

THE FORGED CREED

7-DAY STARTER

Your creed. Your standard. Your legacy.

One action each day. One honest answer each night. No perfect streak required. If you miss a day, return the next day and continue.

This challenge grows out of Phil Crumbliss's message: ordinary choices shape the people we become, and the people we serve are part of the mission.

Start date: _____ Finish date: _____

MY ANCHOR

Name the people, beliefs, or purpose you are doing this for.

My commitment: I will take the daily action, answer honestly, and return when I fall short.

Signature: _____ Date: _____

Days 1–7 follow. The complete challenge adds 23 actions, weekly reviews, a final creed, and a completion certificate.

DAY 01 / NAME YOUR ANCHOR

TODAY'S ACTION

Write the names and reasons that make this effort matter. Put your anchor somewhere you will see it tomorrow.

TONIGHT'S QUESTION

Who am I becoming for the people who count on me?

Done today ☐ Returned after a miss ☐

One sentence I want to remember:

DAY 02 / TELL THE TRUTH

TODAY'S ACTION

Write one area where you have been settling. Name one action you can take today.

TONIGHT'S QUESTION

What have I been avoiding?

Done today ☐ Returned after a miss ☐

One sentence I want to remember:

DAY 03 / KEEP ONE PROMISE

TODAY'S ACTION

Choose one small promise to yourself and finish it before bedtime.

TONIGHT'S QUESTION

What did keeping that promise teach me?

Done today ☐ Returned after a miss ☐

One sentence I want to remember:

DAY 04 / SHOW UP EARLY

TODAY'S ACTION

Give your most important commitment ten protected minutes before distractions arrive.

TONIGHT'S QUESTION

What changed when I started on purpose?

Done today ☐ Returned after a miss ☐

One sentence I want to remember:

DAY 05 / MAKE THE CALL

TODAY'S ACTION

Reach out to someone who matters. Listen longer than you speak.

TONIGHT'S QUESTION

What did I learn by listening?

Done today ☐ Returned after a miss ☐

One sentence I want to remember:

DAY 06 / MOVE WITH PURPOSE

TODAY'S ACTION

Spend at least ten minutes moving in a way that suits your ability today.

TONIGHT'S QUESTION

How did I feel afterward?

Done today ☐ Returned after a miss ☐

One sentence I want to remember:

DAY 07 / REVIEW AND RESET

TODAY'S ACTION

Look at the first six days. Keep one useful habit and adjust one obstacle.

TONIGHT'S QUESTION

What will I carry into next week?

Done today [] Returned after a miss []

One sentence I want to remember:
