TRAIN LIKE A CHAMPION

The 25-Day Champion's Action Plan & Accountability Journal

Move from Knowing to Doing — One Day at a Time

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Becoming The Person

How to Use This Journal

Champions don't rise to the occasion — they fall to the level of their training. For the next 25 days, you will train like the Olympians, national champions, and state champions I've coached: five days at a time, five principles in order — Belief, Practice, Consistency, Defeating Procrastination, and Patience.

The rules of training are simple:

One day, one assignment. Do the day's training before the day ends — most take 15–30 minutes.

Write it down. The journal space is where knowing becomes doing. An unwritten win is a forgotten win.

Check the box. Mark "Completed" and tell your accountability partner. Champions never train alone.

Miss a day? Don't quit — restart the next morning. Consistency beats perfection every time.

My accountability partner for the next 25 days is:

_____

My start date: _____ **My Day 25 finish date:** _____

"I am becoming the person God intended me to be. I have what it takes. Today, I move from knowing to doing."

DAYS 1–5: BELIEF — Build the Foundation

No one outperforms their own self-image. Before we train the skills, we train the mind. This week you anchor your identity in who God says you are.

DAY 1 Declare Your Identity

Today's Training: Before checking your phone this morning, stand up and declare out loud: "I am becoming the person God intended me to be. I have what it takes. Today, I move from knowing to doing." Then write down WHY you are starting this journey — your family, your legacy, your calling.

"I can do all things through Christ who strengthens me." — Philippians 4:13

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 2 Define the Champion Version of You

Today's Training: Write a one-paragraph description of yourself three years from now — the entrepreneur, spouse, parent, and leader you are becoming. Be specific. Read it out loud twice.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 3 Choose Your Corner

Today's Training: Every champion has a corner — people who see their potential. List three people who will speak life over you, and one person you will ask to be your accountability partner for these 25 days. Contact that person today.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 4 Silence the Inner Critic

Today's Training: Write down the top three doubts or negative statements you say about yourself. Next to each one, write the truth that replaces it — what God and the evidence of your life actually say.

"Take captive every thought to make it obedient to Christ." — 2 Corinthians 10:5

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 5 Take the Assessment

Today's Training: Complete your Abundant Life Assessment (or review your results). Identify the ONE area where growth would change everything. This becomes your training focus for the rest of the plan.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAYS 6–10: PRACTICE — Rehearse Before You Perform

Champions practice when no one is watching. This week you identify and rehearse the one skill your business needs most.

DAY 6 Pick Your Event

Today's Training: Choose the ONE skill that matters most to your business right now — your pitch, your offer, your content, or your client conversation. Write down exactly what a gold-medal performance of it looks like.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 7 First Reps

Today's Training: Practice your chosen skill out loud, from start to finish, three times today. No audience. No pressure. Just reps.

"Whatever you do, work at it with all your heart, as working for the Lord." — Colossians 3:23

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 8 Film Review

Today's Training: Champions review the tape. Record yourself performing your skill (voice memo or video). Watch or listen to it once, and write down two things you did well and one thing to improve.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 9 Practice the Hard Part

Today's Training: Take the ONE weak spot you found yesterday and drill only that part five times. Champions practice what's hard, not just what's comfortable.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 10 Perform for a Coach

Today's Training: Deliver your skill live to your accountability partner or a trusted friend. Ask for one piece of honest feedback — and receive it like a champion: with gratitude, not defensiveness.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAYS 11–15: CONSISTENCY — Show Up Like It's Non-Negotiable

Talent gets attention; consistency gets results. This week you build the daily discipline that compounds into a business.

DAY 11 Choose Your Daily Discipline

Today's Training: Pick ONE business-building activity you will do every day — creating content, making calls, reaching out to prospects, or following up. Put it on your calendar at the same time each day, like a doctor's appointment.

