

# **A Glimpse Into Discipline**

**Daily, by-activity scoring and nightly  
checklist reflections**

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## Intro

Preserving the integrity of this experiment is my highest priority. That's why I transcribed these reflections exactly as they were written. I made no corrections to spelling or grammar errors, nor did I change anything, add anything, or omit anything. This is pure, raw data from a pure, raw scientist (that's me).

It was really interesting to notice how my tone is much softer at night than it is during the day. Looking back at these reflections, I feel like I wasn't even the one who wrote them. I have way more of an edge to me than I seem to have when I'm alone and introverted. Perhaps this is the most pure form of myself that tends to get buried during the day.

If you're going to attempt this experiment, I would strongly suggest designing a self-assessment of some sort. Ask yourself questions like these:

- What is discipline to me?
- Where am I currently at in my discipline levels?
- How do I feel about my current discipline level?
- What will having more discipline improve in my life?
- What's the feeling I'm going for?
- Do I believe I can do this?
- What are my main motivations for doing this month-long experiment?
- How will it help shape or change my life?

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## **THE EXPERIMENT:**

### **Day 1 (02/02/13)**

Pledge	√
Toothbrush	√+
Stretch	√
Sax	n/a
Water	√+
Sunlight	√
Meditation	√+
Reading	√+
DWOG	√
Pray	√
Checklist	√
Life	√
<b>Total Score</b>	<b>61</b>

[\*Added an imaginary √ (5 pts) for sax]

Wow, this is fun. I enjoy the mental challenge. I look at it as something I have to do...like it's my job. Only I get compensated with learning, reflecting, discipline, higher vibrations, inner peace, developing positive happiness, earning the respect of those people I want to teach, serious headway on launching my goals & life purpose, etc., the list goes on...

It's too early to see any high gravity, long-term changes but I can definitely feel that this is keeping my mind busy with productive activities. I did my meditation on stilling my mind & watching my thoughts. Although this was good, I've decided that I want to focus my meditation on visualizing my ideal self, life, and situation. Any additional meditation might be geared toward mantras, affirmations, stilling my mind, etc.

Must pace myself and not go too far overboard...that will skew the results for the people who might try this system. Remember...I am trailblazing so that I can help people to help themselves. Herein lies the Peace of God!

### **Day 2 (02/03/13)**

Pledge	√
Toothbrush	√+
Stretch	√
Sax	n/a
Water	√
Sunlight	√+
Meditation	√
Reading	√
DWOG	√

Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>57</b>

[\*Added an imaginary ✓- (3 pts) for sax]

Dude, Day 2 and I can feel the discipline pumping. I had the urge a few times to tell [name drop]...but it's only been 2 days...I need to first internalize the discipline. But I get the sense that she would really enjoy this activity with me. I may tell her about the checklist after a week so that I can accurately convey the benefits. I feel no need to hold out on her in this regard. This is fun...even though it was a bit daunting today due to my headache. I managed it great though, even though I woke up way late.

I think I'm already starting to feel the benefits of daily 5-minute visualization meditation. Planning DWOOG is very daunting and somewhat overwhelming & exhausting. Business plans are exhausting, especially when you're trying to be spirited about it. I'm just not worried about the money aspect of it. But maybe I should focus more on that, otherwise it may indicate feelings of a lack of deservingness...how about I just work on providing value first.

### **Day 3 (02/04/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓+
Meditation	✓
Reading	✓+
DWOOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>64</b>

\*timing each activity isn't a must

\*The more time you invest into the checklist, the better

-just trying to stay close to the prescribed numbers to see if 5-15 minutes can make a difference

February—simple checklist for 11 items → add play the sax

got down to the wire with this one...saved 20m of work before bedtime...it's about discipline...not procrastinating and waiting until the end of the night...it's also not about cramming everything into the first half of the day... there is a balance—a middle way.

Perhaps I should become more routinized with the time(s) that I accomplish everything. or maybe just a couple things.

Added the 10m of tenor sax today. That will be huge for my happiness down the road. Even just 10m a day is better than nothing...and that's what this project is about—a little bit of willingness

wanted to tell [name drop] about the checklist...don't wait a whole month before you tell

DO NOT TELL!!! Wait the month

DISCIPLINE! FRATERNITY!

