

THE DRIFT PRINCIPLE



"A better tomorrow is built by what you do today."

THE DRIFT PRINCIPLE WORKBOOK

PRACTICE • APPLY • TRANSFORM



Complete the exercises in the Workbook
and earn your Wings.

www.TheDriftPrinciple.com

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.

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IMPLEMENTATION INSTRUCTIONS



Complete the exercises in the Workbook and earn your Wings

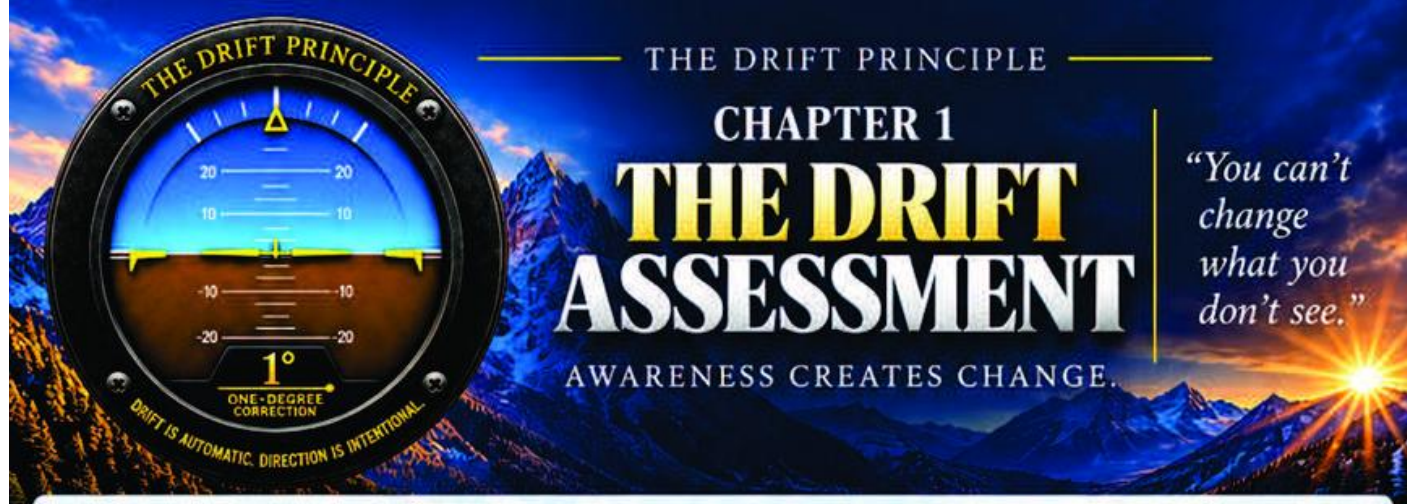
Use this workbook alongside *The Drift Principle*. Each exercise is designed to turn the ideas in the book into intentional action.

Complete each chapter exercise as you read. Be honest about where you are, clear about where you want to go, and specific about the next decision you will make.

Do not rush the process. Revisit the trackers, scorecards, resets, and reviews as often as needed. Progress comes from awareness, consistency, and one-degree corrections made over time.

When you reach the Final Chapter, use the Companion Action Guide and the Full Better Decisions Plan to bring your insights together into one clear plan for moving forward.

The controls are in your hands. Choose your direction.



The first step to a better tomorrow is understanding where you are today.

This assessment will help you see the drift, recognize patterns, and identify opportunities for positive change.

Be honest with yourself — this isn't about judgment, it's about awareness.

1



WHERE AM I NOW?

Be honest. Take inventory of your life today.
What's working well? What's not?

1. _____
2. _____
3. _____
4. _____
5. _____

2



WHERE DO I WANT TO BE?

What does my best life look like? Be specific.
How will I feel? What will be different?

1. _____
2. _____
3. _____
4. _____
5. _____

3



WHAT'S CAUSING THE DRIFT?

What habits, behaviors, circumstances, or
distractions are keeping me from where I want
to be?

1. _____
2. _____
3. _____
4. _____
5. _____

4



WHAT ARE MY OPPORTUNITIES?

Where can I make small, one-degree corrections?
What small changes could create a big difference
over time?

1. _____
2. _____
3. _____
4. _____
5. _____

5



WHAT DO I NEED?

What support, resources, skills, or mindset
shifts will help me get back on course?

1. _____
2. _____
3. _____
4. _____
5. _____

6



MY KEY TAKEAWAYS

What are the 3–5 most important insights
from this assessment? What will I focus on next?

1. _____
2. _____
3. _____
4. _____
5. _____

7



MY COMMITMENT

I commit to greater awareness, intentional action, and consistent one-degree corrections.
A better me, a better life, and a better tomorrow starts today.

DATE: _____

SIGNATURE: _____

“Awareness turns intention into action.”

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THE ONE-DEGREE PLAN

WORKSHEET

*Drift is automatic.
Direction is intentional.*

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CHAPTER 2

SMALL CORRECTIONS. BIGGER DESTINATIONS.

A PRACTICAL GUIDE TO TURNING INSIGHT INTO ACTION

"You don't need a 180° change. You just need a one-degree correction."

1



CHOOSE YOUR DESTINATION

Be Clear.

What do you truly want in the key areas of your life (e.g., personal, family, health, relationships, finances, business, contribution)?

2



IDENTIFY THE DRIFT

Be Honest.

Where are you currently off course? What habits, people, environments, or decisions are causing drift in your life?

3



MAKE A ONE-DEGREE CORRECTION

Take Action.

What is one small, specific change you can make right now that will move you in the right direction? (*Keep it simple, clear, and actionable.*)

4



SET YOUR STANDARDS

Be Intentional.

What standard do you want to set or raise for yourself in this area? How will this standard help you stay on course?

5



MONITOR AND ADJUST

Stay Aware.

How will you track your progress? What will remind you to stay aware and make adjustments when needed?

6



REPEAT AND COMPOUND

Keep Going.

How will you make this a consistent practice? What long-term results do you expect from making one-degree corrections, repeatedly?

"Small changes, consistently made, create extraordinary results."

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THE DECISION FILTER

WORKSHEET

PAUSE. FILTER. CHOOSE.

BETTER DECISIONS. A BRIGHTER TOMORROW.

