
MINDORA

FREE 21-DAY DISCIPLINE CHALLENGE

Think Better. Live Better. Become More.

STOP WAITING FOR MOTIVATION.
BUILD A SYSTEM YOU CAN REPEAT.

A simple 21-day challenge to build discipline, consistency, focus and better daily habits — one small action at a time.

FREE • PRACTICAL • 21 DAYS

HOW TO USE THIS CHALLENGE

Each day has one practical action. Keep it small enough to repeat. The goal is consistency, not perfection.

THE 3 RULES

01	Do the minimum version rather than skipping the day.
02	Missed a day? Restart immediately. Don't wait for Monday.
03	Focus on consistency, not perfection.

DAILY CHECK-IN

Complete the action, tick your progress, and write one short reflection.

DAY 1 — Make One Promise

Do this: Choose one small habit you can complete today.

Reflection: What promise will I keep today?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 2 — Start Smaller

Do this: Reduce your chosen habit to the easiest version you can repeat.

Reflection: What made the action easier?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 3 — Remove Friction

Do this: Prepare your environment so the right action is easier to start.

Reflection: What friction did I remove?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 4 — Protect Your First Hour

Do this: Keep your first hour intentional; avoid unnecessary scrolling.

Reflection: What did I do with my attention?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 5 — One Focus Block

Do this: Complete one 25-minute distraction-free work block.

Reflection: What did I finish?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 6 — Move

Do this: Take a walk, stretch, or do another safe form of movement.

Reflection: How did movement affect my energy?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 7 — Weekly Reset

Do this: Review the first six days and adjust one thing.

Reflection: What worked best?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 8 — Protect Attention

Do this: Create one 30-minute distraction-free block.

Reflection: What did I accomplish?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 9 — Close One Loop

Do this: Finish one small task you have been postponing.

Reflection: How did finishing it feel?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 10 — Intentional Pause

Do this: Spend 15 minutes without unnecessary scrolling or notifications.

Reflection: What did I notice?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 11 — Act Before Overthinking

Do this: Do one useful action you have been delaying.

Reflection: What changed once I acted?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 12 — Say One Clear No

Do this: Decline one non-essential distraction or commitment.

Reflection: What did saying no make possible?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 13 — Clean Your Environment

Do this: Organize one small area that affects your focus.

Reflection: How did my environment affect me?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 14 — Weekly Reset

Do this: Choose one habit to continue and one distraction to reduce.

Reflection: What is becoming easier?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 15 — Raise the Standard

Do this: Repeat your core habit with slightly more intention.

Reflection: Where did I show discipline?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 16 — Plan Tomorrow

Do this: Write the three most important actions for tomorrow.

Reflection: What will tomorrow's first action be?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 17 — Make It Automatic

Do this: Attach your habit to something you already do daily.

Reflection: What routine will trigger my habit?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 18 — Focus on Progress

Do this: Compare yourself with where you were at the start.

Reflection: What progress can I see?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 19 — Keep the Minimum

Do this: Complete the minimum version of your habit even on a difficult day.

Reflection: How did I keep the promise?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 20 — Think Long-Term

Do this: Write one 12-month goal and one action that starts today.

Reflection: What should I start doing now?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

DAY 21 — Complete the Reset

Do this: Review all 21 days and choose one habit for the next 30 days.

Reflection: What identity am I building?

DONE	FOCUS	MOVEMENT	EVENING REVIEW
■	■	■	■

Notes: _____

YOUR 21-DAY RESET IS COMPLETE.

Choose one habit to carry into the next 30 days.

Habit: _____

Why it matters: _____

My next 30-day commitment: _____

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