

# NOTION DISCIPLINE DASHBOARD

*Discipline Flow | Complete Setup Guide*

*This guide walks you through the full Notion architecture, the 15-prompt library, and the five automations that keep your system running without relying on memory or motivation.*

## 01 — Page Structure

Your entire Discipline Flow system lives inside one parent page: Discipline Flow HQ. Everything else branches from it.

```
/ Discipline Flow HQ
├── Daily Control Center
├── Habit Tracker Database
├── Identity and Standards
├── Weekly Review
├── Goals and Projects
├── Wins Log
└── Prompt Library
```

## 02 — What Each Page Does

### Daily Control Center

The one page you open every morning. Orients the day in under five minutes.

#### Identity

Today's identity statement — linked from Identity page

#### Priorities

Your three tasks for the day — ranked, not listed

#### Habit Checklist

Checkboxes linked to your habit tracker database

#### Focus Question

One question to hold in mind all day

#### Evening Link

Direct link to tonight's reflection entry

## Habit Tracker Database

A Notion database with the following fields:

<b>Habit Name</b>	Text — name of the specific habit
<b>Date</b>	Date property — auto-filled
<b>Done</b>	Checkbox — the only field you update daily
<b>Streak Count</b>	Number — tracks consecutive days
<b>Energy Level</b>	Select (1–5) — quick self-assessment
<b>Notes / Reflection</b>	Text — optional daily note

### Set up three views:

- Daily view — filtered to today's habits only
- Weekly view — streak grid for the past 7 days
- Monthly view — pattern analysis, shows where you drift

## Identity and Standards

You read from this page every morning and add to it every time you collect evidence of who you are becoming.

<b>Identity Statement</b>	2–3 sentences — who you are, not who you want to be
<b>Non-Negotiables</b>	5 rules you do not break under any circumstances
<b>Evidence Log</b>	Daily wins added here — this grows over time
<b>Standards Document</b>	What you expect from yourself at your best

## Weekly Review Template

Answered every Sunday. Five questions — takes 15 minutes.

1. What was my biggest win this week?
2. Where did I show up inconsistently and why?
3. What needs to change in my system?
4. What identity evidence did I collect?
5. What is my focus for next week?

## 03 — The 15-Prompt Library

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Use these when the system alone is not enough — when you need a reset, a redirect, or a decision made. Keep this page bookmarked.

### Identity Reset

1

*I have shown up before under harder conditions than this. What is the smallest version of the action I can take right now to cast one vote for who I am becoming?*

2

*If the person I am becoming were here right now, what would they do in the next 10 minutes?*

3

*What evidence from the past 7 days proves that I am already the person I am trying to become?*

### Focus

4

*What is the single task that, if completed today, would make everything else easier or unnecessary?*

5

*I have 90 minutes of full focus available. What is the highest-leverage use of this time aligned with my top priority?*

6

*What am I avoiding right now and what is the two-minute version of starting it?*

### Anti-Procrastination

7

*What is the smallest possible first action? Not the full task. Just the first 2 minutes of it.*

8

*What would I do right now if I knew I could not fail and no one was watching?*

9

*Is this resistance information (the task is wrong) or friction information (the task is right but hard)?*

## Reflection

10

*What worked today and what specifically made it work?*

11

*Where did I drift from my system and what was the trigger?*

12

*What is one adjustment I can make tomorrow that would have made today better?*

## Decision-Making

13

*Does this decision move me toward or away from the person I am becoming?*

14

*If I said yes to this, what am I implicitly saying no to?*

15

*What would I decide if I had to live with this choice for the next 5 years?*

## 04 — Automation Layer

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These five automations remove the need to remember, decide, or initiate. Once configured, the system runs itself.

### Automation 1 — Daily Habit Reminder

**Trigger:** Every day at your habit stack time

**Action:** Phone notification with your identity statement + today's habit

**Tool:** iOS Shortcuts or Android Automation

### Automation 2 — Weekly Review Prompt

**Trigger:** Every Sunday at 6pm

**Action:** Email to yourself with the 5 weekly review questions

**Tool:** Systeme.io automation

### Automation 3 — Streak Tracker Alert

**Trigger:** Done checkbox unchecked in Notion by 9pm  
**Action:** Reminder notification sent to your phone  
**Tool:** Notion automation or Zapier

### Automation 4 — New Subscriber Welcome

**Trigger:** Form submission on disciplineflow.org  
**Action:** 7-day email welcome sequence starts automatically  
**Tool:** Systeme.io (already built)

### Automation 5 — Monthly Review Prompt

**Trigger:** First day of each month  
**Action:** Email with monthly reflection template  
**Tool:** Systeme.io campaign

## 05 — Free vs Pro

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This document describes the complete Pro architecture. Below is the distinction between what free subscribers get and what Pro members unlock.

FREE STACK	PRO STACK (\$9/month)
<ul style="list-style-type: none"><li>• Basic Notion template (3 pages)</li><li>• Daily habit checklist</li><li>• Habit Stack Blueprint PDF</li><li>• Micro-Action reference card</li></ul>	<ul style="list-style-type: none"><li>✓ Full 8-page HQ architecture</li><li>✓ Habit tracker database with all views</li><li>✓ Complete prompt library (15 prompts)</li><li>✓ All 5 automations — configured</li><li>✓ Monthly review system</li><li>✓ Weekly review template</li></ul>

*To access the full Pro Stack, visit [disciplineflow.org](https://disciplineflow.org) and upgrade your membership.*