*Small
decisions
keep you
on course.*

*Big decisions
change your
destination.*

*"The quality of your life is the result of the decisions you make,
and the discipline to stay aligned when it's hard."*

1



DOES IT ALIGN?

With my values, goals, and the life I'm intentionally building?

- Does this decision align with who I want to be?
- Is it consistent with my core values?
- Does it support the life I'm creating?

MY THOUGHTS:

2



DOES IT MOVE ME FORWARD?

Will this decision move me closer to where I want to be, or will it create drift?

- Does it get me closer to my goals?
- Is it a step in the right direction?
- Will it create momentum or keep me stuck?

MY THOUGHTS:

3



WHO DOES IT AFFECT?

How will this decision impact me, my family, my relationships, my team, and the people I serve?

- Who will be positively impacted?
- Are there any negative consequences?
- Am I considering others, not just myself?

MY THOUGHTS:

4



WHAT ARE THE LONG-TERM RESULTS?

What will this decision lead to over time?

Am I choosing short-term comfort or long-term purpose?

- What will this look like in 1 year? 5 years? 10 years?
- Will I be better off because of this decision?
- Am I choosing temporary pleasure or lasting progress?

MY THOUGHTS:

5



WOULD I BE PROUD?

Will I be proud of this decision tomorrow, a year from now, and the example it sets for others?

- Will this be a decision I'm proud to look back on?
- Does it reflect the person I want to be?
- If others knew, would I feel good about it?

MY THOUGHTS:

MY DECISION

Based on my answers, what is my decision? _____

Why? _____

- ☐ Move Forward
- ☐ Reconsider
- ☐ Not Now

THE COST-OF-WAITING EXERCISE

CHAPTER 4

The longer you wait,
the more it costs.

Clarity today creates a better tomorrow.

1 IDENTIFY THE AREA

What is one area in your life where you know a change is needed, but you've been waiting?

2 WHAT'S THE CURRENT COST?

What is this waiting already costing you? (Be specific — time, money, health, opportunities, relationships, peace, etc.)

3 WHAT WILL IT COST IF YOU KEEP WAITING?

If nothing changes, what will this cost you in 3 months, 1 year, and 5 years?

IN 3 MONTHS...

IN 1 YEAR...

IN 5 YEARS...

4 WHAT COULD YOU GAIN BY TAKING ACTION NOW?

What becomes possible if you make a one-degree correction and start moving forward today?

5 MY COMMITMENT

What is one specific step you will take in the next 7 days?

DATE: _____

SIGNATURE: _____

"Every day you wait has a price. Make sure it's a price you're willing to pay."

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THE COMFORT-OR-RECOVERY ASSESSMENT

CHAPTER 4

In every moment, you're choosing comfort or recovery.

Short-term comfort feels good.
Long-term recovery creates the life you want.

1 UNDERSTAND THE CHOICES

For each situation below, identify whether it is a Comfort choice or a Recovery choice.

SITUATION	COMFORT (Feels Good Now)	RECOVERY (Leads to a Better Tomorrow)	NOTES (Why?)
Hitting snooze instead of getting up	☐	☐	
Skipping the workout	☐	☐	
Eating unhealthy foods	☐	☐	
Scrolling on my phone/social media	☐	☐	
Avoiding a difficult conversation	☐	☐	
Procrastinating on important work	☐	☐	
Spending money I don't need to	☐	☐	
Choosing alcohol or other habits	☐	☐	
Surrounding myself with negative people	☐	☐	
Doing the hard thing now	☐	☐	

2 REFLECTION

What patterns do you notice?

Where do you tend to choose comfort over recovery?

What is this costing you?

What do you want to be different?

3 MY COMMITMENT

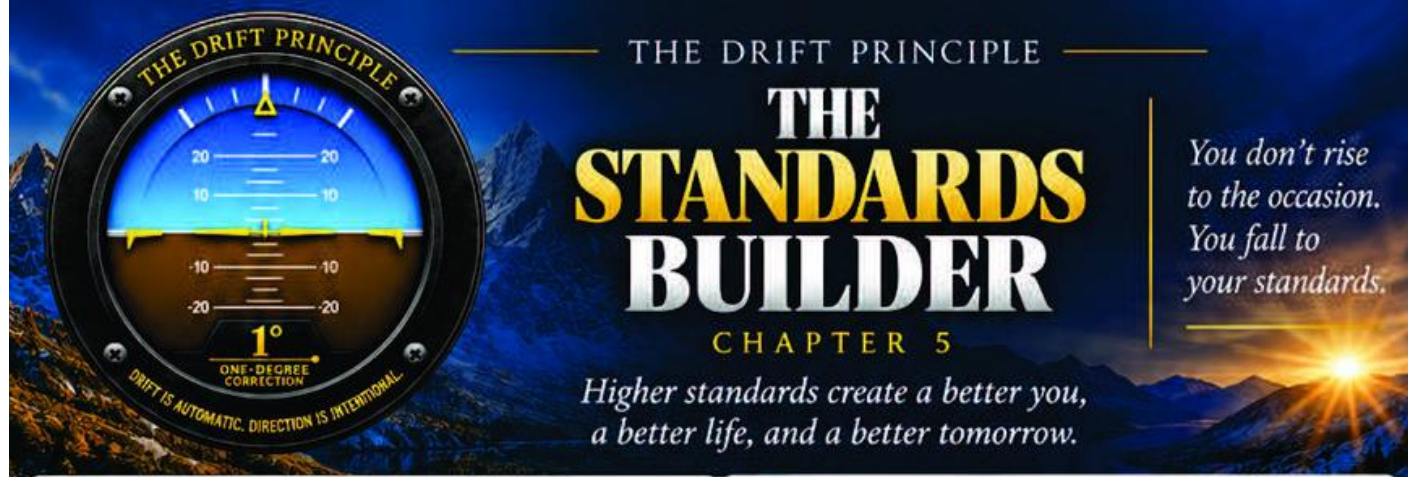
What is one area where you will choose recovery this week, even if it's uncomfortable?

Why does this matter to you?

How will you remind yourself in the moment?

"Discomfort is temporary. Regret can be permanent."

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**1****IDENTIFY WHAT MATTERS MOST**

What are the key areas of your life where higher standards will create the biggest positive impact? (Examples: health, relationships, work, finances, mindset, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

2**DEFINE YOUR STANDARD**

For each area, write the standard you want to live by. Be clear, specific, and in the present tense.

