

Daily Habit Tracker

Weeks 1–4 · Daniel Ting

MY ONE NON-NEGOTIABLE DAILY ACTION:

WEEK 1

MONTUEWEDTHUFRISSATSUN

WEEKLY REFLECTION:

WEEK 2

MONTUEWEDTHUFRISSATSUN

WEEKLY REFLECTION:

WEEK 3

MONTUEWEDTHUFRISSATSUN

WEEKLY REFLECTION:

WEEK 4

MONTUEWEDTHUFRISSATSUN

WEEKLY REFLECTION:

Daily Habit Tracker

Weeks 5–8 · Daniel Ting

MY ONE NON-NEGOTIABLE DAILY ACTION:

WEEK 5		MON	TUE	WED	THU	FRI	SAT	SUN
WEEKLY REFLECTION:								

WEEK 6		MON	TUE	WED	THU	FRI	SAT	SUN
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WEEKLY REFLECTION:							

WEEKLY REFLECTION:							
WEEK 8							
MON	TUE	WED	THU	FRI	SAT	SUN	

Instructions

Read this once. Then start.

STEP 1

Write your one non-negotiable daily action at the top of each week. Not a goal — one specific action. "20 minutes of focused work before I check my phone." "A 10-minute walk where I think instead of scroll."

STEP 2

Each day you complete it, mark the box with an X. Use a pen. The physical act of marking matters more than it sounds.

STEP 3

At the end of each week, write one sentence in the reflection line: what made the days you showed up different from the days you did not? That answer is more valuable than the streak.

STEP 4

If you miss a day — return the next morning without judgment. One missed day is human. Apply the two-day rule: never miss twice in a row.

STEP 5

At the end of four weeks, count your marks. Then ask: what needs to change for the next four weeks to be stronger?

Purpose Exercise

Writing Your Bigger Commitment · Daniel Ting

Work through the prompts below in order. Do not edit as you write — let the answers come honestly first, then refine. Return to this exercise every Sunday and revise as you grow.

PROMPT 1

What do I want my life to look like in five years — specifically, in terms of work, freedom, and how I feel about myself?

PROMPT 2

Who depends on me to show up well — or who would benefit most if I did?

PROMPT 3

What would I regret most if I looked back in ten years and realised I had not built the ethic to pursue it?

Purpose Exercise

Your Bigger Commitment Statement · Daniel Ting

Using your answers above, complete your bigger commitment statement:

My bigger commitment is to

because

and the cost of not pursuing it is

WHAT TO DO WITH THIS STATEMENT:

Transfer to a sticky note. Put it somewhere you see it every morning.

Return to this page every Sunday. Revise it as you grow.

SUNDAY REVIEW — ask yourself these three questions each week:

- 1 Did I live by my commitment this week? Where did I show up well?
- 2 Where did I fall short — and what specifically will I do differently next week?
- 3 Does my commitment still feel true, or does it need to evolve?

Mind Control Worksheets

Part A: Thought Audit · Daniel Ting

When you notice a recurring thought pulling you away from action, write it in the left column. Then complete the right column honestly. Repeat as often as needed.

The thought I keep having:	The truth that counters it:

Mind Control Worksheets

Part B: Daily Declarations · Daniel Ting

Choose 2–3 statements below. Read them aloud each morning for 7 days. As they begin to feel true rather than forced — that is the rewiring working.

☐

I am not behind. I am exactly where my next step begins.

☐

My consistency today is building something I cannot yet see.

☐

I have overcome difficulty before. I can do it again.

☐

I do not need to feel motivated to begin. I begin, and the feeling follows.

☐

My effort is my advantage. I show up even when no one is watching.

☐

I am not a finished product. I am a person in progress — and that is enough.

☐

The discomfort I feel today is building the strength I will rely on tomorrow.

WRITE YOUR OWN — declarations specific to the lie you identified in your Thought Audit:

☐☐☐☐

AI Adaptation Prompts

Ready-to-use prompts for Claude, ChatGPT, and similar tools · Daniel Ting

Copy, adapt, and use these as your own. Be specific. Be honest. Push back when needed. AI rewards the same ethic that everything else in this book does — the quality of what you get back depends entirely on the quality of what you bring.

FOR SELF-IMPROVEMENT AND LEARNING

- › "I want to build a skill in [area]. What is the most effective 30-day learning plan for someone starting from scratch?"
- › "Help me break this goal into weekly milestones: [insert your goal]."
- › "What are the most common reasons people fail to build [specific habit], and what are the evidence-based approaches to overcoming each one?"

FOR REFLECTING ON YOUR WORK ETHIC

- › "I want to reflect on this week honestly. Here is what I committed to: [insert]. Here is what I actually did: [insert]. Help me identify the gap and one specific adjustment for next week."
- › "I am struggling with [specific barrier]. What questions should I be asking myself to understand the root cause?"

FOR WORKPLACE AND PROFESSIONAL GROWTH

- › "Help me prepare for a conversation with my manager about taking on more responsibility. Here is my current role and what I have been working on: [insert]."
- › "I want to improve how I communicate my contributions at work without sounding self-promotional. Give me three approaches."
- › "I have a difficult conversation coming up. Here is the situation: [insert]. Help me prepare what to say and anticipate their likely response."

AI Adaptation Prompts

Continued · Daniel Ting

FOR REBUILDING AFTER A SETBACK

- › *"Here is what happened: [insert situation]. Help me extract the one most actionable lesson from this, and suggest a specific first step for the rebuild."*
- › *"I am dealing with imposter syndrome after [situation]. Help me build a counter-argument using evidence from what I know about myself."*

A NOTE ON USING AI WELL:

AI does not replace your thinking — it extends it. Be specific, be honest, and be willing to push back. The tool rewards the same ethic as everything else here.

Imposter Buster

Evidence Log · Daniel Ting

Each time you receive positive feedback, complete a meaningful task, hit a metric, or do something you are quietly proud of — log it here. Date each entry. When the imposter voice is loud, open this page and read it slowly. Let the facts speak louder than the feeling.

1	DATE: WHAT I DID OR RECEIVED:
2	DATE: WHAT I DID OR RECEIVED:
3	DATE: WHAT I DID OR RECEIVED:
4	DATE: WHAT I DID OR RECEIVED:
5	DATE: WHAT I DID OR RECEIVED:
6	DATE: WHAT I DID OR RECEIVED:
7	DATE: WHAT I DID OR RECEIVED:

Imposter Buster

Evidence Log continued · Daniel Ting

8	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
9	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
10	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
11	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
12	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
13	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
14	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____
15	DATE: _____
	WHAT I DID OR RECEIVED: _____ _____ _____

Continue this log in a notebook or notes app. The goal is not a long list — it is a true one.