4AM Hustler™

Break The Chain Worksheet

Discipline Over Feelings • Rise. Grind. Hustle. Repeat.

Use this worksheet to identify patterns that are holding you back and replace them with disciplined, empowered responses. Fill it out honestly. Awareness is the first step to breaking any cycle.

Trigger (What happened?)	
Thoughts (What did you tell yourself?)	
Emotions (Rate 1–10)	
Behavior (What did you do?)	
Short-Term Reward	
Long-Term Consequence	
Where Can I Break the Chain?	
New Disciplined Response	