-this will teach me to keep focused on myself

**Day 4 (02/05/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓+
Meditation	✓
Reading	✓+
DWOG	✓
Pray	✓
Checklist	✓
Life	✓+
<b>Total Score</b>	<b>66</b>

Nice! Another successful checklist. I added praying before each meal. I usually do it anyway but I'm going to ritualize it. Small change now make huge changes in the long run.

Still not sure what I should be visualizing. I should do extra "meditation/contemplation" on exactly what it is that I'm going for. I need to further define my life's purpose and what it looks like. Also, what part of the life's purpose do I visualize? 1 year in? 30 years from now? I will come up with a life plan from 20 years out and document each step on how to get there from here.

Let's try and get that done tomorrow—Kay, Chief?

**Day 5 (02/06/13)**

Pledge	✓
Toothbrush	✓

Stretch	√
Sax	√
Water	√
Sunlight	√+
Meditation	√+
Reading	√
DWOG	√
Pray	√-
Checklist	√
Life	√
<b>Total Score</b>	<b>62</b>

So I added praying but forgot to do it because I was in a huge rush and the sandwich was waiting on the table for me. But I did do it at dinner. I was super busy today but I still managed to get everything done. I worked my butt off today and felt great all day. I'm getting closer to honing in on exactly what I want to visualize during my meditation sessions. I felt enormously fatigued at the thought of doing these reflections tonight. It's amazing how the ego fights back. Only 5 minutes per reflection and the ego fights hard. I felt somewhat fatigued yesterday but today was worse. I'm going to consider that rebellion feeling and emotion and heal it as such. That will help to habituate the process. But, the 5-minute reflections are always much easier once I get going. It's rare that I stop even for a second while writing. Anyway...all for today. Peace!

**Day 6 (02/07/13)**

Pledge	√
Toothbrush	√
Stretch	√
Sax	√
Water	√
Sunlight	√+
Meditation	√
Reading	√
DWOG	√-
Pray	X
Checklist	√
Life	√
<b>Total Score</b>	<b>55</b>

Wow! My first 'X'! Bagel-quick meal, lunch-went out, wrapped up in convo, dinner-had a "safeway" gross pizza and didn't sit down & take time to enjoy it. This needs to become more habituated. I give myself a √- on DWOG b/c I didn't do the traditional "writing & engaging with the business plan".

There is a huge difference between DISCIPLINE and doing all the tasks on this list. Discipline is a certain mindset. Discipline isn't forcing oneself to commit to something.

But committing is in itself a form of discipline. So the point of this experiment is to build discipline and summon my goals internally, and grasping them externally.

**Day 7 (02/08/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	X
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓-
Checklist	✓
Life	✓
<b>Total Score</b>	<b>53</b>

Today I was really daunted by the tasks.

I keep forgetting to pray before breakfast.

It was cold and rainy all day so I didn't go out.

Discipline is a learned pattern

I will give myself a √+++ when I actually finish my business plan—I should use excel

[name drop] is discovering I'm up to something  
must...Be...vague.....

Thought about implementing a point system for this game. Then issuing it as a challenge.

I must remain vigilant. Doing my tasks silently in my own element.

**Day 8 (02/09/13)**

Pledge	✓
Toothbrush	✓+
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓+
Meditation	✓
Reading	✓

DWOG	✓
Pray	✓-
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

prayed after I took bites at breakfast and dinner

-stressful

-starting to really notice where my time goes & how I've been spending it

-starting to see windows of time where I can be most productive

The schedule was stressful for the first part of the day. Got up late and was on phone 2 hours

Scrambling to get stuff done

Did amazing after that! Slaughtered the checklist today. Completed Draft 1 of Speech outline. I really felt amazing due to the fact that the list builds discipline. you can feel it. It feels good to always have something to do—it gives life purpose. This is a really great feeling and I'm enjoying the fun little challenge.

I would definitely meditate/visualize more but I don't want to skew the results of the experiment.

This schedule forces you to identify and pay attention to where the time goes as well as shows you where you spend the majority of your time.

