
7-Day Anti-Rust Challenge

Rebuild Discipline. Restore Intensity. Execute Relentlessly.

A structured reset for adults who refuse to drift.

Rust is neglect. Over the next 7 days, you will operate with standards. You will not wait for motivation. You will use structure.

Non-negotiables (check daily):

- ☐ Wake earlier (set a fixed wake time).
- ☐ Train daily (minimum effective discipline).
- ☐ Remove one digital distraction.
- ☐ Execute one difficult task before noon.

Signature _____

Date _____

Rule: Minimum standards beat perfect plans. No negotiation.

The 4 Pillars of Anti-Rust

Physical Discipline

Your body is performance infrastructure. Move daily. Recover intelligently.

Cognitive Control

Focus is trained. Attention is defended. Distraction is eliminated.

Environmental Standards

Your space either sharpens you or softens you. Remove friction. Raise order.

Identity Reinforcement

Language shapes behavior. Behavior creates evidence. Evidence builds identity.

Daily structure (repeat):

- Wake earlier (fixed time).
- Movement (minimum 20 minutes).
- One hard task before noon.
- Remove one distraction.
- Write your identity line and track it.

Daily TrackerWake Time: _____ ☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Install identity before behavior.

Do this today

- Write by hand: "I am not coasting. I am forging."
- Fill: "Today I operate as _____."
- Choose ONE standard for the next 7 days (wake time OR movement OR no social before noon).

Minimum standard: Identity line written + one action completed.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?

Daily Tracker

Wake Time: _____

☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon

Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Stabilize energy with a physical baseline.

Do this today

- Complete 20 minutes of movement (walk/lift/bike/mobility).
- Protein at two meals.
- Water before caffeine (or correct at your next opportunity).

Minimum standard: Move today. No negotiation.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?

Daily Tracker

Wake Time: _____

☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon

Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Stop leaking energy through inconsistency.

Do this today

- Set tomorrow's fixed wake time.
- Screens off 45 minutes before sleep.
- Track once: wake time, caffeine, movement, deep work minutes.

Minimum standard: Fixed wake time set + screens-off time set.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?

Daily TrackerWake Time: _____ ☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Reclaim attention with structure.

Do this today

- Schedule one 90-minute deep work block today or tomorrow morning.
- Rules: phone on airplane mode; notifications off; one objective only.
- When the mind resists, execute anyway.

Minimum standard: Deep work block scheduled and protected.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?

Daily TrackerWake Time: _____ ☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Remove what weakens execution.

Do this today

- Write a Cut List: 5 low-value tasks; 3 unnecessary commitments; 2 draining relationships.
- Reduce ONE immediately.
- Use this sentence when needed: "That doesn't fit my priorities."

Minimum standard: Remove one thing today.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?

Daily TrackerWake Time: _____ ☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Build the identity of a finisher.

Do this today

- Identify the task you've been postponing.
- Start for 10 minutes minimum.
- Push until finished or meaningfully advanced.
- Mark the completion before noon when possible.

Minimum standard: Start it. Progress is evidence.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?

Daily Tracker

Wake Time: _____

☐ Movement Completed

High-Resistance Task: _____

☐ Completed Before Noon

Digital Distraction Removed: _____

Identity Statement: _____

*"Today I operate as _____."***Objective**

Decide what happens next.

Do this today

- Write: (1) What changed physically? (2) What changed mentally? (3) What standard must continue?
- Choose: Return to comfort OR Continue forging.
- Schedule your next 7 days with the same structure.

Minimum standard: Decision made in writing.**Evening reflection (write 1-2 lines each)**

What resistance appeared?

What did I overcome?

What improves tomorrow?
