



# Legacy in Motion Prompts (Make a Copy)

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## Chapter 1: Discipline & Daily Mastery

1. What's the first thing you do when you wake up—and what would your future self change?
2. What area of your life feels out of control? What discipline would restore it?
3. Where are you leaking energy—and what's one thing you must cut to reclaim focus?
4. Where in your life do you need less drama and more consistency?
5. What are you consuming that's confusing your clarity?
6. Where are you giving energy to things that don't matter?
7. Are you building your life on emotion or mission?
8. Are you posting progress or making it?
9. What's your current excuse—and what's your next action?
10. If someone followed your example—not your advice—where would they end up?

11. What area of your routine have you been treating as insignificant?
12. What's one action you've avoided due to emotion?
13. What are you fighting in silence right now?
14. Where have you accepted average?
15. Where do you need permission to rest?
16. What's one habit that betrays your future?
17. Where can you reclaim 15 minutes today?
18. Where do you need to grit your teeth and stay the course?
19. What behavior have you allowed that no longer aligns with who you are?
20. What identity do you need to upgrade to meet your future?
21. What words are shaping your world today?
22. What would change if you led yourself like someone you were responsible for?
23. Where are you obeying slowly—and what's the cost?
24. What are you asking for that your current level of order can't sustain?
25. What are you tolerating that's weakening your spirit?
26. Where in your life are you consistent, and where are you still conditional?
27. What's one area you've been treating as optional that must now become non-negotiable?
28. How would your future self describe the man you are today?

**29.** What habits have secretly been preaching against your vision?

**30.** If your discipline were your devotion, what would change?