### **Day 9 (02/10/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓+
Water	✓
Sunlight	✓+
Meditation	✓
Reading	✓+
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>66</b>

-Again—daunting when I woke up.

-I need to make more tangible progress on [top secret] (DWOG).

I'm wondering if having to do all these tasks is cutting into time I could be doing DWOG



I think [name drop] might have incidentally noticed that I seem to have some sort of daily plan. It's okay though b/c I said that I wouldn't go to extraordinary lengths to hide it from her. Besides, this experiment is running for 1 month. Then I can reveal the results. but not blab about them.

The whole list (minus the career DWOG) takes just over an hour to do.

**Day 10 (02/11/13)**

Pledge	√
Toothbrush	√
Stretch	√
Sax	√-
Water	√+
Sunlight	√+
Meditation	√
Reading	√
DWOG	√-
Pray	√
Checklist	√
Life	√
<b>Total Score</b>	<b>62</b>

I feel more disciplined when I wake up earlier & get started on the checklist

I try to be as honest as possible with √+, √-, and √. For e.g., I meditated for 12 minutes but I wasn't focused on visualization, like I set out to do. So I only got a √

I put a √- for music & sax b/c I tried to do it too late, [name drop] was napping. And I missed another shot right before dark. So, yes, I did study music for about 15-20 minutes and it wasn't very productive. Oh well I tried. Today was an off-day but some good things happened.

I also didn't make as much "plow-ahead" progress on DWOG. I did get some fair advice and insight from [name drop] and [name drop] at [site drop]. So I recalibrated my direction.

**Day 11 (02/12/13)**

Pledge	√
Toothbrush	√
Stretch	√
Sax	√
Water	√
Sunlight	√
Meditation	√

Reading	✓
DWOG	✓
Pray	✓-
Checklist	✓
Life	✓
<b>Total Score</b>	<b>58</b>

-did not meditate on the rock!

-I'm fine w/ the progress [on DWOG] but objectively it wasn't that much

-missed [praying] breakfast, did late [praying] on lunch

what is discipline? Cuz I'm sitting here practically forcing myself to complete the checklist. But I am doing it. I'm just wondering if discipline is being able to execute the tasks worry- and hassle-free. Because today was stressful. Waking up knowing that I had a bunch of stuff to do really overwhelmed me. It was a considerable emotional experience that I had to over come by relaxing, focusing, and just starting to knock things out.

I'm wondering if this checklist is taking me away from the bulk of my goals (speaking, writing) but I think it's actually part of my goals. So I will stay at it, even though it's stressful and discouraging at times.

Also, I might be taking on too much for a month-long experiment. Too many variables. I should focus my experiments to specific questions/problems.

### **Day 12 (02/13/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

Good day...forgot to pray at breakfast. I had better balance today b/c I got a huge jump start on the list. I've been trying to relax into the stress that comes up when I'm trying to do the list. I think it's paying off. I felt like it was really manageable today. It helps me to remember that the list is only like 1 ½ hours of stuff combined (minus DWOG).

I read a whole lot today...trying to finish up Tolstoy's Kingdom of God.

Overall it was a solid day because I didn't sweat the list. It was chill. I woke up and stretched, had a glass of water and then right into the toothbrush method.

**Day 13 (02/14/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>60</b>

forgot halfway through breakfast

So the list is starting to become internalized. I kind of "flow" in and out of the activities. I also didn't stress out a whole lot about the tasks. I was able to let them unfold naturally throughout the day.

I'm going to write these experiments up as .pdf's and put them in the Downloads section.

Stretching feels good. I think the water is making my skin better, esp. the skin on my face.

I made DWOG my primary goal and then just checked the list periodically to see what else needed to be done.

I have so many books I'm trying to read

I will get through them.

I think these journal entries are going to be a gold mine of data.

**Day 14 (02/15/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓

Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>50</b>

no sax

so today I didn't get a jump on the day and it caught up with me. Then it was easier to slack off knowing that I'd have to play "catch up" either way. Beers. I was spending time with [name drop] instead of staying disciplined. But I guess I'm not being assertive enough or maybe it's good to hang out...Balance!

At any rate, cramming things in is BS. That's not discipline. I believe that a disciplined mind actually has more hours in the day than an undisciplined mind.

