

THE 7-DAY CHALLENGE

Three Commitments. One Week. Real Results.

A Free Guide to Rebuilding Structure, Discipline, and Self-Trust

From **STRONG & GROUNDED Coaching**

This is the exact system used with paying clients to rebuild the foundation of discipline and self-trust. No hype. No extreme methods. Just three simple commitments that, when executed consistently, create real transformation.

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Why This Challenge Works

Most men don't fail because they lack intelligence or ability. They fail because they lack structure and consistency. This 7-day challenge removes complexity and focuses on three non-negotiables that rebuild the foundation of self-trust.

What You'll Experience:

Days 1-3: You'll feel the shift. Energy increases. Mental clarity improves. You notice how much structure was supporting you.

Days 4-7: Momentum builds. The commitments feel natural. You have proof that you can keep your word to yourself.

Day 8+: You realize that small, consistent commitments create transformation. You're ready for the next level.

The Three Commitments

These are simple. Not easy. But simple means you can focus entirely on execution, not complexity.

① PHYSICAL MOVEMENT

The Commitment: Move your body every single day for the next 7 days.

What Counts: Training, walking, stretching, yoga, swimming, hiking—anything that gets your body engaged and working. No minimum duration. Just movement.

Why This Matters: Physical movement does three things: (1) It signals to your brain that you keep your word. (2) It increases energy and mental clarity. (3) It rebuilds confidence in your ability to commit and follow through.

The Goal: Not performance. Not perfection. Consistency. Showing yourself that when you say you'll do something, you do it.

② SLEEP CONSISTENCY

The Commitment: Bed at the same time every night. Wake at the same time every morning. All 7 days.

What This Looks Like: Choose a bedtime (e.g., 10:30 PM) and wake time (e.g., 6:30 AM). For 7 days, stick to it. No negotiation. No exceptions.

Why This Matters: Sleep consistency is the foundation of energy. One night of bad sleep doesn't matter. A week of consistent sleep rebuilds your entire system. You'll notice: clearer mind, better mood, more patience, higher energy.

The Goal: To prove to yourself that stability in sleep creates stability in everything else.

③ DAILY CLARITY

The Commitment: Spend 5 minutes every evening asking yourself three questions.

The Three Questions:

1. Where did I keep my standards today?
2. Where did I compromise or slip?
3. What's my one priority tomorrow?

How to Do It: Every evening, take 5 minutes. Write down your answers (or just think through them). Be honest. Notice patterns. This builds awareness of where you're strong and where you need focus.

Why This Matters: Awareness is the first step to change. By noticing patterns, you gain clarity on who you are and who you want to become. This reflection is where transformation actually happens.

The Goal: To build self-awareness and intentionality. To end each day knowing exactly where you showed up and where you didn't.

How to Track This Week

Use this simple tracker to mark YES or NO for each commitment every day. If you keep all three, mark the day as COMPLETE. If you miss even one, mark it as incomplete. (But don't judge yourself. Just notice. The goal is awareness and momentum, not perfection.)

| Day | Physical Movement | Sleep Consistency | Daily Clarity | Complete? |
|-----------|-------------------|-------------------|---------------|--------------|
| Monday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |
| Tuesday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |
| Wednesday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |
| Thursday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |
| Friday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |
| Saturday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |
| Sunday | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No | ■ Yes / ■ No |

Key Points:

- Don't aim for perfection. Aim for consistency.
- If you miss a day, don't give up. Just continue the next day.
- By Day 7, you'll have proof that you can commit and follow through.
- That proof is the foundation of self-trust.

What to Expect This Week

Days 1-2: Excitement & Fresh Start

You're motivated and energized. The commitments feel doable. This is the honeymoon phase. Ride it and build momentum.

Days 3-4: First Real Test

Reality hits. You might want to skip a workout. Sleep time feels inconvenient. This is normal. Push through. This is where self-trust is actually built—not when it's easy, but when it's hard.

Days 5-6: The Shift

You start to feel different. Energy is up. Mind is clearer. You realize the commitments aren't as hard as you thought. Momentum builds.

Day 7: Completion**

You made it. You kept your word to yourself for a full week. That's powerful. That's transformation. That's the foundation for everything next.

After Day 7: What's Next?

You've Proven You Can Commit

By completing this 7-day challenge, you've created evidence that you keep your word. That evidence is the foundation of self-trust. Now you have a choice.

Option 1: Continue These Three Commitments

Keep going. Build the habit. After 30 days, these will feel automatic. After 90 days, they'll be part of your identity. You won't think about them. You'll just do them.

Option 2: Go Deeper With Coaching

If you want to accelerate this process and go deeper into identity, standards, and purpose, that's what STRONG & GROUNDED coaching is designed for. The 7-day challenge is the foundation. The 12-week program is the transformation.

Either way, you've taken the first step.

You've proven to yourself that you can commit and follow through. Everything else builds from there.

Ready to Go Deeper?

If you're ready to accelerate and transform beyond just these three commitments, consider applying for STRONG & GROUNDED coaching. The 12-week program takes what you've learned here and expands it into full life transformation.

Apply at: www.gvapeakperformance.com/application-page

Investment: \$999 (Founding Price - 7 spots available)

Questions? Email: gvapeakperformance@gmail.com

You've Got This

This 7-day challenge is simple. The three commitments are straightforward. There's no complexity, no overthinking, no excuses.

What's not simple is keeping your word when it's hard. That's where transformation happens. That's where you prove to yourself who you really are.

For the next 7 days, you have one job: Keep your word to yourself on these three commitments.

By Day 8, you'll have proof that you can commit and follow through. You'll have proof that discipline works. You'll have proof that you're capable of change.

That proof is everything.

Let's go.

STRONG & GROUNDED

Coaching for Men Who Reclaim Their Standards

www.gvapeakperformance.com