

**7-DAY**  
**DISCIPLINE RESET**  
**ROUTINE**

Build the structure your mornings are missing.  
A practical system for real people with real schedules.

---

**WHAT'S INSIDE**  
7-Day Morning Routine Plan

## HOW TO USE THIS GUIDE

**This is a 7-day reset — not a permanent overhaul.**

The goal is simple: build one consistent morning block for 7 days straight and see what changes. Each day has a small routine, a checklist, and a habit tracker row. Do the routine. Check the boxes. That's it.

- 01** Wake up 30–45 min earlier than usual. No alarm snoozed.

---

- 02** Phone stays off for the first 30 minutes. No exceptions.

---

- 03** Follow the 3-block routine each day (Move → Work → Fuel).

---

- 04** Check off your habits each morning — honesty only.

---

- 05** Miss a day? Start again the next morning. No resets needed.

## THE 3-BLOCK MORNING FORMULA

<b>BLOCK 1</b> 10 MIN	<b>MOVE</b>	Walk, stretch, push-ups — anything physical. No phone. No news. Just movement.
<b>BLOCK 2</b> 15 MIN	<b>WORK</b>	One task on your personal goal. One paragraph. One email. One small action.
<b>BLOCK 3</b> 20 MIN	<b>FUEL</b>	Read, listen to something useful, or write your 3 priorities for the day.

## 7-DAY MORNING ROUTINE PLAN

### DAY 1 SET THE BASELINE

Wake up 30 min earlier. No phone for 30 min. Walk for 10 minutes outside. Write down your one goal for the week on paper.

*Tip: Keep it easy today. Just prove to yourself you can do it.*

### DAY 2 PROTECT THE BLOCK

Phone charger moved to another room tonight. Morning: Move 10 min (any exercise). Spend 15 min reading or learning something relevant to your goals.

*Tip: The phone rule is the hardest part. Do it anyway.*

### DAY 3 ADD THE WORK BLOCK

Move 10 min. Spend 15 min working on your one personal goal — write, plan, or build. Set your 3 daily priorities before opening email.

*Tip: This is the first day the routine feels like yours.*

### DAY 4 MIDPOINT CHECK

Full 3-block routine today: 10 min move, 15 min personal goal work, 20 min reading. Look back at Day 1's goal — are you closer?

Complete the full routine. Then spend 5 minutes answering: What changed this week? What do you want to keep? What needs adjustment? Write it down.

*Tip: Day 7 is not the end. It's the foundation.*

## DAILY MORNING CHECKLIST

Print this page or re-use it daily. Check off each item every morning.

- Woke up without snoozing
- Phone-free for first 30 minutes
- Completed 10 min movement block
- Completed 15 min personal goal work block
- Completed 20 min read / learn / plan block
- Wrote down 3 priorities for today
- Did not check social media before 8 AM
- Drank water before coffee
- Felt in control of the morning

## DAILY REFLECTION (Optional — 2 min)

One thing I did well this morning:

---

One thing I want to improve tomorrow:

---

My energy level this morning (1–10):

---



## WHAT COMES AFTER DAY 7?

Run it again. Same routine. Same tracker.  
*The goal isn't to finish 7 days — it's to not need the guide anymore.*



Read *The 5 AM Club* by Robin Sharma for the full framework.

**More content at [GrindInSilence8.com](https://GrindInSilence8.com)**

*"Discipline is doing what needs to be done, even when you don't feel like doing it."*