



ॐ ॐ 30-Day Discipline Plan

A simple, powerful, identity-shifting system to build lifelong consistency.

ॐ How This Plan Works

- You will choose **one micro-discipline** for 30 days.
- Each week has a **theme** that builds on the previous one.
- Every day includes **one small action**, one **reflection**, and one **checkpoint**.
- You only need **5–10 minutes per day** for the base habit (+ optional deepening).

Keep this plan visible—print it, save it, or pin it next to your bed.

👉👉 WEEK 1 — SELECTION & START (Days 1–7)

Theme: Choose the simplest, smallest habit you can win with.

★ **Goal:**

To choose one micro-habit and complete it for seven straight days.

★ **Possible Micro-Habits:**

- 5 minutes of stretching
- 250 words of writing
- 1-minute grounding breath
- 2 push-ups
- Watering a single plant
- 5-minute walk
- Reading one page
- One gratitude message
- 2-minute soil check (for farmers)

★ **Daily Actions (Days 1–7):**

1. Perform your micro-habit at the same time daily.
2. Tick the **Daily Tracker Box**.
3. Write a **one-line evening note**:
“Today’s success score was ____ because ____.”

★ **End-of-Week “Signal of Success”:**

You completed the habit at least 5 out of 7 days.

👉👉 WEEK 2 — ENVIRONMENT & FRICTION (Days 8–14)

Theme: Make your chosen habit easier, and your biggest distraction harder.

★ **Goal:**

Redesign your environment to support success and reduce friction.

★ **Required Environment Upgrades:**

- *Phone out of bedroom*
- *Dedicated practice corner (chair, table, tool)*
- *Water bottle filled and placed in visual line*
- *Block your practice on your calendar*

★ **Add Friction to Bad Habits:**

- *Log out of one distracting app*
- *Move snacks out of reach*
- *Turn off all non-essential notifications*
- *Put distracting items in another room*

★ **Daily Actions (Days 8–14):**

1. *Perform your micro-habit.*
2. *Add **one environmental improvement** per day.*
3. *Evening note:*
“One friction removed, one friction added.”

★ **End-of-Week “Signal of Success”:**

*Your habit feels at least **20% easier** than Week 1.*

👉👉 WEEK 3 — SOCIAL ANCHORS & FEEDBACK (Days 15–21)

Theme: Bring in community power and measurable progress.

★ **Goal:**

Create accountability and track results clearly.

★ **Add One Accountability Partner:**

You may use this simple script:

★ **Morning Script:**

“Today I will do [habit] at [time]. Watch me.”

★ **Evening Script:**

“I did / didn’t do it. Tomorrow, I will [adjustment].”

★ **Daily Actions (Days 15–21):**

1. Perform your micro-habit.
2. Send a **daily check-in** to your partner (text is enough).
3. Track one **numeric metric**:
 - Minutes practiced
 - Words written
 - Kg/waste avoided
 - Pages studied
 - Reps done

★ **Weekly Ritual (once):**

15-minute call to reflect:

- 1 win
- 1 challenge
- 1 adjustment

★ **End-of-Week “Signal of Success”:**

*You have **proof of progress**—a visible number rising.*

👉👉 WEEK 4 — MAINTENANCE & SCALING (Days 22–30)

Theme: Make the habit part of your identity.

★ **Goal:**

Stabilize the habit, prepare for long-term integration.

★ **The Identity Line:**

Every time you finish your habit, repeat internally:

“I am the kind of person who shows up.”

★ **Introduce the Rescue Ritual:**

(Use whenever you miss a day)

1. **Name it:**
“I slipped today.”
2. **Reset:**
Three deep breaths.
3. **Mini-Habit:**
Perform a 30–60 second version of your habit.
4. **Schedule:**
Decide tomorrow’s time right now.

★ **Daily Actions (Days 22–30):**

1. *Perform your micro-habit.*
2. *If you miss a day, use the Rescue Ritual.*
3. *Write your final 1-line log:*
“This habit now means ____ to me.”

★ **End-of-Week “Signal of Success”:**

The habit feels natural and automatically triggered by its cue.

