



JEDX10: THE SHOW UP STANDARD

Small Habit,
Big Change

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THE TRUTH

Inspired by the works of James Clear, Charles Duhigg, and BJ Fogg. If you want to go deeper into how habits really work, I highly recommend reading Atomic Habits

If you're reading this, you're tired of the cycle: You start, you stop, you promise yourself "next time" will be different, and eventually, you settle for: "I'm just not consistent."

That's not the problem.

Here is the JEDX10 reality: You don't fail because you lack motivation. **You fail because you've been relying on it.**

Your life right now is a collection of automatic patterns—whether you chose them or not. The way you move, eat, rest, and react under pressure? That's not willpower. That's your current system.

Patterns can be rewired.

THE JEDX10 PROTOCOL

This isn't a "new you" miracle. This is a system to build momentum without the noise of guilt or pressure.

We focus on:

- One small, non-negotiable habit.
- Understanding the mechanics of why habits stick.
- Building relentless momentum.

The Deal:

If you put this into practice—even imperfectly—it will work. Not because it's magic, but because small actions, repeated daily, change the baseline of your life.

WHY HABITS MATTER (THE NO-BS VIEW)

Motivation is a liar. It is unreliable, it disappears when life gets hard, and it's the reason most people stay stuck. Your life doesn't change because you feel like it. It changes because of what you do when you don't feel like it.

The Equation:

- **Not Discipline.**
- **Not Willpower.**
- **Just Systems.**

You don't need more information. You don't need a perfect plan. You need one small habit, executed with relentless consistency.

How the System Works:

Cue → Action → Reward

- **Cue:** You wake up.
- **Action:** Sprint on the spot for 10 seconds.
- **Reward:** You feel switched on, proud, awake.

Do this enough, and your brain stops negotiating. It just does it.

PHASE 1: CHOOSE YOUR ONE HABIT

Rule #1: ONE habit only.

Trying to fix everything at once is a guaranteed failure.
We are building momentum—not perfection.

My ONE habit is:

Answer these to lock it in:

- When will I do it?
- Where will I do it?
- What exactly will I do?

(If it takes more than 10 mins, it's too big.)

- Why this habit matters to me?

(Forget "I should"—what is the real benefit to *you*?)

PHASE 2: BREAKING THE OLD PATTERN

You don't remove bad habits; you replace them. Every bad habit exists to provide a specific payout: Comfort, Distraction, Relief, or Control.

- The habit I want to break/reduce:

- The Trigger:

(When does it happen? Tired? Bored? Stressed?)

- The Reward:

(What is it actually giving me?)

- My Replacement Habit:

(Same trigger, better action. E.g., Tired? Instead of scrolling, stand up + 10 breaths.)

PHASE 3: THE JEDX10 SCOREBOARD

Your only job: SHOW UP.

Not perfect. Not intense. Not impressive. Just show up.

Day	Done ✓
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

The JEDX10 Rule: It counts even if you did less than planned, you didn't feel like it, or it felt messy. Momentum beats motivation.

PHASE 4: REFLECT & RESET

No overthinking. Just data.

- What worked?
- What made it hard?
- What will I keep the same?
- What will I make easier?

THE FINAL WORD

You don't fail because you stop. **You fail when you refuse to restart.**

If you miss a day, you haven't ruined anything. You haven't "fallen off." You just reset—today. Your next move matters more than your last mistake.

You are not lazy. You are not broken. You just needed a better system.

Your only rule: Miss a day? You don't quit. You don't wait for Monday. You start again today.

One habit.

One small action.

Done consistently.

This is how confidence is built.

YOUR MOVE IS NEXT.

Jedi

JEDX10

Get fit with no S#!T