1. _____
2. _____
3. _____
4. _____
5. _____

3**WHY IT MATTERS**

How will this standard improve your life, and why is it important to you?

1. _____
2. _____
3. _____
4. _____
5. _____

4**EVIDENCE OF THE STANDARD**

What does it look like when you're living this standard? (List specific actions, behaviors, or results.)

1. _____
2. _____
3. _____
4. _____
5. _____

5**POTENTIAL DRIFT**

What are the most likely ways you could drift away from this standard?

1. _____
2. _____
3. _____
4. _____
5. _____

6**DRIFT PREVENTION PLAN**

What will you do to stay on course? (Systems, habits, environment, accountability, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

7**MY COMMITMENT**

I choose to live by these standards because I am committed to becoming the best version of myself. My higher standards will create a better me, a better life, and a better tomorrow.

DATE: _____

SIGNATURE: _____

**HIGHER STANDARDS**

- ☐ Create clarity
- ☐ Build discipline
- ☐ Increase confidence
- ☐ Lead to greater results
- ☐ Help you become the person you want to be

**REMEMBER**

- ☐ Drift is automatic.
- ☐ Direction is intentional.
- ☐ Small standards create big changes.
- ☐ You don't rise to the occasion. You fall to your standards.
- ☐ A better tomorrow starts today.

**TAKE ACTION**

- ☐ Review your standards daily
- ☐ Look for one-degree corrections
- ☐ Measure progress consistently
- ☐ Adjust when needed
- ☐ Keep raising the standard



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IDENTITY-TO-ACTION MAP

CHAPTER 6

*Who you become is determined
by what you do — consistently.*

Your identity changes when your actions do.

1 CLARIFY YOUR IDENTITY

Who do you want to be? (Write a clear identity statement in the present tense.)

2 IDENTITY KEY AREAS

What are the 3-5 key areas of your life where this identity will show up?

1.	2.	3.	4.	5.
-------------------------	-------------------------	-------------------------	-------------------------	-------------------------

3 DEFINE THE BEHAVIORS

What specific actions will you take that align with this identity in each area?

AREA	IDENTITY-ALIGNED ACTIONS (BE SPECIFIC)
1.	
2.	
3.	
4.	
5.	

4 REMOVE FRICTION

What might get in the way, and how will you eliminate or minimize it?

POTENTIAL OBSTACLE	SOLUTION / PREVENTION PLAN
1.	
2.	
3.	
4.	
5.	

5 MY NEXT STEP

What is one action you will take in the next 24 hours to start living this identity?

DATE:

SIGNATURE:

"Small, intentional actions compound into a new identity."

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SEVEN-DAY EVIDENCE TRACKER

CHAPTER 6

*Show yourself the evidence.
Progress builds confidence.*

1 CHOOSE YOUR FOCUS

What are the 3-5 key actions you will focus on this week that align with your higher identity?

1.
2.
3.
4.
5.

2 TRACK YOUR EVIDENCE

Mark each day you complete the action. Don't break the chain!

ACTION	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES / WINS
1.	☐	☐	☐	☐	☐	☐	☐	
2.	☐	☐	☐	☐	☐	☐	☐	
3.	☐	☐	☐	☐	☐	☐	☐	
4.	☐	☐	☐	☐	☐	☐	☐	
5.	☐	☐	☐	☐	☐	☐	☐	

3 REFLECTION

At the end of the week, what did you learn?

How did these actions make you feel?

What will you keep, improve, or adjust next week?

4 MY COMMITMENT

I will continue taking intentional action
because I am becoming the person I want to be.

DATE:

SIGNATURE:

"Discipline today creates the freedom you want tomorrow."

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HABIT DESIGN MAP

CHAPTER 7

*Design better habits.
Build a better you.
A better tomorrow.*

1 CLARIFY YOUR WHY

What do you want to create or improve in your life through better habits?

2 IDENTIFY KEY HABITS

List the 5-7 habits that will have the biggest positive impact on your life.

#	HABIT	WHY IT MATTERS	IDENTITY IT SUPPORTS (Who I am becoming)
1.			
2.			
3.			
4.			
5.			
6.			
7.			

3 DESIGN FOR SUCCESS

For each habit, define when, where, and how you will do it. Make it specific and simple.

#	HABIT	WHEN (Time of day)	WHERE (Environment)	HOW (Action steps)
1.				
2.				
3.				
4.				
5.				
6.				
7.				

4 REMOVE FRICTION

What might get in the way, and how will you eliminate or minimize it?

#	POTENTIAL OBSTACLE	SOLUTION / PREVENTION PLAN
1.		
2.		
3.		
4.		
5.		

5 MY COMMITMENT

I commit to these habits because I am becoming the person I want to be.

DATE: _____

SIGNATURE: _____

"Discipline is the bridge between who you are and who you want to be."

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THIRTEEN WEEK CONSISTENCY REVIEW

CHAPTER 7

*Small, consistent actions
create extraordinary results.
Track. Reflect. Adjust. Keep going.*

1 MY KEY HABITS

List the 5-7 habits you are tracking for the next 13 weeks.

#	HABIT
1.	
2.	
3.	
4.	
5.	
6.	
7.	

2 WEEKLY TRACKING

Check the box when you complete the habit each day.

#	HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
1.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3 REFLECTION

After 13 weeks, what worked well?

What challenged you?

What did you learn about yourself?

4 NEXT 13 WEEKS

What will you keep,
adjust, or add?

5 MY RESULTS

How do you feel now compared
to 13 weeks ago?

What's next for you?

"You don't rise to the occasion. You fall to your systems."

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W.I.N.

RESET CARD

CHAPTER 8

*Reset your focus. Reclaim your day.
Small shifts create big results.*

1 PAUSE

Take a breath. Reset. Get intentional.

- ☐ Stop and create a moment of space.
- ☐ Let go of distractions.
- ☐ Remind yourself: I choose my direction.

*"A reset today
creates a better tomorrow."*

2 RECONNECT WITH YOUR WHY

Why does what you do matter?

- ☐ Who do I want to be?
- ☐ Why is this important?
- ☐ How will today's actions support that?

*"Purpose fuels
consistent action."*

3 SET YOUR W.I.N.

What's Important Now? (One to three key priorities.)

1. _____
2. _____
3. _____

"Focus creates freedom."

