

T.I.P. FIELD GUIDE

THE 7-DAY DISCIPLINE REBUILD

A practical protocol for restoring structure,
rebuilding self-trust, and returning to action.

**YOU DO NOT NEED TO START OVER.
YOU NEED A CLEAR WAY TO RETURN.**

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You Are Not Beginning From Nothing

A disrupted rhythm can make it feel as though everything has been lost. It has not. The proof of who you are still exists in every promise you kept, every difficult day you completed, and every time you returned after drifting.

This guide is not a punishment plan. It is not a demand for a dramatic new identity. It is a seven-day return to structure through small, deliberate actions.

For one week, your job is simple: reduce the noise, keep a few clear promises, and collect evidence that you can trust yourself again.

**DISCIPLINE IS NOT PERFECTION.
IT IS THE PRACTICE OF RETURNING.**

Use the protocol as written. Do not expand it because you feel motivated. Do not abandon it because one day feels imperfect. Complete the day in front of you, then prepare for the next.

The objective: finish seven honest days with a system you can continue.

THE RESET RULES

Five Rules for the Week

These rules keep the rebuild small enough to finish and strong enough to matter.

- 1. Keep the promises small.** Choose actions you can complete even on a difficult day. Reliability matters more than intensity.
- 2. Remove unnecessary decisions.** Decide your wake time, priority task, movement, and evening reset before the day begins.
- 3. Finish before expanding.** Do not add extra habits until the assigned work is complete. More is not automatically better.
- 4. Track evidence, not emotion.** Your mood may change several times. Completed actions are the evidence that counts.
- 5. Miss once, return immediately.** A missed action is information, not a verdict. Correct the next decision without drama.

SMALL SESSIONS. BIG WINS.

DAY 1

Clear the Noise

Discipline becomes harder when your environment is crowded with unfinished decisions. Today is about creating enough space to see what matters.

TODAY'S WORK

- Write down every open task or concern currently occupying your attention.
- Circle one priority that would make today feel complete.
- Remove or silence one avoidable distraction for the next seven days.
- Reset one physical space you use every day.

REFLECTION

What has been consuming attention without producing meaningful progress?

Carry forward: Keep one visible list. Do not carry your entire week in your head.

DAY 2

Restore One Promise

Self-trust returns when your words and actions begin matching again. Choose one promise small enough to keep without negotiation.

TODAY'S WORK

- Choose one daily promise for the remaining six days.
- Define the exact minimum: time, quantity, or completion condition.
- Complete it before adding optional work.
- Mark it complete where you can see the evidence.

REFLECTION

Which promise would make you respect your own follow-through again?

Carry forward: Protect the minimum. You may do more, but the minimum must remain clear.

DAY 3

Rebuild Your Environment

Your surroundings should make the right action easier and the wrong action less convenient.

TODAY'S WORK

- Prepare tomorrow's clothes, tools, food, or work materials tonight.
- Move one distraction out of immediate reach.
- Place one useful cue where the desired action begins.
- Create a five-minute reset for the end of each day.

REFLECTION

What part of your environment repeatedly works against your intentions?

Carry forward: Do not rely on memory for what your environment can remind you to do.

DAY 4

Act Before Motivation

Motivation is welcome, but it is not required. Today you practice beginning while your feelings are still undecided.

TODAY'S WORK

- Start your priority task with a ten-minute commitment.
- Use a countdown: five, four, three, two, one - begin.
- Delay entertainment until the daily promise is complete.
- Record how your energy changed after starting.

REFLECTION

What usually happens to your resistance after the first ten minutes?

Carry forward: Beginning is a skill. Practice it before discussing how you feel.

DAY 5

Strengthen the Routine

A routine becomes dependable when it has a clear trigger, a small first action, and a defined finish.

TODAY'S WORK

- Name the trigger for your daily promise.
- Define the first action so clearly that there is nothing to interpret.
- Set a realistic finish condition.
- Repeat the routine at roughly the same time or sequence today.

REFLECTION

Which part of your routine is still vague enough to invite delay?

Carry forward: Make the first step obvious and the finish line visible.

DAY 6

Review the Evidence

Today is not about judging the week. It is about reading the evidence honestly.

TODAY'S WORK

- Review the previous five days without exaggerating success or failure.
- List three actions you completed despite resistance.
- Identify one friction point that needs adjustment.
- Keep what worked; simplify what did not.

REFLECTION

What does the evidence say about your ability to return?

Carry forward: Adjust the system without attacking yourself.

DAY 7

Choose What Continues

The rebuild is complete when it becomes a sustainable next step, not when it becomes a perfect story.

TODAY'S WORK

- Choose one daily promise to continue for the next 14 days.
- Choose one weekly review time.
- Write the boundary that protects your routine.
- Name the next meaningful goal - but do not overload the system.

REFLECTION

What deserves to continue because it made you more reliable, clear, or grounded?

Carry forward: Carry forward what you can repeat, not everything you managed once.

DAILY CHECKLIST

The Rebuild Scorecard

Check the boxes honestly. The goal is not seven flawless days. The goal is a visible pattern of return.

Daily evidence	D1	D2	D3	D4	D5	D6	D7
One priority completed	☐	☐	☐	☐	☐	☐	☐
Daily promise kept	☐	☐	☐	☐	☐	☐	☐
Body moved	☐	☐	☐	☐	☐	☐	☐
Environment reset	☐	☐	☐	☐	☐	☐	☐
Distraction boundary honored	☐	☐	☐	☐	☐	☐	☐
Tomorrow prepared	☐	☐	☐	☐	☐	☐	☐
Reflection written	☐	☐	☐	☐	☐	☐	☐

**DO NOT USE THE SCORECARD TO PUNISH YOURSELF.
USE IT TO SEE THE PATTERN.**

At the end of each day, write one sentence: What did I prove through action today?

THE NEXT STEP

The Goal Was to Prove You Can Return

You were never required to transform your entire life in seven days. You were asked to restore contact with your own word.

You reduced noise. You kept a promise. You changed your environment. You acted before motivation. You strengthened a routine, reviewed the evidence, and chose what deserves to continue.

That is a rebuild.

**PLAN. EXECUTE. ADJUST.
REFLECT. RECOVER.**

For the next 14 days, continue one daily promise and one weekly review. Keep the structure simple enough to protect. Let consistency create the next layer.

You do not need to chase the feeling of a fresh start. You now have something stronger: evidence that you can return deliberately.

TENACIOUS. INDIVIDUAL. PERFORMANCE.

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