



CHAMPION'S MINDSET

GOAL BLUEPRINT FRAMEWORK
VISION INTO CONSISTENT EXECUTION



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SPEAKING AND COACHING

START HERE: The Champion Habit System

FROM THE CHAMPION'S MINDSET

Success does not come from bursts of motivation. It comes from consistent, deliberate action, especially when enthusiasm fades. Your routines reduce daily decision-making and preserve mental energy for the challenges that matter.

Adapted from The Champion Mindset, Chapter 12, pp. 291-294.

Start With Identity

A durable habit answers two questions: Who am I becoming? What small action proves that identity today? James Clear calls this an identity-based approach: repeated actions provide evidence for the person you want to become.

The identity I choose	
A person with this identity regularly	
My smallest daily proof	
Evidence I will record	

Champion Principle

Do not wait to feel like a champion. Cast one small vote for that identity, then repeat it tomorrow.

Habit Stacking: Use What Already Happens

Habit stacking connects a new behavior to a dependable action already in your day. Use this sentence: **After I [existing anchor], I will [tiny behavior]**. The anchor should be specific and unavoidable.

Existing anchor	New champion behavior	Immediate benefit
After I brush my teeth	Say one identity statement in the mirror	Confidence and direction
When I start the shower	Name three things I appreciate	Gratitude and emotional reset
After I pour coffee or tea	Write today's most important action	Clarity
When I sit at my desk	Take three slow breaths before opening messages	Focus
After lunch	Walk for two minutes	Energy
When I plug in my phone	Record one win and prepare tomorrow	Reflection

Build My Own Stacks

After I brush my teeth, I will	
When I take a shower, I will	
After I make a drink, I will	
When I begin work, I will	
After I finish dinner, I will	
Before I go to bed, I will	

Design the Habit With Four Levers

James Clear's Four Laws of Behavior Change provide a practical design check. Instead of blaming willpower, improve the system around the behavior.

Lever	Make the good habit...	My design decision
1. Cue	Obvious: visible, specific and tied to a time or action	
2. Desire	Attractive: connected to something enjoyable or meaningful	
3. Action	Easy: prepared, low-friction and small enough to start	
4. Reward	Satisfying: tracked, celebrated or immediately acknowledged	

Reverse the Levers for a Habit You Want to Reduce

Make the cue invisible	
Make it unattractive	
Make it difficult	
Make it unsatisfying	

The Two-Minute Gateway

Scale the starting action down until it can be completed in about two minutes. The purpose is to make showing up reliable. Once the gateway is established, gradually expand the behavior.

Desired habit	Two-minute gateway	Natural next level
Read every day	Read one page	Read for 10 minutes
Exercise	Put on shoes and move for two minutes	Complete the planned session
Meditate	Take five slow breaths	Sit for five minutes
Plan tomorrow	Write the top priority	Time-block the morning
My habit		
My habit		

RECOVERY RULE

Missing once is information, not identity. Identify the obstacle, shrink the next action, and return at the next available cue. Protect the pattern by avoiding two misses in a row.

My minimum version on a difficult day	
My plan after a missed day	

My 30-Day Champion Habit Contract

Identity I am building	
One priority habit	
Exact anchor: After I...	
Two-minute version	
Full version	
How I will make it obvious	
How I will make it attractive	
How I will make it easy	
How I will make it satisfying	
Accountability partner	
Reward after 30 days	

Reference Notes

James Clear, *Atomic Habits* and official articles on identity-based habits, habit stacking, the Two-Minute Rule and the Four Laws of Behavior Change. See jamesclear.com/atomic-habits, jamesclear.com/habit-stacking, jamesclear.com/how-to-stop-procrastinating and jamesclear.com/atomic-habits-summary.

Habit stacking is used here as a practical complement to the routines and identity principles in *The Champion Mindset*.

How to Use This Tracker

Choose up to six habits that directly support the person you are becoming. Make each habit specific enough that completion is obvious. Track honestly - the purpose is awareness, not perfection.

- Start with habits small enough to repeat on difficult days.
- Attach each habit to a reliable cue such as waking, lunch, or bedtime.
- Never miss twice. A missed day is information, not failure.
- Review your results every seven days and adjust the system.
- Celebrate completion without requiring perfection.

My Six Keystone Habits

Habit 1	
Habit 2	
Habit 3	
Habit 4	
Habit 5	
Habit 6	
Why these habits matter	
My reward after 30 days	

Week 1: Days 1-7

Mark each completed habit. Use the notes column to record triggers, obstacles, energy or a small win.

Habit	D1	D2	D3	D4	D5	D6	D7	Notes
1.	☐	☐	☐	☐	☐	☐	☐	
2.	☐	☐	☐	☐	☐	☐	☐	
3.	☐	☐	☐	☐	☐	☐	☐	
4.	☐	☐	☐	☐	☐	☐	☐	
5.	☐	☐	☐	☐	☐	☐	☐	
6.	☐	☐	☐	☐	☐	☐	☐	

Weekly Review

Biggest win	
What made consistency easier?	
Where did I struggle?	
One adjustment for next week	

Week 2: Days 8-14

Mark each completed habit. Use the notes column to record triggers, obstacles, energy or a small win.

Habit	D8	D9	D10	D11	D12	D13	D14	Notes
1.	☐	☐	☐	☐	☐	☐	☐	
2.	☐	☐	☐	☐	☐	☐	☐	
3.	☐	☐	☐	☐	☐	☐	☐	
4.	☐	☐	☐	☐	☐	☐	☐	
5.	☐	☐	☐	☐	☐	☐	☐	
6.	☐	☐	☐	☐	☐	☐	☐	

Weekly Review

Biggest win	
What made consistency easier?	
Where did I struggle?	
One adjustment for next week	

Week 3: Days 15-21

Mark each completed habit. Use the notes column to record triggers, obstacles, energy or a small win.

Habit	D15	D16	D17	D18	D19	D20	D21	Notes
1.	☐	☐	☐	☐	☐	☐	☐	
2.	☐	☐	☐	☐	☐	☐	☐	
3.	☐	☐	☐	☐	☐	☐	☐	
4.	☐	☐	☐	☐	☐	☐	☐	
5.	☐	☐	☐	☐	☐	☐	☐	
6.	☐	☐	☐	☐	☐	☐	☐	

Weekly Review

Biggest win	
What made consistency easier?	
Where did I struggle?	
One adjustment for next week	

Week 4: Days 22-28

Mark each completed habit. Use the notes column to record triggers, obstacles, energy or a small win.

Habit	D22	D23	D24	D25	D26	D27	D28	Notes
1.	☐	☐	☐	☐	☐	☐	☐	
2.	☐	☐	☐	☐	☐	☐	☐	
3.	☐	☐	☐	☐	☐	☐	☐	
4.	☐	☐	☐	☐	☐	☐	☐	
5.	☐	☐	☐	☐	☐	☐	☐	
6.	☐	☐	☐	☐	☐	☐	☐	

Weekly Review

Biggest win	
What made consistency easier?	
Where did I struggle?	
One adjustment for next week	

Days 29-30 and 30-Day Review

Day 29 commitments	
Day 30 commitments	

Completion Score

Total completed habit actions: _____ / 180 Completion rate: _____ %

Habit that changed me most	
Evidence that I am becoming more disciplined	
Habit to continue	
Habit to modify or replace	
My next 30-day commitment	