max per day.

- [ ] **Day 1 [ ] Promise kept [ ] Tomorrow planned [ ] Day's task done**
  Score: ___ / 3
- [ ] **Day 2 [ ] Promise kept [ ] Tomorrow planned [ ] Day's task done**
  Score: ___ / 3
- [ ] **Day 3 [ ] Promise kept [ ] Tomorrow planned [ ] Day's task done**
  Score: ___ / 3
- [ ] **Day 4 [ ] Promise kept [ ] Tomorrow planned [ ] Day's task done**
  Score: ___ / 3
- [ ] **Day 5 [ ] Promise kept [ ] Tomorrow planned [ ] Day's task done**
  Score: ___ / 3
- [ ] **Day 6 [ ] Promise kept [ ] Tomorrow planned [ ] Day's task done**
  Score: ___ / 3
- [ ] **Day 7 [ ] Promise kept [ ] Next promise set [ ] Day's task done**
  Score: ___ / 3
- [ ] **Week total: ___ / 21 Next week's promise: _____**
  Beat this number next week. That's the only comparison that matters.



HI, I'M JOHN SONMEZ

I was a shy, insecure kid. I built Bulldog Mindset to help men build real confidence with women, with people, and in themselves. Discipline is the method.

Everything in this guide comes from things I've taught on my channel, my podcast and inside Bulldog Mindset.

TRY BULLDOG MINDSET FREE FOR 7 DAYS

Day 8 starts tomorrow. Keep going inside Bulldog Mindset with a 7-day free trial. Then $29/month. Cancel any time in your Skool account.

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BUILD THE MAN YOU RESPECT.