

DATE: _____

DAY IN: _____

PROSPECT JOURNAL – DAILY ENTRY

ONE-WORD CHECK-IN

What word captures your mindset today?

(Ex, *Focused, 'Frustrated,' "Solid; "Ghost, "Earning)*

WORD: _____

THE TEST

What was the hardest moment you faced today?

How did you respond?

(No names. No situations. Just the pressure + how you carried it.)

THE WEIGHT

What's sitting heavy, on your chest? | respect, or identity?

A look at what the culture is shaping in you.

THE SILENCE

Where did you choose to stay quiet today?

Was it strength, fear, or respect?

THE MAN I'M BECOMING

What decision, reaction, or action moved you closer (or further) from the man you want to be?

TRACK IT

Stress Level	1	2	3	4	5	6	7
Discipline Level							
Mental Clarity							
Respect Earned							

REMEMBER: _____

LOCK IT IN

What part of today do you want to remember?

What part do you want to let go?