4 TAKE ACTION

Move forward. Progress over perfection.

- ☐ Do the next right thing.
- ☐ Take one deliberate step.
- ☐ Keep the momentum going.

*"Action changes
everything."*

5 REVIEW & RESET

Adjust, refocus, and continue.

- ☐ What worked well?
- ☐ What can I improve?
- ☐ Recommit to my next W.I.N.

*"A better you,
a better life,
a better tomorrow."*

"Small, intentional actions compound into extraordinary results."

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ONE-DAY W.I.N. LOG

CHAPTER 8

*Be intentional today.
Build the tomorrow you want.*

DATE: _____

*"Today I choose
directine over drift."*

1 TODAY'S W.I.N.

What's Important Now? (1-3 key priorities)

1. _____
2. _____
3. _____

2 WHY IT MATTERS

How will these W.I.N.s create a better me, a better life, and a better tomorrow?

1. _____
2. _____
3. _____

3 ACTION PLAN

What specific actions will I take?

1. _____
2. _____
3. _____

4 TIME BLOCKS

When will I do it? (Be specific)

1. _____
2. _____
3. _____

5 TRACK YOUR PROGRESS

Check the box when completed.

#	W.I.N. / ACTION	DONE
1.		☐
2.		☐
3.		☐

7 TOMORROW'S W.I.N.

What's Important Now for tomorrow?

1. _____
2. _____
3. _____

6 REFLECTION

End of day review.

What went well today? _____

What did I learn? _____

What can I improve tomorrow? _____

MY COMMITMENT

I will show up tomorrow, take intentional action, and continue becoming the person I want to be.

SIGNATURE: _____

"Discipline today creates the freedom you want tomorrow."

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CHAPTER 9

DAILY TIME AUDIT, SEVEN DAY SUMMARY, AND WEEKLY INTERPRETATION

Track your time. Take control. Create the life you want.

WEEK OF: _____

"What gets measured gets managed."

— THE DRIFT PRINCIPLE

1. DAILY TIME AUDIT

BE HONEST. TRACK YOUR TIME. CREATE AWARENESS.

Track how you actually spent your time each day. Use 30-minute or 1-hour blocks.

TIME BLOCK	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 – 8:00 AM							
8:00 – 11:00 AM							
11:00 AM – 2:00 PM							
2:00 – 5:00 PM							
5:00 – 8:00 PM							
8:00 – 10:00 PM							
PRIMARY FOCUS (What mattered most today?)							

2. SEVEN DAY SUMMARY

LOOK FOR PATTERNS. SEE THE BIG PICTURE.

Total your time from the week and see where it went. (Use hours)

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
Work / Business								
Personal Development								
Health & Fitness								
Family & Relationships								
Rest / Sleep								
Leisure / Entertainment								
Other								
TOTAL HOURS								

3. WEEKLY INTERPRETATION

REFLECT. ADJUST. MAKE A PLAN.

WHAT DID I DO WELL?

WHAT NEEDS TO IMPROVE?

ACTIONS FOR NEXT WEEK

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CHAPTER 10

FOCUS BLOCK

Protect Your Focus.
Create What Matters.

"A focused life creates extraordinary results."

TODAY'S FOCUS BLOCKS

DATE: _____

BLOCK #	TIME (Start – End)	TOP PRIORITY (What will I work on?)	INTENTION (Why it matters)	DONE
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐

FOCUS BLOCK GUIDELINES

1. Choose your most important work.
2. Set a specific time block (30–90 minutes).
3. Eliminate distractions.
4. Work with full attention.
5. Take a short break.
6. Repeat.

TODAY'S NOTES

"Distraction is the tax you pay for an unfocused life."

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CHAPTER 10

ATTENTION ENVIRONMENT AUDIT

Design a space that
supports the life you want.

*"Your environment either protects your attention
or steals it."*

AUDIT YOUR ENVIRONMENT

DATE: _____

AREA	CURRENT STATE (What's working? What's not?)	DISTRACTIONS (What pulls my attention?)	IMPROVEMENT IDEAS (What can I change?)
Physical Space (Home)			
Physical Space (Work)			
Digital Devices (Phone, Computer)			
Notifications (Alerts, Email, Texts)			
People (Conversations, Interruptions)			
Information (Social Media, News, Content)			
Time Structure (Calendar, Schedule)			
Routines & Habits			
Other			

TOP 3 DISTRACTIONS TO REDUCE

1. _____
2. _____
3. _____

ACTIONS I WILL TAKE

- ☐ _____
- ☐ _____
- ☐ _____

"A better environment creates a better you."

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CHAPTER 10

PRESENCE PLAN

Be where you are.
It changes everything.

"Presence turns moments into a meaningful life."

MY PRESENCE INTENTIONS

DATE: _____

- ☐ Be fully present in my conversations.
- ☐ Put my phone away during important moments.
- ☐ Listen more. Respond with intention.
- ☐ Be present at home — with my family, friends, and the people who matter.
- ☐ Be present at work — focused, engaged, and adding value.
- ☐ Slow down and appreciate the moment.
- ☐ Other: _____

MY DAILY PRESENCE PLAN

Morning

How will I be present this morning?

Midday

How will I be present this midday?

Afternoon

How will I be present this afternoon?