It's all about getting that jump start on the day. It takes a little bit of extra effort at first but then you retain the feeling of accomplishment all day.

**Day 15 (02/16/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>66</b>

Today was great b/c I got a jumpstart on the day. I'm noticing that as move on, I see some things that I'd adjust. But I'm going to finish the month as-is. Then I'll do a more custom list.

Being able to be flexible is important. Maintaining a rigid approach is denying the feminine. When I wake up and get started, I always have a good day. I just need to do the meditation during the day.

That's another thing I learned about this life experiment is that you can't have too many variables like times, duration, order, etc.

Experiments need to be very clear with a hypothesis and everything. I will call this experiment a failure. But it was successful as an experience. Now I'm going to actually use the scientific method from now on.

**Day 16 (02/17/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>56</b>

studied fingering chart & couple other things [instead of playing sax]

The chores are becoming way easier since learning to get a jump start.

I've realized that this is mostly emotional. I almost always get some type of emotional response or resistance to doing the activity.

Just going to write these journal entries was really tough, given how tired I am. But I almost immediately accepted it and then proceeded almost robotically toward the task. I was able to bypass the emotion in order to be loyal to the experiment.

Maybe graphing this data would be useful. Or any other graphical representation for that matter.

Perhaps adding structure to these journal entries would make the data easier to work with & it might make for better trend analysis...

But how do you quantify discipline?

**Day 17 (02/18/13)**

Pledge	✓
Toothbrush	✓

Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>60</b>

missed lunch

Man, a few items slipped by me today and I couldn't remember if I did them. so, I did them again. That's my policy. I always do more if there's ever a question.

Today was pretty good though. Even though the checklist seemed like somewhat of a chore today. I believe that true discipline is also disciplined in the mind, meaning that the negative emotional reaction associated with the list would be greatly diminished.

I'm also starting to think there's another element to discipline...a certain silence...quiet humility?

On this quest to find discipline, perhaps more like 3 items on the checklist is appropriate.

**Day 18 (02/19/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>55</b>

Man, stretchin' feels great!

yes, it's true :( [in regards to no sax]

forgot [to pray] on all 3 meals!

Kinda blabbed about "unveiling the secret" date...so dumb and gay.

Wow I'm pissed at myself...  
Never really noticed it before.  
This could be a breakthrough.  
Thank you Jesus.

The checklist was kind of rough today. There's a difference b/w doing the toothbrush method and doing it right. You've got to fee[l] (sic.) the words. Like you really mean them. Ponder the implications [of the words]. Toy with the feelings.

"There is nothing outside me."  
"All things that I perceive as negative are clues"  
"Tis nothing good or bad but thinking makes it so."

Took a hit today b/c prioritized DWOOG b/c I got panicked about time...gee...how effective

**Day 19 (02/20/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>60</b>

Walking the baby always gives me good amounts of vitamin D.  
How cool.

As you can see, a pretty killer day today. We be gettin' shiet done.

I got a jumpstart on the list today and did pretty well not stressing about the list.

My meditation was awesome. I did visualization but it was incredibly emotional focus on the fact that I can direct my mind to whatever ends I desire. That is amazingly powerful stuff and I'm very grateful for it.

I guess I should take this time to mention that I always go above and beyond.

i.e. -set clock for 5:55 for meditation  
-round down on half minutes

- re-do something if I'm not sure
- doing warm-up scales [sax] and then setting timer for 11:00

**Day 20 (02/21/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>64</b>

accidentally said “Nah it’s okay I got some stuff on the list I can do.” to [name drop] [she was utterly unaffected by the comment, so I slid by]

missed breakfast [praying]

Man it feels so good to knock this list out and see checkmarks all the way down the list. I notice that if I become too comfortable I normally put off the task. It is for this reason that I will do a life experiment where items are time-sensitive.

[name drop] knew I was doing a list for sure. it’s not easy to hide from her at all. But that’s okay. it was never my intention to “hide” things via the Pledge of Secrecy. My goal was to not be vocal about it. it’s an internal journey that is meant to be private & solemn.

There are some things on this list that I will continue everyday, I believe. Mind, body, soul→Healthy Spirit

Peace on Earth!