☞ **Daily Habit Tracker (30 Boxes):**

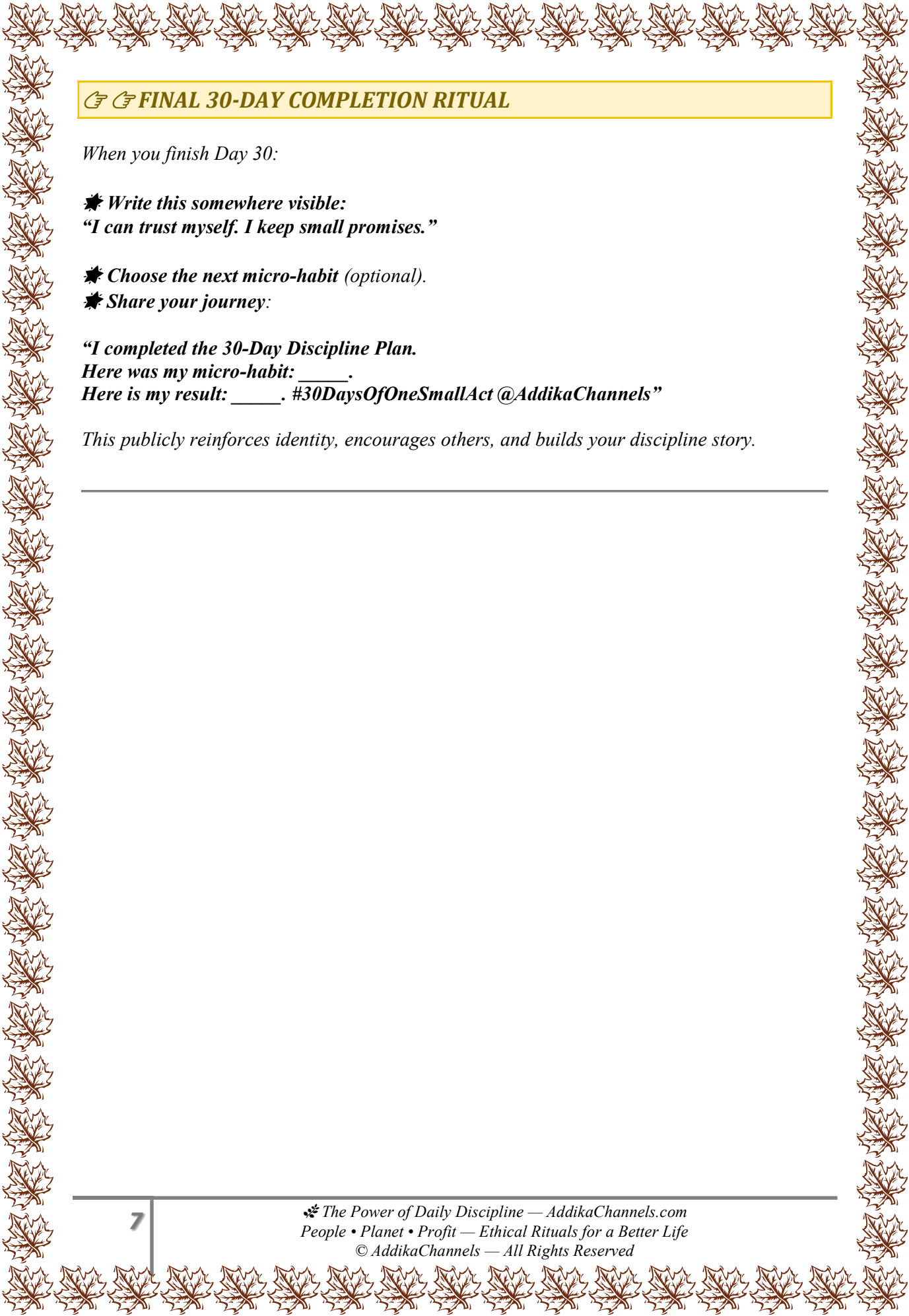
Day 1 []	Day 2 []	Day 3 []	Day 4 []	Day 5 []
Day 6 []	Day 7 []	Day 8 []	Day 9 []	Day 10 []
Day 11 []	Day 12 []	Day 13 []	Day 14 []	Day 15 []
Day 16 []	Day 17 []	Day 18 []	Day 19 []	Day 20 []
Day 21 []	Day 22 []	Day 23 []	Day 24 []	Day 25 []
Day 26 []	Day 27 []	Day 28 []	Day 29 []	Day 30 []

☞ **If-Then Cue Card Templates:**

- *If I wake up late, then I will do a 2-minute version of my habit.*
- *If I feel distracted, then I will breathe deeply 3 times and return.*
- *If I miss a day, then I will perform the Rescue Ritual tonight.*

☞ **Weekly Reflection Template:**

- *What helped most this week?*
 - *What blocked me?*
 - *What environmental tweak can I change next?*
 - *What identity is forming?*
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FINAL 30-DAY COMPLETION RITUAL

When you finish Day 30:

★ *Write this somewhere visible:*

“I can trust myself. I keep small promises.”

★ *Choose the next micro-habit (optional).*

★ *Share your journey:*

“I completed the 30-Day Discipline Plan.

Here was my micro-habit: _____.

Here is my result: _____. #30DaysOfOneSmallAct @AddikaChannels”

This publicly reinforces identity, encourages others, and builds your discipline story.