Evening

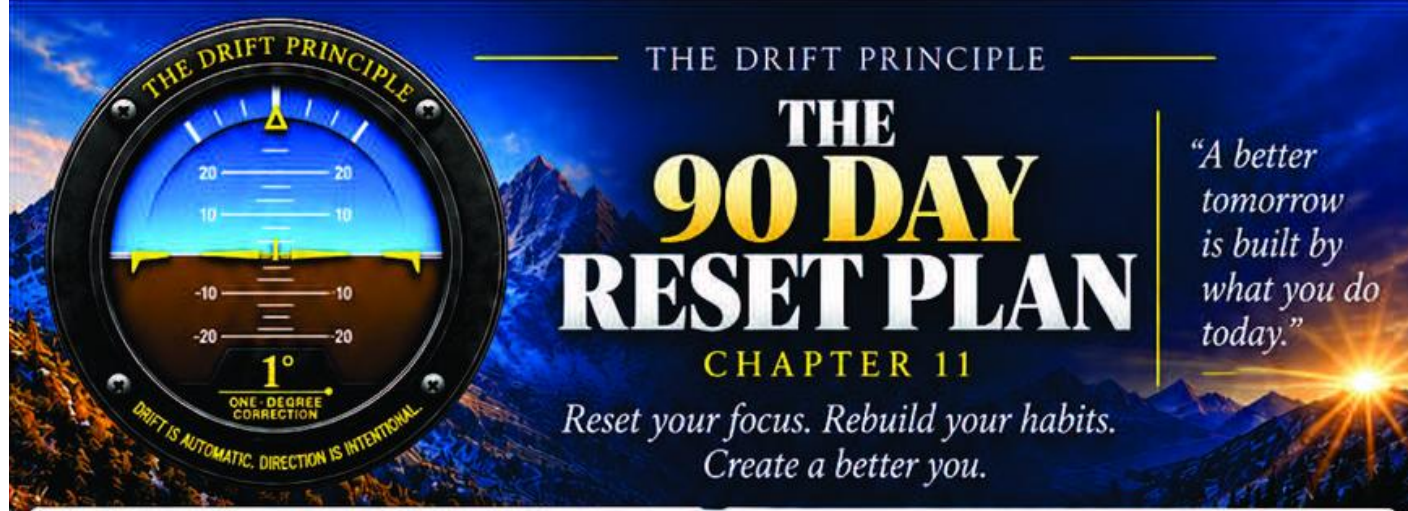
How will I be present this evening?

END OF DAY REFLECTION

1. Where was I most present today? _____
2. What got in the way? _____
3. How did being present impact my day? _____
4. What will I do tomorrow to be even more present? _____

"Be here. It's enough."

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1

WHERE AM I NOW?

Be honest. Take inventory of your life today.
What's working well? What's not?

1. _____
2. _____
3. _____
4. _____
5. _____

2

WHERE DO I WANT TO BE IN 90 DAYS?

What does my best life look like in 90 days?
Be specific. How will I feel? What will be different?

1. _____
2. _____
3. _____
4. _____
5. _____

3

KEY FOCUS AREAS

What are the 3–5 most important areas to focus on
in the next 90 days? (Examples: health, relationships, work,
finances, mindset, personal growth, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

4

SPECIFIC GOALS

For each key focus area, write a specific and measurable goal
you want to achieve in the next 90 days.

1. _____
2. _____
3. _____
4. _____
5. _____

5

KEY ACTIONS

What are the most important actions I need to take
to reach my goals? (List 3–5 for each area or overall.)

1. _____
2. _____
3. _____
4. _____
5. _____

6

POTENTIAL OBSTACLES & SOLUTIONS

What could get in my way? How will I prevent or overcome
these challenges?

1. _____
2. _____
3. _____
4. _____
5. _____

7

MY 90 DAY COMMITMENT

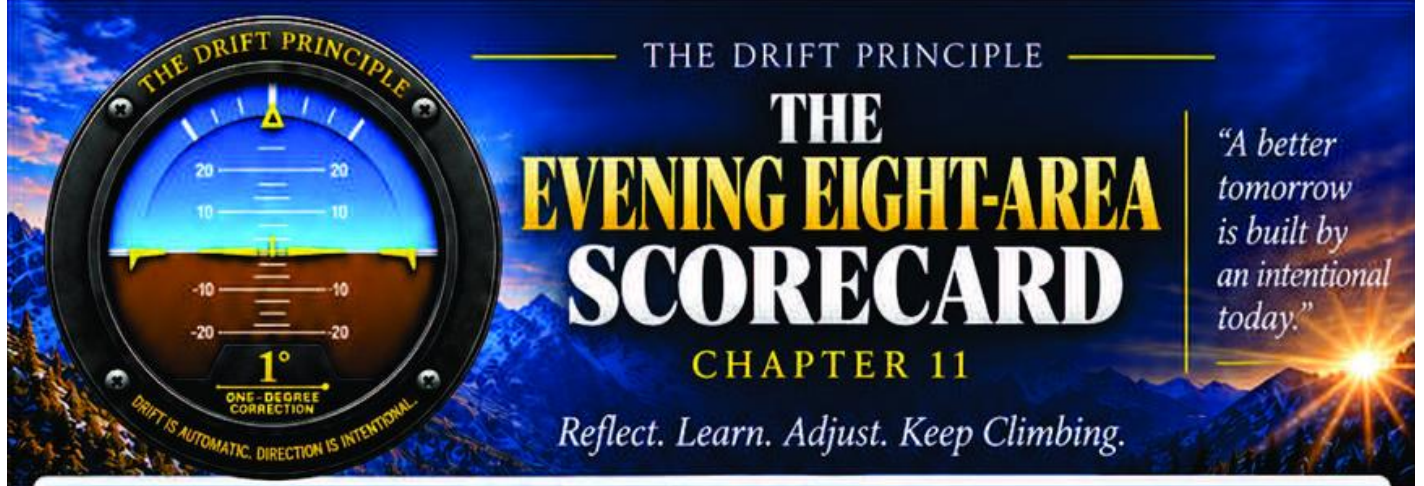
I commit to taking consistent, intentional action over the next 90 days.
I will stay focused, be disciplined, and take ownership of my progress.
A better me, a better life, and a better tomorrow starts today.

DATE: _____

SIGNATURE: _____

“Reset today. A better you is within 90 days.”

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Rate each area of your day from 1 to 10.

1 = Not good (or didn't focus on it today) | 10 = Great (showed up, made progress, felt good)
Be honest with yourself. This isn't about perfection — it's about awareness and progress.

1



PURPOSE

Did I live with intention today?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

2



HEALTH & ENERGY

Did I take care of my body and energy today?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

3



RELATIONSHIPS

Did I invest in the people who matter most?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

4



WORK & CONTRIBUTION

Did I make meaningful progress and add value today?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

5



FAMILY

Was I present and intentional with my family?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

6



FINANCIAL HEALTH

Did I make progress toward freedom and security?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

7



LIFE BALANCE

Did I create balance and enjoy the journey today?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

8



PERSONAL GROWTH

Did I learn, improve, or step outside my comfort zone?

Rating: 1 2 3 4 5 6 7 8 9 10

Notes: _____

TODAY'S REFLECTION

What went well today? _____

What could I have done better? _____

What did I learn? _____

TOMORROW'S FOCUS

What's one or two things I will do tomorrow to be 1% better?