"The plans of the diligent lead surely to abundance." — Proverbs 21:5

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 12 Do It Anyway

Today's Training: Complete your daily discipline today — especially if you don't feel like it. Note in your journal how you felt BEFORE and AFTER. Champions learn that action changes emotion.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 13 Build the Routine

Today's Training: Attach your discipline to an anchor you already do daily (after morning prayer, after your 8 AM workout, after your first coffee). Write your new routine as: "After I _____, I will _____."

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 14 Track the Streak

Today's Training: Create a simple streak tracker — 25 boxes on paper or your phone. Mark off every day you've completed so far. Seeing the chain grow makes you fight to keep it alive.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 15 Protect the Appointment

Today's Training: Identify the biggest threat to your consistency (a person, a habit, a time-waster). Write one boundary you will set to protect your daily discipline — and communicate it to whoever needs to hear it.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAYS 16–20: DEFEAT PROCRASTINATION — Beat the Real Opponent

The perfect moment never announces itself — you create it by starting. This week you attack the things you've been putting off.

DAY 16 Name the Opponent

Today's Training: Write down the ONE thing you've been putting off in your business — the call, the launch, the ask, the decision. Be honest about what you've been telling yourself to justify the delay. Listen to Dr. B's Video: You Don't Have a Procrastination Problem, You have a Procrastination Symptom

"Do not merely listen to the word... Do what it says." — James 1:22

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 17 The Five-Minute Victory

Today's Training: Shrink your postponed task to its five-minute version — and do it TODAY. Draft the first paragraph. Dial the number. Open the account. Momentum is built one small victory at a time.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 18 Set the Deadline

Today's Training: Give your full postponed task a real deadline within the next 7 days. Tell your accountability partner the date and ask them to check on you. A goal without a deadline is just a wish.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 19 Eat the Frog First

Today's Training: Tomorrow's hardest task gets done FIRST — before email, before social media, before anything easy. Plan it tonight; execute it before 10 AM.

What I did today:

What I learned / how I felt:

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DAY 20 Finish Something

Today's Training: Complete the postponed task in full — or the biggest piece of it possible today. Then celebrate: write down how it feels to be a person who does what they said they would do.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAYS 21–25: PATIENCE — Trust the Process, Run Your Race

Gold medals take years, not weekends. This final week you set your long-range vision and lock in the habits that carry you past Day 25.

DAY 21 Set the Three-Year Vision

Today's Training: Write down where you want your business — and your family and legacy — to be in three years. Dream with faith, and be specific.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." — Galatians 6:9

What I did today:

What I learned / how I felt:

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DAY 22 Break It Down

Today's Training: Turn your three-year vision into one 1-year milestone, one 90-day milestone, and one 30-day milestone. When impatience hits, you'll look at the 30-day step — not the mountain.

What I did today:

What I learned / how I felt:

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DAY 23 Measure Progress, Not Just Results

Today's Training: List five things that are different about YOU since Day 1 — skills practiced, disciplines built, fears faced, tasks finished. The scoreboard catches up to the training. It always does.

What I did today:

What I learned / how I felt:

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DAY 24 Plant a Seed You Won't Harvest Soon

Today's Training: Do one thing today whose payoff is months away: start the relationship, publish the first piece of content, make the long-term investment in your growth. Champions train for a moment that hasn't arrived yet.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

DAY 25 Commit to the Next Season

Today's Training: Review all 25 days of your journal. Write down: (1) your biggest win, (2) the discipline you will continue daily, and (3) your next step — whether that's coaching, community, or your next 25 days. Then share your commitment with your accountability partner. Champions never train alone.

What I did today:

What I learned / how I felt:

☐ **Completed** Accountability check: I told _____ what I did today.

Day 25 Is a Starting Line, Not a Finish Line

You've just done what most people never do: you moved from knowing to doing for 25 straight days.

That's not a small thing — that's the training of a champion. Now keep going. Behind every gold medal is a coach who saw what the athlete couldn't see. If you're ready for that next level, take the Abundant Life Assessment, join the Becoming the Person community, or reach out about coaching. Your legacy is waiting — and it's built one trained day at a time.

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