



mSansi
RESPECTED

8-WEEK RESPECT JOURNEY™

WEEK 4

BUILD DISCIPLINE



WEEK 4: BUILD DISCIPLINE

Small actions create big results.

"I will stay consistent."

Dreams require more than motivation — they require commitment. This week is about creating habits, staying consistent, and doing the work even when you don't feel like it. Discipline is the bridge between who you are today and who you want to become tomorrow.

REFLECT

Which habit would improve my life?

What distractions control me?

What can I do every day?

THIS WEEK'S ACTION CHALLENGE

ACTION CHALLENGE

Choose one positive habit and complete it every day for seven days.

7-DAY TRACKER

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Done ✓							

Tip: pair this with your Daily Respect Inventory each evening to keep your reflections and action steps in one place.