1. _____

2. _____

"Small improvements each day lead to extraordinary results."

THE DRIFT PRINCIPLE

THE SUNDAY RESET REVIEW

CHAPTER 11

"A better tomorrow is built by an intentional today."

*Pause. Reflect. Realign.
Create a Better Week Ahead.*

1



PURPOSE

How did I show up in alignment with my purpose this week? What went well? What can I improve?

1. _____
2. _____
3. _____
4. _____
5. _____

2



HEALTH & ENERGY

How was my physical and mental energy this week? What fueled me? What drained me?

1. _____
2. _____
3. _____
4. _____
5. _____

3



RELATIONSHIPS

How did I invest in the people who matter most? What went well? What can I do better next week?

1. _____
2. _____
3. _____
4. _____
5. _____

4



WORK & CONTRIBUTION

What progress did I make on my goals, projects, and responsibilities? What did I accomplish? What needs more attention?

1. _____
2. _____
3. _____
4. _____
5. _____

5



FAMILY

How present and intentional was I with my family this week? What are they needing from me?

1. _____
2. _____
3. _____
4. _____
5. _____

6



FINANCIAL HEALTH

What progress did I make toward my financial goals? What did I do well? What can I improve?

1. _____
2. _____
3. _____
4. _____
5. _____

7



LIFE BALANCE

How well did I balance work, family, health, and personal time? What felt in balance? What felt off?

1. _____
2. _____
3. _____
4. _____
5. _____

8



PERSONAL GROWTH

What did I learn this week? How did I step outside my comfort zone? What will I focus on next week?

1. _____
2. _____
3. _____
4. _____
5. _____

BIGGEST WINS THIS WEEK

What are 3-5 things I'm proud of from this week?

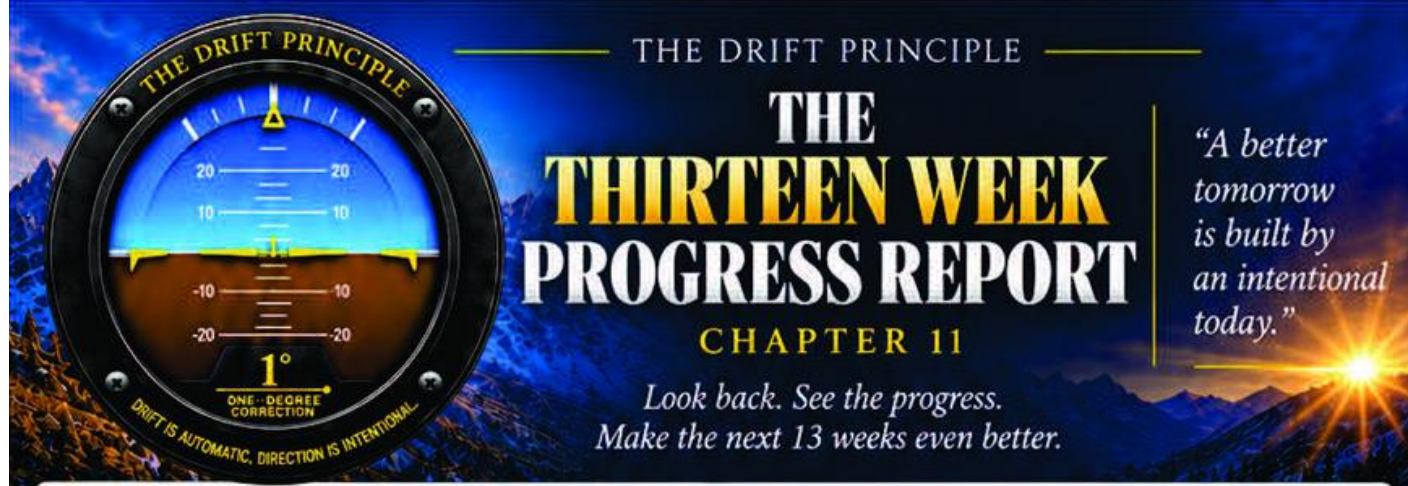
1. _____
2. _____
3. _____
4. _____
5. _____

MY FOCUS FOR NEXT WEEK

What are the 3-5 most important things I will focus on next week?

1. _____
2. _____
3. _____
4. _____
5. _____

"Reflect on your progress. Reset your focus. Create a better week ahead."



THE THIRTEEN WEEK PROGRESS REPORT

CHAPTER 11

Look back. See the progress.
Make the next 13 weeks even better.

Progress isn't about perfection — it's about consistency, awareness, and intentional action.

Use this 13-week review to reflect on where you've been, what you've accomplished, and where you're going next.

1



OVERALL PROGRESS

How would you rate your overall progress in each area over the past 13 weeks? (1 = Not good, 10 = Great)

Purpose	1	2	3	4	5	6	7	8	9	10
Health & Energy	1	2	3	4	5	6	7	8	9	10
Relationships	1	2	3	4	5	6	7	8	9	10
Work & Contribution	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Financial Health	1	2	3	4	5	6	7	8	9	10
Life Balance	1	2	3	4	5	6	7	8	9	10
Personal Growth	1	2	3	4	5	6	7	8	9	10

2



BIGGEST WINS

What are the top 5 wins, breakthroughs, or positive changes from the past 13 weeks?

1. _____
2. _____
3. _____
4. _____
5. _____

3



KEY LESSONS

What are the most important lessons you've learned over the past 13 weeks?

1. _____
2. _____
3. _____
4. _____
5. _____

4



AREAS FOR IMPROVEMENT

What areas didn't progress as much as you'd like? What can you do differently?

1. _____
2. _____
3. _____
4. _____
5. _____

5



WHAT'S WORKING

What habits, systems, or behaviors have made the biggest positive impact?

1. _____
2. _____
3. _____
4. _____
5. _____

6



WHAT NEEDS ADJUSTMENT

What do you need to stop, start, or do differently in the next 13 weeks?

1. _____
2. _____
3. _____
4. _____
5. _____

7



MY FOCUS FOR THE NEXT 13 WEEKS

What are the 3–5 most important goals or outcomes I want to achieve in the next 13 weeks?