**Day 21 (02/22/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓



Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>59</b>

^ these aren't included in the 5 minutes [for the checklist reflection]

Can I get a check? Check ✓! Really started late today b/c [name drop] & muffin left to visit grammy. Still nailed the checklist though. Good stuff.. The biggest pain is dragging the sax out, which I'm not sure why.

Oh here are my toothbrush mantras by the way:

“There is nothing outside of me.”

“All things that I perceive as negative are clues.”

“‘Tis nothing good or bad but thinking makes it so.”

What else about this project? I try not to over-do too much stuff cuz I don't want to skew the results. This is supposed to inspire people to do it themselves.

This journey is hard not b/c you have to do all these things in one day bug b/c you have to be disciplined while you do them. That means being prudent with your time. That means being focused and determined all day long.

Although I wonder what the extent of the benefit will be...

**Day 22 (02/23/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

shoulda jumped on it [in regards to missing the sax]

lots of water

missed breakfast [prayer]

Man, getting an ‘x’ doesn’t feel very good. I really enjoy a fully, productive day. I’m actually pretty excited for this particular experiment to be over. I think I can tweak this list to be way better with less effort & stress.

But I guess that’s in-part why I’m doing it. By resolving & handling the stress, I’m becoming stronger. Sometimes it can be absolutely daunting but I try to just relax and do it.

When in doubt, just get busy. You’ll figure it out. The toothbrush method really helps me to be patient, so that’s good. This might even be way to[o] ambitious for most people. Maybe I need to water down the checklist on the cheat sheet to just a few items. 20 minute a day is about all ya can expect, maybe 10m.

**Day 23 (02/24/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

Feels good not having any “x’s” I think putting these things inside stable, consistent “windows of time” would be easier in the long run because you’d better adapt to the habit, so that it becomes unconscious. I have a little under a week to see if I actually formed the new habit. Chances are, I will stop doing some things and then others I’ll do more of.

I love life experiments. I want to make it more of a science with methods and theories.

This experiment was kind of murky b/c I really didn’t have a hypothesis. It was mainly looking to see obvious changes as a result. But it’s probably too early to tell. I think the water is really helping to smooth out the skin & complexion on my face. Which is really cool I have a healthy glow.

Oh but I’m noticing huge improvements on the sax.

The stretching kicks ass and I can almost squat flat-footed on the ground!

**Day 24 (02/25/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

Man I had to kick some major ass to squeeze that sex sesh in. But I did it. With plenty of time left to noodle around.

I am very close to being able to comfortably squat on my flat feet for a long time. It's because of all the stretching. You can actually get a lot done in 5 minutes.

Today I was pretty casual about getting the list done. It helps to keep a mental not of everything. It also adds to the discipline factor. These goals should be considered very important. Or else, why are you doing them? I will do a better job next time of formulating a set of reasons & hypotheses about the experiment.

Using these journals, I will be better able to form data, variables, and expectations.

This Is Fun!!! :-)

**Day 25 (02/26/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓

Life	✓
<b>Total Score</b>	<b>60</b>

It's such a bummer to look at my list and see an item not checked. I'll get over it. I could have done it if I wanted but I kinda just let it go. I actually had my sax in-hand ready to play but [name drop] was sleeping. And then a few things jumped in front of the remaining daylight. Still no excuse though. I'm really starting to see massive benefits to the work I'm doing. I wish I had more time to do all this stuff and much more. I'm starting to get creative about how I snipe time. It does bring up some feelings of guilt b/c my primary job should be [name drop]. But I must follow my intuition regardless of a risk of rejection. My job is to share the good news with humanity so we can all be one within this lifetime. I believe it is possible.

WORLD PEACE HERE WE COME!

**Day 26 (02/27/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

rigorous [sax] session bro  
only 3 glasses of water

Man I got a lot done on DWOG. Actually feel a bit guilty b/c [name drop] did [name drop] all day. My career will be less demanding for a while now. Had to get that opt-in in place.

Sax was a bitchin' sesh. I took it to the next level and tore it up so much that I would get frustrated that there was a cap on my fury. Really upset me but it was a great opportunity to train emotionally. It was gnarley bro. I can feel my tone and quality improving dramatically. Also my ability to read music has improved. I'm better able to make the difficult octave jump.

