The One Promise Tracker

Why are we doing this?

You know the cycle. All-in on Monday. Crushing it for two weeks. Then life happens - one missed day, one slip-up - and your brain reads it as failure. The whole thing unravels. You write off the week. Then the month. Then you're back at square one, wondering what's wrong with you.

Nothing's wrong with you. The problem is your standard is perfect. And the moment it's not, everything collapses.

Here's the shift: Lower your expectation, and your consistency goes up. Here's the magic part – when you maintain your minimum week after week, you're not staying stuck. You're raising your floor. Your bad weeks become better than your old good weeks. That consistency builds momentum. And momentum is what actually changes everything.

Your minimum isn't weakness, it's the foundation that raises your standard.

What Does 'Good Enough' Actually Look Like?

Your minimum standard is the baseline you can hit on your WORST week. Not your best.
Examples:
3 training sessions instead of 5
4000 steps per day instead of 10,000
2 out of 3 meals on plan (not all 3)
A 10-20-minute walk instead of skipping entirely when time is tight

Define Your Minimum

Write down what 'good enough' looks like for you this week:

Weekly Commitment Tracker

Week	My ONE Non-Negotiable	Did I Keep It?
Week 1	_____	Yes / No
Week 2	_____	Yes / No
Week 3	_____	Yes / No
Week 4	_____	Yes / No

Tip 1: One bad day is like slashing one tire. Don't turn it into a bad week (three slashed tires). You just need to change the one.

Tip 2: If you feel like you "screwed up" use this:
Pause → Acknowledge → Forgive → Reset → Move on.

Tip 3: Every 1 time you beat yourself up, back it with 3 wins. This isn't ignoring the slip - it's building proof that you're someone who keeps going.

Print this. Use it.
And I BEG you, don't put it away somewhere that you'll never see again.
Stick it somewhere you'll see it every day - your fridge, your desk, your office.
Make it real.