1. _____
2. _____
3. _____
4. _____
5. _____

8



MY COMMITMENT

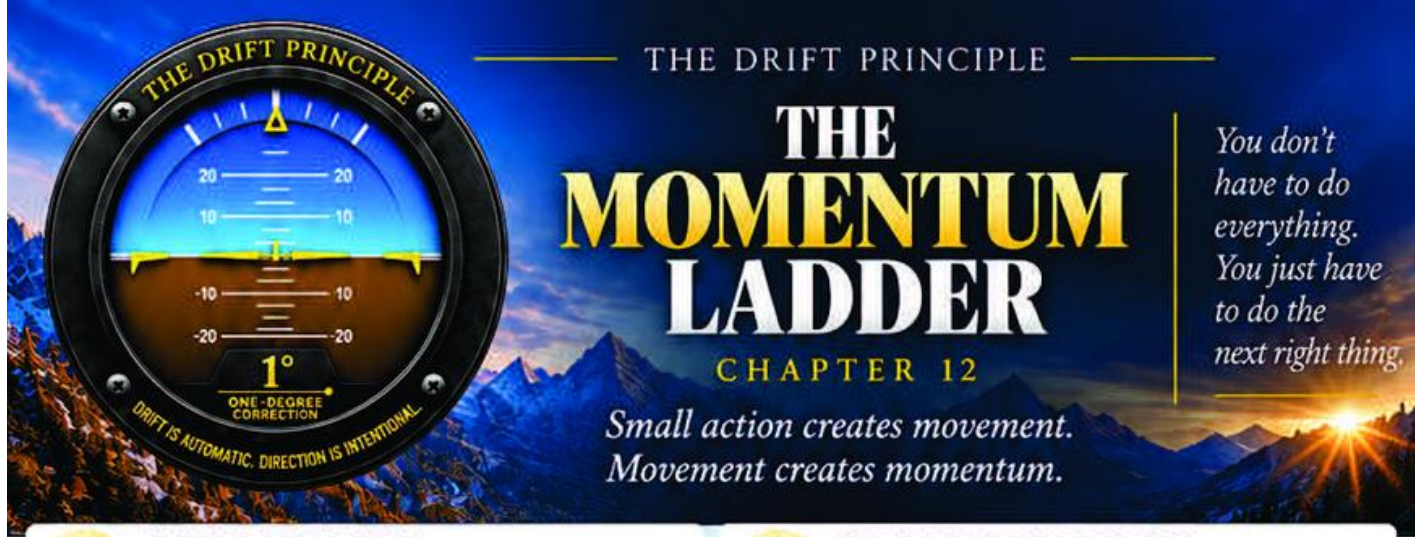
I am committed to learning from the past 13 weeks and taking intentional action to create an even better next 13 weeks.

DATE: _____

SIGNATURE: _____

"Small steps, measured consistently, create extraordinary results."

THE DRIFT PRINCIPLE



1

WHERE AM I NOW?

Be honest. Where are you on the Momentum Ladder today? What's working? What's not?

1. _____
2. _____
3. _____
4. _____
5. _____

2

WHERE DO I WANT TO BE?

What does the next level look like? How will it feel? What will be different in my life?

1. _____
2. _____
3. _____
4. _____
5. _____

3

WHAT'S HOLDING ME BACK?

What's keeping me from climbing higher? (Be specific and honest.)

1. _____
2. _____
3. _____
4. _____
5. _____

4

MY NEXT STEPS

What small, specific actions will I take to move up one rung on the ladder? (*Small actions create movement.*)

1. _____
2. _____
3. _____
4. _____
5. _____

5

SUPPORT & ACCOUNTABILITY

Who can support me? How will I hold myself accountable? (Share, track, or set to check-in.)

1. _____
2. _____
3. _____
4. _____
5. _____

6

POTENTIAL ROADBLOCKS

What might get in my way? How will I handle or overcome them?

1. _____
2. _____
3. _____
4. _____
5. _____

7

MY COMMITMENT

I commit to taking consistent, intentional action to climb my Momentum Ladder. I understand that small steps, done daily, lead to big results.

DATE: _____

SIGNATURE: _____

"Momentum doesn't happen by accident — it happens by action."

THE DRIFT PRINCIPLE



THE DRIFT PRINCIPLE

CHAPTER 13

CONFIDENCE GAP MAP

See the gap. Build the plan. Move forward with confidence.

DATE: _____

"Confidence grows when you do what you said you would do."

— THE DRIFT PRINCIPLE

1. CONFIDENCE GAP MAP

BE HONEST. CLARITY CREATES MOMENTUM.

AREA (Where do I want more confidence?)	WHERE I AM NOW (Current reality)	WHERE I WANT TO BE (Desired outcome)	THE GAP (What's the difference?)	WHAT'S HOLDING ME BACK? (Beliefs, habits, skills, fear, etc.)
PHYSICAL HEALTH				
EMOTIONAL PEACE				
SPIRITUAL GROWTH				
RELATIONSHIPS				
BUSINESS GROWTH				
LEADERSHIP				
FINANCIAL PROGRESS				
DISCIPLINE				

2. PREPARATION PLAN

TURN INSIGHTS INTO ACTION.

WHAT DO I NEED TO LEARN? (Knowledge/Skills)	WHAT HABITS DO I NEED TO BUILD? (Daily/Weekly)	WHAT SUPPORT DO I NEED? (People/Resources)
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

3. POST-MOMENTUM DEBRIEF

REFLECT. ADJUST. RENEW YOUR COMMITMENT.

WHAT WORKED WELL?

KEY LESSONS LEARNED:

WHAT CAN I IMPROVE?

MY NEXT STEPS:

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.



THE DRIFT PRINCIPLE

CHAPTER 14

STORM ASSESSMENT

Support. Reflect. Reset. Move Forward.

DATE: _____

"Every storm is temporary. What you do next is a choice."

— THE DRIFT PRINCIPLE

1. STORM ASSESSMENT

BE HONEST. GET CLEAR. UNDERSTAND THE IMPACT.

WHAT HAPPENED?

(Describe the storm)

WHY DID IT HAPPEN?

(Root causes)

WHAT WAS THE IMPACT?

(On me, others, goals)

WHAT DID I LEARN?

(Key lessons)

2. SUPPORT MAP

I DON'T HAVE TO DO THIS ALONE.

PEOPLE

(Who can support me?)

RESOURCES

(What tools or resources can help?)

ENVIRONMENTS

(Where do I find strength and clarity?)

