

7-DAY *DISCIPLINE* RESET



RESET YOUR FOCUS,
IDENTITY, AND CONTROL
IN 7 DAYS

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INTRODUCTION

You don't lack potential.

You lack consistency.

You've been:

- starting and stopping
 - praying but not changing
 - knowing what to do... but not doing it
-

This isn't a motivation problem.

It's a **discipline problem.**

DAY 1

CUT THE NOISE

“Be still, and know that I am God.” – Psalm 46:10



REFLECTION:

Your life is loud.
Constant scrolling. Constant distraction. Constant noise.

And in all of it... you've slowly lost your sensitivity to God's voice.

Not because He stopped speaking.
But because you stopped listening.



INSTRUCTION:

Today, eliminate unnecessary noise.

Less scrolling. Less entertainment. Less distractions.

Make space.



ACTION STEP:

Spend 15 minutes in silence with no phone, no music, no distractions

Just you and God

DAY 2

CONFRONT YOURSELF

“Search me, O God, and know my heart.” – Psalm

139:23

✓ REFLECTION:

You can't change what you refuse to confront.

Most men stay stuck because they avoid the truth about themselves.

The habits. The excuses. The compromises. But freedom starts with honesty.

✓ INSTRUCTION:

Stop blaming. Stop justifying.

Take responsibility.

✓ ACTION STEP:

Write down 3 areas where you've been undisciplined or disobedient.

No excuses

DAY 3

Kill the Flesh

“Walk by the Spirit, and you will not gratify the desires of the flesh.” – Galatians 5:16

✓ **REFLECTION:**

Your flesh is loud.

It wants comfort. Ease. Pleasure. Escape.

But everything your flesh wants... is slowly destroying you.

✓ **INSTRUCTION:**

You don't negotiate with the flesh.

You starve it.

✓ **ACTION STEP:**

Identify one habit that feeds your flesh—and eliminate it for today.

DAY 4

REBUILD DISCIPLINE

“For God gave us a spirit not of fear but of power and self-control.” – 2 Timothy 1:7



✓ REFLECTION:

Discipline isn't punishment.

It's power.

The difference between who you are and who you're called to be... is discipline.

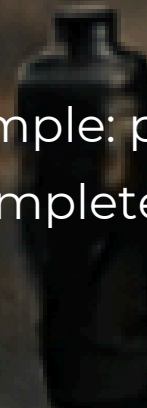
✓ INSTRUCTION:

Start small. Stay consistent.

Stop waiting to feel ready.

✓ ACTION STEP:

Set 3 non-negotiables for today (example: prayer, reading, physical movement) and complete them.



DAY 5

RENEW YOUR MIND

“Be transformed by the renewing of your mind.”

– Romans 12:2



REFLECTION:

Your life follows your thinking.

If your mind is weak, distracted, or corrupted... your life will reflect it.



INSTRUCTION:

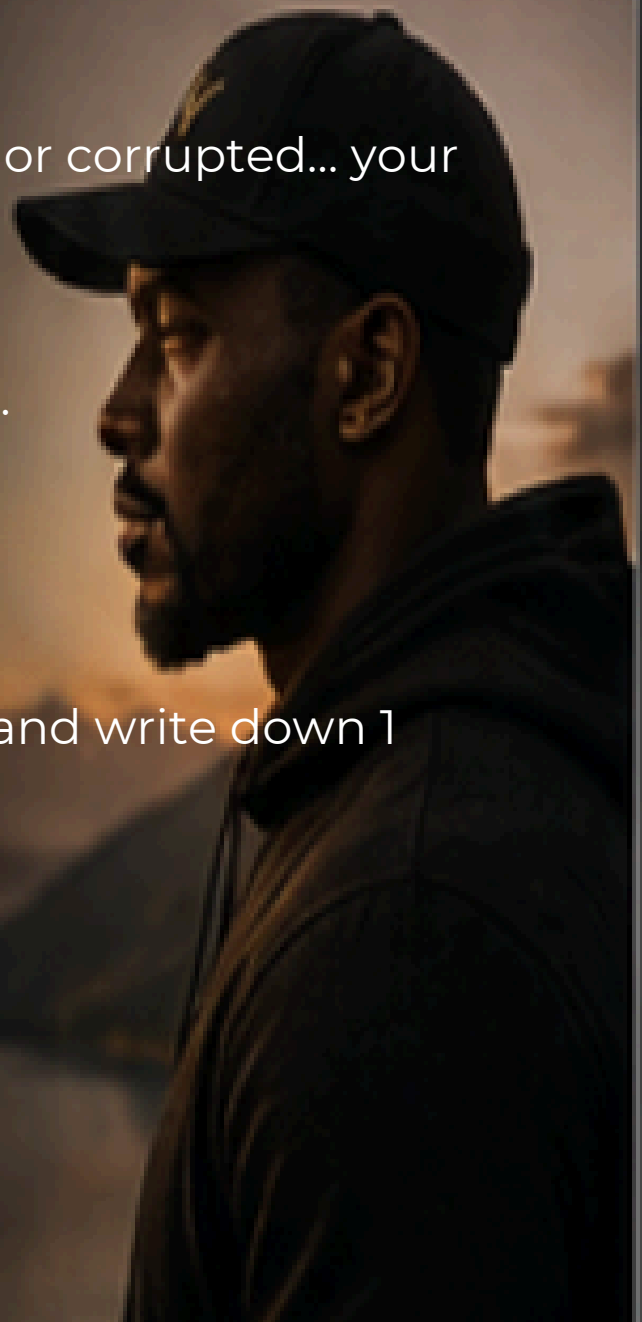
You must replace lies with truth.

Not occasionally. Daily.



ACTION STEP:

Read your Bible for 20 minutes and write down 1 truth you will carry all day.



DAY 6

STRENGTHEN YOUR IDENTITY

*"If anyone is in Christ, he is a new creation." – 2
Corinthians 5:17*

✓ REFLECTION:

You are not your past.

Not your failures. Not your struggles.

But if you keep identifying with them... you will keep repeating them.

✓ INSTRUCTION:

Start seeing yourself the way God sees you.

✓ ACTION STEP:

Write down 3 identity statements (Example: "I am disciplined. I am led by God. I do not fold to temptation.")

DAY 7

REFLECT & RESET

“Be doers of the word, and not hearers only.” –

James 1:22

✓ **REFLECTION:**

This wasn't about 7 days.

This was about who you're becoming.

Most people go back to old habits.
You won't.

✓ **INSTRUCTION:**

Carry this forward. Build momentum.

✓ **ACTION STEP:**

Write down your new standard for your life—and
commit to it.



**YOU FINISHED
THE RESET.**

NOW THE REAL QUESTION IS...

**WILL YOU GO BACK...
OR WILL YOU
LEVEL UP?**

If you're serious about becoming disciplined, focused, and aligned with God...

APPLY FOR 1-ON-1 COACHING

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