I could chug down a 4th glass of water, but I think that's cheap. But if, when I wake up to turn [name drop], I get thirsty, I could have a glass during the wait period. In that case I'll scratch the '-' off the check.

Because I never count things from 11pm/12am-8am/9am.

**Day 27 (02/28/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>62</b>

The checklist was no stress at all today. Probably because there was already a lot of stress. But I have noticed that I don't freak out about the tasks. I kinda just do them.

It helps to remember what's on the list. That comes as you build the habit. But I kind of have a mental priority of knocking the bigguns out of the way, like saxophone (can't do it at night or when [name drop] is sleeping). I also get the best benefit from the stretch in the morning. Also, I could do a better job in drinking water right as I wake up. It seems way healthier than pouring coffee down my throat.

I believe discipline is best gained by doing certain things at certain times. I can't wait to start my next experiment.

**Day 28 (03/01/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓

Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>64</b>

Alright, I have the list down and I don't stress out about getting it done. I pretty much know the times that everything needs to be done by. I usually keep the same activity around the same times. Part of me wants to keep going for a week but the other part of me doesn't want the stress. Playing the saxophone is still quite the ordeal. I have to set everything up and tear it down for 10 minutes of playing per day. Also, I have to go outside for me to play. So I'm thinking on doing it 2-3x/week for an hour at a time. I think that would be much less daunting.

Or, maybe I should face the daunting, do it anyway, and see if it goes away. Make daily sax time a ritual. Who knows...I'll just wait for the answer to come to me.

LORD GUIDE MY TIME WITH YOUR GENTLE, ALL-KNOWING HAND.

**Day 29 (03/02/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>64</b>

watched sax lessons and solos [didn't play]  
 didn't do enough [on DWOG]

Man thinking about the list can get really daunting. I didn't get started early enough today and so it was pretty stressful. Oh well, 2 more days left! I'm probably going to take a break so I can focus on meditation with [name drop].

The thing I've realized by doing this project is that there's always way more time than you think. Way more time in a day. Most of it gets wasted. But, yeah, I didn't do so hot today, I was going to end up taking some X's but I decided I'm too close to the finish line.

The next experiment will be centered around doing things consistently according to time. I believe that would produce way more discipline and feelings of self-accomplishment B/C isn't that why we're doing this--to improve?

**Day 30 (03/03/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓
Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>64</b>

Pretty slam jam today. Resting counts toward working on goals. I'm trying not to adopt the whole "work your ass off" mentality. I'm going to direct my energy to where it's fun, interesting, and passion-oriented. Productivity ensues.

Well here we are, 2nd to last day with the checklist. It has definitely become habituated. There are only just a few more things that I needed to nail down. I finally got the sax playing down though. It wasn't at all daunting for me to go out and play.

I got an early start on the water drinking and the stretching. Once you do that, the rest is pretty easy. I really can't see any noticeable differences from doing the toothbrush method. The water is definitely doing all kinds of good for my skin and hair.

Future experiments need to be quantified, structured, hypothesized, and not too many variables being tested at once.

TO DESIGN! AND CREATIVITY!

**Day 31 (03/04/13)**

Pledge	✓
Toothbrush	✓
Stretch	✓
Sax	✓
Water	✓
Sunlight	✓
Meditation	✓

Reading	✓
DWOG	✓
Pray	✓
Checklist	✓
Life	✓
<b>Total Score</b>	<b>64</b>

Wow what a crazy day today. [name drop]'s first outpatient visit. I can't believe I managed to get everything done so smoothly.

I planned ahead and got a huge jump start on the list. I'm glad that I decided to push it on the discipline factor. Getting a jump start feels amazing. It FEELS way better.

The main reason, I think, why people don't get that feeling of discipline and accomplishment is because they have a huge emotional reaction to doing the work. They feel somehow not good enough or that they're not capable enough. Deep down, it's a feeling of great fear and guilt.

I experienced many emotions. Stress, anger, guilt, shame, accomplishment. Overall, I'm very happy with many results. I'm happy with my performance. And I'm happy with the experience to design an even better experiment next time.

**RUNNING GOD'S GAUNTLET**