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

3. COMEBACK REVIEW

PROGRESS HAS ALREADY BEEN MADE.

WHAT'S BETTER NOW?

(Signs of progress)

WHAT AM I PROUD OF?

(Resilience, actions, mindset)

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

4. FIRST STEP BACK

A SMALL STEP CREATES MOMENTUM.

MY NEXT STEP IS:

I WILL DO IT BY:

HOW IT MOVES ME FORWARD:

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.



THE DRIFT PRINCIPLE

CHAPTER 15

THREE SCOREBOARDS

Becoming Audit and Becoming Statement

Measure. Reflect. Align. Become More.

DATE: _____

"What gets measured gets managed, and what gets managed gets better."
— THE DRIFT PRINCIPLE

1. THREE SCOREBOARDS

TRACK WHAT MATTERS. CREATE MOMENTUM.

Choose key metrics for each area and track your progress (daily, weekly, or weekly average).

AREA	METRIC 1	METRIC 2	METRIC 3	GOAL	CURRENT	NOTES
HEALTH & ENERGY (Body)						
WEALTH & WORK (Business)						
RELATIONSHIPS & IMPACT (People)						

2. BECOMING AUDIT

BE HONEST. SEE THE GAP. CREATE A CLEARER YOU.

Rate yourself from 1–10 in each area. Then write a quick reflection on where you are now.

AREA	CURRENT RATING (1–10)	REFLECTION (What's working? What needs to improve?)
Mindset & Attitude		
Health & Fitness		
Discipline & Habits		
Business & Finances		
Relationships & Impact		
Personal Growth		
Overall		

3. BECOMING STATEMENT

DECLARE IT. BELIEVE IT. BECOME IT.

Write your personal Becoming Statement — a clear, present-tense statement of who you are becoming.

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.



THE DRIFT PRINCIPLE

CHAPTER 16

IMPACT CIRCLES

Contribution Plan, and Impact and Legacy Statement

Live with purpose. Make a difference. Leave a legacy.

DATE: _____

*"The greatest purpose in life is to make a positive difference
in the lives of others."*

— THE DRIFT PRINCIPLE

1. IMPACT CIRCLES

THE PEOPLE YOU INFLUENCE. THE DIFFERENCE YOU MAKE.

List the key people or groups in your life and how you can create a greater positive impact in each circle.

CIRCLE	HOW I CAN MAKE A BIGGER DIFFERENCE
FAMILY	
FRIENDS	
COLLEAGUES / TEAM	
CLIENTS / CUSTOMERS	
COMMUNITY	
INDUSTRY / PROFESSION	
NEXT GENERATION	
THE WORLD	

2. CONTRIBUTION PLAN

TURN INTENTION INTO ACTION.

Choose 3–5 key areas where you want to contribute more and outline specific actions you will take.

AREA OF CONTRIBUTION (Where I want to make a difference)	WHY IT MATTERS (My purpose/passion)	ACTIONS I WILL TAKE (Specific steps)	TIMELINE (When)
1.			
2.			
3.			
4.			
5.			

3. IMPACT AND LEGACY STATEMENT

CLARITY TODAY. A BRIGHTER TOMORROW.

Write your Impact and Legacy Statement — a clear, powerful statement of the difference you want to make and the legacy you want to leave.

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.



THE DRIFT PRINCIPLE

COMPANION ACTION GUIDE AND EXPANDED PLAN REVIEW

Reflect Deeper. Plan Bigger. Take Action. Keep Moving Forward.

DATE: _____

"Progress doesn't happen by accident. It happens by design."

— THE DRIFT PRINCIPLE

1. KEY TAKEAWAYS & INSIGHTS

REFLECT ON WHAT YOU'VE LEARNED AND HOW YOU'LL APPLY IT.

What are the most important lessons, insights, or takeaways from The Drift Principle?

- _____
- _____
- _____
- _____
- _____

2. EXPANDED PLAN

TURN INSIGHTS INTO A DETAILED PLAN FOR A BIGGER TOMORROW.

Use this section to break down your plan in key areas of life.

AREA OF FOCUS (What I want to achieve)	SPECIFIC GOALS (What does success look like?)	KEY STEPS (What will I do?)	RESOURCES / SUPPORT (What do I need?)	TARGET DATE (When?)
Mindset & Attitude				
Health & Fitness				
Discipline & Habits				
Business & Finances				
Relationships & Impact				
Personal Growth				
Contribution & Legacy				

3. REVIEW & ADJUST

STAY AWARE. BE FLEXIBLE. KEEP PROGRESSING.

What's working well? What needs to improve? What adjustments will you make?

WHAT'S WORKING WELL?	WHAT NEEDS TO IMPROVE?	ADJUSTMENTS / NEXT STEPS
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. MY COMMITMENT

DECIDE. COMMIT. TAKE ACTION. CREATE A BETTER TOMORROW.

I commit to taking consistent action, making better decisions, and living with purpose.

SIGNATURE: _____ DATE: _____

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.



THE DRIFT PRINCIPLE

FINAL CHAPTER

FULL BETTER DECISIONS PLAN AND COMMITMENT PAGE

A Clear Plan. A Stronger You. A Better Tomorrow.

DATE: _____

"Better decisions today create a better tomorrow."
— THE DRIFT PRINCIPLE

1. MY FULL BETTER DECISIONS PLAN

CLARITY CREATES CONFIDENCE. A PLAN CREATES MOMENTUM.

Based on everything you've learned, write your full plan for making better decisions in the key areas of your life.

AREA	MY PLAN	KEY HABITS / ACTIONS
Mindset & Attitude		
Health & Fitness		
Discipline & Habits		
Business & Finances		
Relationships & Impact		
Personal Growth		
Contribution & Legacy		

2. IMPLEMENTATION ROADMAP

SMALL STEPS. CONSISTENT ACTION. BIG RESULTS.

What are the next 3–5 key actions you will take right now to put your plan into motion?

#	ACTION	WHY IT MATTERS	TARGET DATE	COMPLETED
1.				☐
2.				☐
3.				☐
4.				☐
5.				☐

3. MY COMMITMENT

DECIDE. COMMIT. FOLLOW THROUGH.

This is my commitment to myself and the life I want to create.

SIGNATURE: _____

DATE: _____

DRIFT IS AUTOMATIC. DIRECTION IS INTENTIONAL.



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NOTES



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NOTES